



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 3.4
IJAR 2015; 1(5): 258-260
www.allresearchjournal.com
Received: 23-02-2015
Accepted: 28-03-2015

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A comparative study of competition anxiety between men and women Kabaddi and Kho-Kho players

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Abstract

The purpose of this study was to compare the psychological variable namely competition anxiety between men and women kabaddi and kho-kho players. To achieve the purpose of this study one hundred and twenty players of kabaddi and kho-kho games studying in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Cuddalore District, Tamil Nadu and India were randomly selected as subjects. Among them sixty men players (thirty men kabaddi and thirty men kho-kho players) and sixty women players (thirty women kabaddi and thirty women kho-kho players) with an age of the subjects were ranged between 18 to 24 years were selected as subjects. Competition anxiety was assessed by using standardized test item Rainer Marten's sports competition anxiety test questionnaire and it was statistically analysed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. There was significant difference between men and women players on selected psychological variable namely competition anxiety irrespective of their games (kabaddi and kho-kho) and gender (men and women). Among them, men kabaddi players were better competition anxiety than other categories of players.

Keywords: psychological, competition anxiety, men and women kabaddi and kho-kho players

Introduction

There is a decent amount of empirical data on the physical benefits of martial arts training; the psychological and social effects are more obscure. The effects of long-term martial arts training are still being investigated, and there have been a number of interesting studies. Most of the studies that have been conducted are similar in showing that martial art training generally causes positive psychological and social adjustments.

Anxiety is a complex emotional state characterized by a general fear or fore binding, usually accompanied by tension. It is related to apprehension and fear and is frequently associated with failure, either real an anticipated. It has to do inter-personal relations and social situations. Feelings of rejection and insecurity are usually a part of anxiety.

Competitive anxiety is the anxiety generated in a sport, competitive situation. It is a specific term of anxiety that occurs as function of the competitive situation.

Selection of Subjects

To achieve the purpose of the study one hundred and twenty players of kabaddi and kho-kho games studying in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Cuddalore District, Tamil Nadu and India were randomly selected as subjects. Among them sixty men players (thirty men kabaddi and thirty men kho-kho players) and sixty women players (thirty women kabaddi and thirty women kho-kho players) with an age of the subjects were ranged between 18 to 24 years were selected as subjects.

Selection of Variable

In the present study, the investigator selected the psychological Variable namely competition anxiety.

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Statistical Technique

The collected data's were statistically analysed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple

effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Result of Study

Table 1: The mean and standard deviation on competition anxiety of men and women kabaddi and kho-kho players

Gender / Games		Kabaddi Players	Kh-Kho Players
Men	Mean	28.43	24.30
	SD	0.84	1.16
Women	Mean	19.47	22.67
	SD	1.15	0.94

Table I shows that the mean values on competition anxiety of men kabaddi, men kho-kho, women kabaddi and women kho-kho players were 28.43, 24.30, 19.47 and 22.67

respectively. The two way factorial ANOVA on competition anxiety of men and women kabaddi and kho-kho players have been presented in Table II.

Table II: Two way Factorial Anova on competition anxiety of men and women kabaddi and kho-kho players

Source of Variance	Sum of Squares	df	Mean Squares	Obtained "F" Ratio
A factor (Gender)	842.7	1	842.70	764.89*
B factor (Games)	6.53	1	6.53	5.93*
AB factor (interaction) (Gender x Games)	403.33	1	403.33	366.09*
Error	127.8	116	1.10	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with DF 1 and 116 was 3.924).

Table II shows that the obtained 'F' ratio value on competition anxiety 764.89 for factor-A (Gender - men and women players) irrespective of their games which was greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between men and women players irrespective of their games on competition anxiety.

The obtained 'F' ratio value on competition anxiety 5.93 for factor-B (Games – kabaddi and kho-kho) irrespective of their gender which was greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was

a significant difference between the kabaddi and kho-kho players irrespective of their gender on competition anxiety. The obtained 'F' ratio value on competition anxiety 366.09 for interaction [AB factor - (Gender × Games)] which was also greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study showed that there was a significant difference between men and women kabaddi and kho-kho players on competition anxiety.

