

## ANXIETY LEVEL OF KHO-KHO PLAYERS AT NATIONAL LEVEL: A SCIENTIFIC VIEW

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**ABSTRACT:** Anxiety is an unpleasant feeling of worry, nervousness, discomfort, and unease. Though it may be normal to experience anxiety once in a while, too much of it can definitely affect one's behaviour and productivity. People who are always having anxiety attacks worry too much that it affects the outcome of their whole day activity. Athletes are not spared of anxiety and just like any anxiety attack; it greatly affects physical and sports performance. Sports and anxiety is always related. The competition in sport gives an athlete the adrenalin to push himself to the win. However, it is also very likely that negative thoughts find its way to the brain which affects the athlete's activity and performance.

**KEY WORDS:** Anxiety, motivation, aggression,

### I. INTRODUCTION

Sports performance is the outcome of many capacities of a sports person. A variety of factors are involved in actually attaining performance goals. Among all performance factors, psychological development is the most important factor. Psychological variables such as anxiety, motivation, aggression and cohesion among team members play a vital role in performance of a sports person. Psychology as behavioral science has made its contribution for improving sports performance. The competitive nature of sports is the major reason for the aggressive behavior of the sportsperson. The struggle for supremacy, dominance and excellence involve all sorts of aggression. The term aggression means violent behavior with intent to hurt a person. Aggressive behavior is also used to depict a strong and adventurous effort. Anxiety is a feeling of nervousness, fear or worry. Anxiety may occur without a cause, or it may occur based on a real situation. Many athletes who perform well during training can suffer from performance anxiety on the day of competition. If feeling of nervousness, anxiety or fear interferes with your sports performance, learning to use a few tips from sports psychologists may help you get your anxiety under control and reduce game day nervousness. Motivation is an internal energy force that determines all aspects of our behaviour, it also impact on how we think, feel and interact with others. In sports, high motivation is widely accepted as an essential prerequisite is getting athletes to fulfill their potential. It is a force that is often difficult to exploit fully. Kho-Kho is an Indian traditional game. Kho-Kho game is played particularly in rural & urban areas. This game has become popular in many states of India. All states have their own association which are affiliated to Kho-Kho Federation of India. In today's competitive era, for getting success in any sports, we should keep in mind the number of factors. In these factors psychological factors plays a important role for improving sports performance.

### II. HYPOTHESIS OF THE STUDY

1. There is significant relationship between Anxiety level of motivation of male kho-kho players at National Level.
2. There is significant relationship between. Anxiety or Aggression of male kho-kho players at National level.
3. There is significant relationship between motivation and aggression of male kho-kho players at National level.
4. There is significant relationship between Anxiety level and motivation of female kho-kho players at National level.
5. There is significant relationship between anxiety and aggression of female kho-kho players at National level.
6. There is significant relationship between motivation and aggression of female kho-kho players at National level.

7. There is significant relationship among anxiety, motivation and aggression of male kho-kho players at National level.
8. There is significant relationship among anxiety, motivation and aggression of female kho-kho players at National level.
9. There is significant relationship among anxiety, motivation and aggression of female kho-kho players at National level.

**III. SIGNIFICANCE OF THE STUDY**

1. The present study may be helpful to find out relationship among Anxiety level motivation and aggression level of kho-kho players at National Level.
2. The present study may be helpful to physical Education teachers, coaches and sports psychologists to understand the relationship of kho-kho players at National level.
3. The present study may be helpful in designing the psychological tests of the various games.

**IV. METHODOLOGY**

1. Design of the study – In order to solve the purpose of the sample will be collected from kho-kho players of North Zone states of India i.e. Punjab, Haryana, Himachal Pradesh, J&K. Chandigarh, Rajasthan, Delhi, Uttar Pradesh, Uttarakhand, through purposive sampling. The players will be assessed in three Psychological variables i.e.sports competition anxiety, Aggression and sports achievement Motivation level.

**SELECTION OF THE TEST ITEMS**

To measure anxiety sports competition anxiety test by R.MARTIN (1990) was used.

To measure motivation level sports ACHIEVEMENT motivation test by M. L. Kamlesh was used.

To measure aggression level ,aggression scale by Dr. Roma PAL AND Dr. Tasneem Naqvi was used.

**V. STATISTICAL TECHNIQUES USED**

In order to test the hypothesis mean, standard deviation (S.D.), correlation and Analysis of Variance (ANOVA) will be used.

