

Comparison of Competitive Anxiety Level of Tribal Female Kho-Kho Players at Different Level of Achievement—A Study

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ABSTRACT:

The primary aim of present study was to compare sports competitive anxiety level of tribal female kho-kho players. A total 60 tribal female players were selected from Guru Ghasidas University, Bilaspur (C.G.) and affiliated colleges by simple random sampling. The sample consisted 30 tribal female state inter-collegiate and 30 tribal female east zone inter university kho-kho players. The psychological variable competitive anxiety was assessed by administering (SCAT) Sport competitive anxiety test questionnaire. The data was computed and analyzed using descriptive statistics and 't' test in order to compare the significant difference between inter collegiate and inter university tribal female kho-kho players. The level of significance was set at 0.05 level.

The result indicated that there were no significant difference among kho-kho players. As the obtained 't' value (0.72) was less than the tabulated 't' value (2.0021).

Keyword: - Competitive anxiety, Tribal player, achievement level

Introduction

Research reports on the role of anxiety in sports are conflicting as well confusing due to inconsistent dimension and method of assessment but within the past few years, coaches and physical education are interested to finding the level of anxiety of players. Anxiety of both an affective and a pleasurable emotional reaction in which autonomic nervous system and glandular system play a crucial role.

Review of research literature stated that the threshold of optional anxiety level differ from athlete to athlete and situations to situation. "Cratty" 1989 adds "Conditions within the athlete combined with his or her cognitive evaluation of the threat of competition and with the objective nature of competition itself work together to produce anxiety in athletes".

Now a day interest encompasses both some degree of activation and an unpleasant emotional state. Anxiety is recognized the main factor that reduces athletes performance in sports. It is a negative emotion that affects perception in sports competitions and this lead to majority of athletes to consider anxiety as debilitating toward performances, which may result in decrease in a performance and even drop-out athletes from sport. Coaches and physical educator focused on strategies for managing anxiety by various method but prior to managing strategies its need to know level of anxiety of their players. As per importance of this variable under mentioned objective has been taken into consideration.

Objective of study:

The main aim of the study to compare the sports competitive anxiety of inter-collegiate and inter- university tribal female Kho-Kho players.

Hypothesis

On the basis of literature, discussion with experts and the research scholar's own understanding it was hypothesized that there would be significant difference in competitive anxiety level between the selected Kho-Kho players at different levels of achievement.

Procedure and methodology:

By applying simple random sampling, a total 60 tribal female Kho-Kho players (30 inter collegiate + 30 East zone inter university) were selected form Guru Ghasidas University, bilaspur (C.G.) and affiliated college situated in tribal districts of Chhattisgarh. The age was ranging from 18 to 25 years and average 2 years training experience. Appropriate as well as feasible questionnaire SCAT was used which was developed by martens.

Statistical analysis

The statistical analysis of data pertaining to the study on two levels of inter-collegiate and inter-university players was computed by descriptive statistics and analyzed by applying 't' test. The level of significant was set at 0.05.

Result

The statistical analysis of competitive anxiety of Kho-Kho players at different levels of achievement has been illustrated in the following table:-

Table-1
Comparison of Means of Competitive anxiety between the inter-collegiate and inter university level of tribal female Kho-Kho players.

Levels of achievements	Mean	Standard deviation	Mean difference	Standard Error	't' Ratio
Inter-collegiate Kho-Kho Players	20.367	2.456	0.537	0.75	0.72
Inter-university Kho-Kho Players	19.83	3.307			

Level of Significance 0.05

Tabulated 0.05 (.58) = 2.0021

Table 1 shows that the computed 't' value is less than tabulated 't' value. The computed 't' value is 0.72 and tabulated' value 2.0021. It means, there is no significance different in the level of competitive anxiety between inter-collegiate and inter-university tribal female Kho-Kho players.

Conclusion

On the basis of statistical findings the following conclusions is drawn:-

The result of the study indicated that there was insignificant difference in the anxiety levels of tribal female Kho-Kho players at different levels of achievements.

Recommendations:

1. The concept of studying different anxiety levels among players indicates the cause of the build-up of mixed emotions in the organism before the start of competition. The results of the study would have highlighted the anxiety levels

of the selected players and if needed proper counseling programmed may be devised to release or reduced anxiety levels, which may work not only as a preventive measure but also as a curative measure.

2. Findings of this study would be helpful to the coaches, trainers, physical education teachers and players or athletes to know the level of competitive anxiety at different levels of achievement, also to develop the optimum level for competitive anxiety for the best performance.

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