Since, the obtained 'F' ratio for the interaction effect was found significant, the simple effect test was applied as follow up test and it was presented in Table III.

Table 3: The Simple effect test for gender and games on competition anxiety

Source of Variance	Sum of Squares	DF	Mean Squares	Obtained "F" Ratio
Gender and Kabaddi Players	1206.02	1	1206.02	1094.67*
Gender and Kho-Kho Players	40.02	1	40.02	36.32*
Games and Men	256.27	1	256.27	232.61*
Games and Women	153.6	1	153.60	139.42*
Error	127.80	116	1.10	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 116 was 3.924).

Table III shows that the obtained 'F' ratio values on competition anxiety 1094.67 and 36.32 for gender and kabaddi players and gender and kho-kho players which are greater than the table value of 3.924 with df 1 and 116 required for significant at .05 level of confidence. The results of the study indicated that there was a significant difference between gender and kabaddi players and gender and kho-kho players on competition anxiety.

Table III also revealed that the obtained 'F' ratio value on competition anxiety 232.61 and 139.42 for games and men

players and games and women players which are greater than the table value 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between games and men players and games and women players on competition anxiety.

The mean values of men and women kabaddi and kho-kho players on competition anxiety are graphically represented in Figure I.

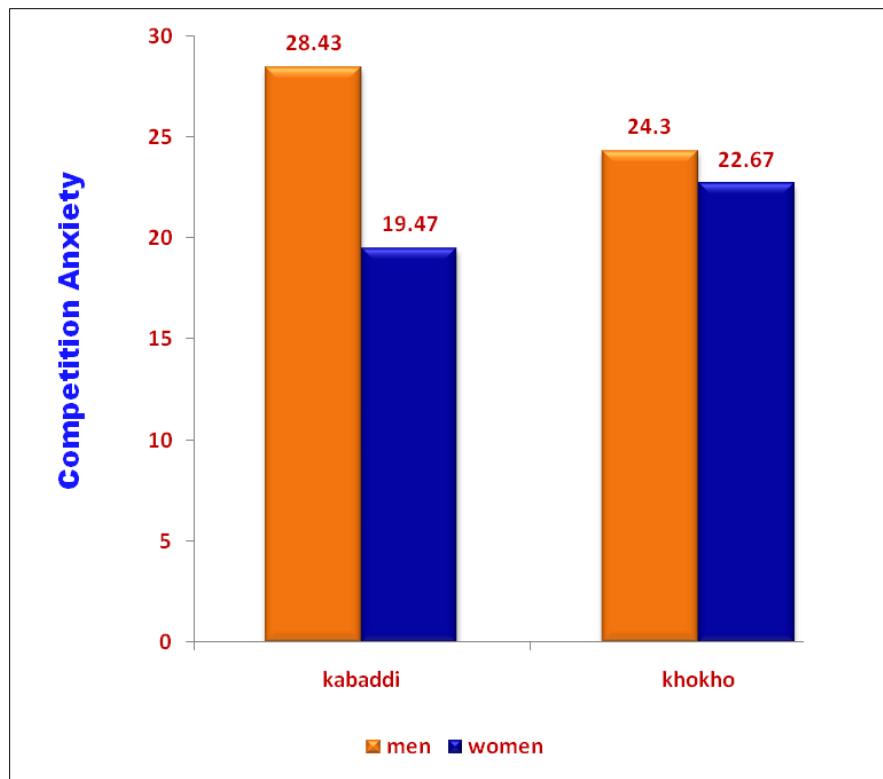


Fig 1: The mean values of men and women Kabaddi and Kho-Kho players on competition anxiety

Conclusions

Based on the results of the study, the following conclusions were drawn,

1. There was significant difference between men and women players on psychological variable competition anxiety irrespective of their games (kabaddi and kho-kho).
2. There was significant difference between kabaddi and kho-kho players on selected psychological variable competition anxiety irrespective of their gender (men and women).
3. There was significant difference between men and women kabaddi and kho-kho players on selected psychological variable competition anxiety.
4. Among the groups, men kabaddi players were better on selected psychological variable achievement motivation than other categories of players.

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