COMPARISON OF ANXIETY TEST OF ATHELETES

MEAN PB	2.833333	2.666667	2.583333	2.666667	2.666667	2.083333	2.25	2.75
MEAN JK	2.5	2.5	2.333333	2.583333	2.666667	1.916667	2.25	2.416667
MEAN RAJ	2.333333	2.416667	2.25	2.5	2.5	2.166667	2.5	2.416667
MEAN UK	2.583333	2.5	2.583333	2.416667	2.25	2.083333	2.083333	2.333333
MEAN UP	2.416667	2.583333	2.5	2.25	2.25	1.916667	2.25	2.583333
MEAN HP	2.416667	2.25	2.25	2.416667	2.333333	1.916667	2.25	1.583333
MEAN DELHI	2.5	2.75	2	2.5	2.25	2.083333	2.166667	1.833333

TABLE 1

COMPARATIVE ANXIETY TEST FOR ATHELETE OF VARIOUS STATES

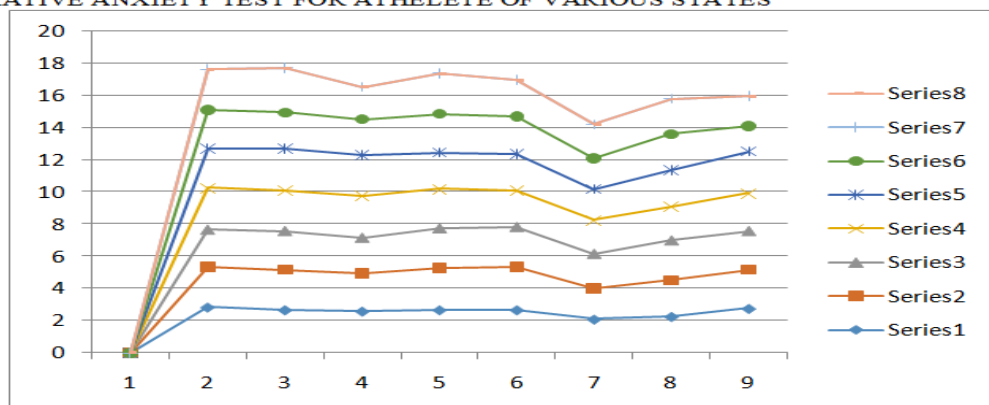


TABLE 2

COMPARISON OF SPORTS ANXIETY TEST WITH KEY(BOYS)

KEY	25-30	12-17	25-30	25-30	15-24	25-30	25-30
SCORE	26	13	30	27	24	30	28
INTERPRETATION	HIGHLY AVERAGE	AVERAGE	HIGHLY AVERAGE	HIGHLY AVERAGE	ABOVE AVERAGE	HIGHLY AVERAGE	HIGHLY AVERAGE

TABLE 3

COMPARISON OF SPORTS ANXIETY TEST WITH KEY(GIRLS)

KEY	15-24	12-17	25-30	15-24	15-24	25-30	15-24
SCORE	24	12	26	22	19	26	20
INTERPRETATION	ABOVE AVERAGE	AVERAGE	HIGHLY AVERAGE	ABOVE AVERAGE	ABOVE AVERAGE	HIGHLY AVERAGE	ABOVE AVERAGE

TABLE 4

RESULTS OF SPORTS ACHIEVMENT MOTIVATION TEST(GIRLS)

key	>17	>17	>17	>17	7 or less	>17	>17	14 or more	>17	8-16
SCORE	17	19	18	16	7	18	19	14	20	9
INTERPRETATION	EXTR OVER SION	EXTR OVER SION	EXTR OVER SION	EXTR OVER SION	INTRO VERSI ON	EXTR OVER SION	EXTR OVER SION	NEUR OTICI SM	EXTR OVER SION	AM BIV ERT

TABLE 5

RESULTS OF SPORTS ACHIEVMENT MOTIVATION TEST(BOYS)

key	>17	>17	>17	>17	7 or less	>17	>17	14 or more	>17	>17
SCORE	20	21	19	18	9	22	20	15	21	18
INTERPRETATION	EXTR OVER SION	EXTR OVER SION	EXTR OVER SION	EXTR OVER SION	INTR OVER SION	EXTR OVER SION	EXTR OVER SION	NEUR OTICI SM	EXTR OVER SION	EXTR OVER SION

TABLE 6

The scoring key was constructed by Dr Roma pal and Dr Tasneem Naqvi was employed and scoring key is given below:

S. NO	RANGE OF SCORE	INTERPRETATION
1	107 AND ABOVE	THE SATURATED
2	90-106	THE HIGH
3	61-89	THE AVERAGE
4	46-60	THE LOW
5	45 AND BELOW	THE CLEAN

TABLE 7

SCORE AS PER KEY	SCORE OF GIRLS AGGRESSION	INTERPRETATION
107 AND ABOVE	170	THE SATURATED

TABLE 8

## VI. SIGNIFICANCE OF THE STUDY

4. The present study may be helpful to find out relationship among Anxiety level motivation and aggression level of kho-kho players at National Level.
5. The present study may be helpful to physical Education teachers, coaches and sports psychologists to understand the relationship of kho-kho players at National level.
6. The present study may be helpful in designing the psychological tests of the various games.

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