



Comparative study of sports competition anxiety among Basket Ball and kho-kho players of Girls high school of Kulgam city of J & K state

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Abstract

The purpose of the present study is to compare sports competition anxiety among Basket Ball and kho-kho Players of girls High Schools of Kulgam City of J&K State. The subject for the study is all selected girl students of girls High Schools of Kulgam city of J&K State, aged from 14 to 19 years. There will be a significance difference on anxiety score between Basket Ball and Kho-Kho Players for this age group. The mean standard division along with to assist the sport competition anxiety, sport competition anxiety test questionnaire was used (SCAT) and distributed in all the subjects before the final competition.

Keywords: sports competition anxiety, players, Basketball, Kho Kho, Kulgam

Introduction

One of the most important issued which has attracted the attention of sports specialist and psychology is to identify the effect. Anxiety refers to an unpleasant emotion which is characterized by vague but persistence feeling of apprehension and dread. Anxiety is an emotion characterized by an unpleasant state of inner turmoil often accompanied by nervous behavior such as pacing back and forth somatic complained and rumination. It is a subjectively unpleasant feeling of dread over. Social anxiety are caused when people are apprehension around stronger or other people are on general. Somatic anxiety appear in the form of pale skin, an increased in heartbeat and turmoil that makes athlete to show negative reaction. But immature once with high anxiety in competition experience a significant decreasing in their performance. Therefore, there needs to be a positive thinking and better mental skill to anticipate event such as feeling of eminent death. Anxiety is a negative emotional state in which feeling of nervousness, worry and apprehension or associated with activation or around of the body. Anxiety is a state arousal

There are various states of anxiety. Extension anxiety can occurs when a person face against the existential crisis or nihilistic feeling. people also can face mathematical anxiety stage fright or test to solved the problem that may arise because of anxiety. During the researches stated that of a performer of different sports field, among emotional state experience, anger more than any other negative emotional state is negative behavior which cause stress and state of them

Purposed of the study

1. The purpose of the study is to check the anxiety level among female players of Basket Ball and Kho-kho.
2. To study the significant difference on anxiety between the Basket Ball and Kho-kho Players of girls High School Pahloo, Kulgam Kashmir.

Selection of subject

For the study 30(Thirty) female subjects were selected randomly, in age group ranging from 14 to 18 years, Fifteen from Basket Ball and Fifteen from Kho-kho were selected

from the girls High School Pahloo Kulgam Kashmir.

Procedure

The sport competitive anxiety test (SCAT) was administrated few hour before the competition. Instructions were also given specially to answer all the questions, both from Basketball and Kho-Kho Players, then questionnaire were distributed, 20(twenty) minute time was given to answer the statement and questionnaire was taken back after it was duly completed. The questionnaire has 15 items in the questionnaire one or three responses are possible.

Mean of anxiety in Basket Ball and kho-kho player

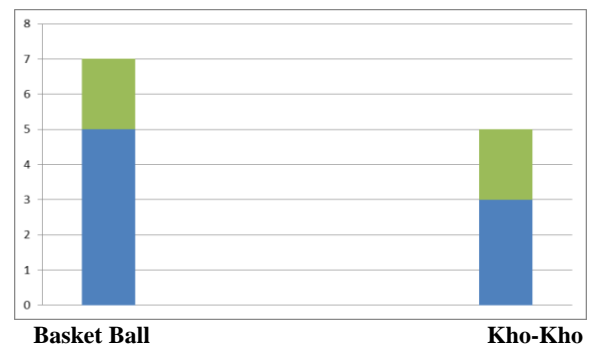


Fig 1

Mean SCAT Score

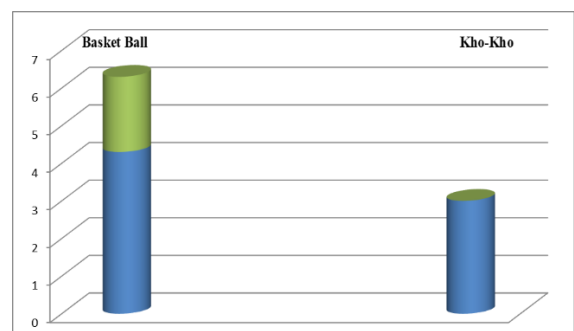


Fig 2

Discussion and finding

The collected data of student was analyzed statically. The significance difference between the mean score of Basketball and kho-kho players was analyzed after that data was interpreted and discussed. The main findings of the study were recorded, significant differences were found between Basketball and Kho-Kho Players. Basketball Player were significantly showed more anxiety than Kho-Kho Players and vice versa. It was found that there was a significant difference on anxiety level on Basketball and Kho-Kho Player. The finding of the study will act as managing needs specific skills which are developed with by training.

Conclusion

On the basis of obtained result the significant difference is recorded in the anxiety level of Basketball and Kho-Kho Players, the Research data showed that the players who have the ability to controlled their tension for competition, should go ahead and do their best and are capable to show their best and worth in the field. Therefore the coach should maintain applicable stages in exercise session in order to control and modify the tension an anxiety before competition.

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