

Anxiety among Khokho and Kabaddi Players of College Students

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ABSTRACT

The present study aimed to know the anxiety among Khokho and Kabaddi Players of College Students. The Anxiety Test by A. K.P. Sinha & L.N.K. Sinha (1995) was used. The sample constituted total 120 players of college students out of which 60 were from Khokho players of college students (30 boys and 30 girls) and 60 were from Kabaddi players of college students (30 boys and 30 girls). The data was collected from various colleges of Ahmedabad City. The data was scored, analyzed as per the manual 't' test was being calculated. The result showed that (1) There is significant difference in the mean score of the anxiety among Khokho and Kabaddi Players of college students. Therefore it could be said that, kabaddi players group show more anxiety than Khokho players group. (2) There is no significant difference in the mean score of the anxiety among boys and girls players of college students.

1. Introduction

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety is the expectation of future threat. Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing (Bouras, N.; Holt, G., 2007). It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder. People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety and stranger anxiety are caused when people are apprehensive around strangers or other people in general. Furthermore, anxiety has been linked with physical symptoms such as IBS and can heighten other mental health illnesses such as OCD and panic disorder.

Anxiety can be either a short term "state" or a long term "trait". Whereas trait anxiety represents worrying about future events, close to the concept of neuroticism, anxiety disorders are a group of mental disorders characterized by feelings of anxiety and fear. Anxiety disorders are partly genetic but may also be due to drug use, including alcohol, caffeine, and benzodiazepines (which are often prescribed to treat anxiety), as well as withdrawal from drugs of abuse. They often occur with other mental disorders, particularly bipolar disorder, eating disorders, major depressive disorder, or certain personality disorders. Common treatment options include lifestyle changes, medication, and therapy.

Anxiety is a multisystem response to a perceived threat or danger. It reflects a combination of biochemical changes in the

body. It is a psychological state of nervousness. An uneasy psychological state. (In this state person suffered an attack of nerves). (<https://en.m.wikipedia.org/wiki/Anxiety>).

Anxiety is an emotion characterized by feeling of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. (American Psychological Association web page) In short anxiety is a normal reaction to stress full situations of the person.

Manohar Lal, Sourabh Sharma (2015) had studied included 72 kho-kho players of All India Inter-University, including medalists (N=36) and non-medalists (N=36). Sports competition anxiety was measured by Sports Competition Anxiety Test (SCAT). The independent 't' test was used to analysis the data. Results indicated that medalist kho kho players were less prone to sports competition anxiety (18.47) than non-medalist players (20.94). There was a significant difference between medalists and nonmedalist kho-kho players on sports competition anxiety.

2. Objective :

The objectives are:

1. To know whether anxiety is more among Khokho and Kabaddi Players of college students.
2. To know whether there is any difference among the anxiety among boys and girls players of college students.

3. Methodology

Hypothesis :

1. There will be no significant difference in the mean score of the anxiety among Khokho and Kabaddi Players of college students.
2. There will be no significant difference in the mean score of the anxiety among boys and girls players of college students.

Sample :

The sample constituted total 120 players of college students out of which 60 were from Khokho players of college

students (30 boys and 30 girls) and 60 were from Kabaddi players of college students (30 boys and 30 girls).

Research Design :

A total sample of 120 players of college students equally distributed between types of players and gender from various colleges form Ahmedabad city selected for the research study.

Showing the table of Sample Distribution :

Gender	Types of Players		Total
	Khokho	Kabaddi	
Boys	30	30	60
Girls	30	30	60
Total	60	60	120

Variable :

Independent Variable

1. **Types of Players :** Khokho and Kabaddi players
2. **Gender :** Boys and Girls

Dependent Variable : Anxiety Score.

Tools : Anxiety Test by A. K.P. Sinha & L.N.K. Sinha (1995) is used. The Gujarati adoption of Anxiety Test by Bhatt is used to measure anxiety level. This test consists of 90 items with 'yes' or 'no' responses. Its has high test reliability as 0.92 and the concurrent validity is 0.62.

Procedure :

The permission was granted from various colleges for data collection in Ahmedabad city after the establishment of rapport, personal information and the Anxiety Scale was administrated the data was collected, scored as per the manual and analyzed. The statistical method 't' test was calculated and results were interpreted.

4. Result and discussion

Table – 1 : Showing mean, SD and 't' value of anxiety for Khokho players and Kabaddi players.

Types of players	N	Mean	SD	"t" – value	Table Value	Sign. Level
Khokho players	60	13.82	3.51	3.09	2.61	0.01
Kabaddi players	60	15.83	3.64			

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As can be seen from above table that 't' value of 3.09 is significant at 0.01 level. This means that the two groups under study differ significantly in relation to anxiety. The mean score of the Khokho players group is 13.83 as against the mean score of 15.83 of the Kabaddi players group. It should be remembered here that, according to scoring pattern, higher score indicated very higher anxiety. Thus from the result it could be said that, kabaddi players group show more anxiety than Khokho players group. The Hypothesis no.1 that "There is no significant difference in the mean score of the anxiety among Khokho and Kabaddi Players of college students" is rejected.

Table – 2 : Showing mean, SD and 't' value of anxiety for boys and girls students.

Types of players	N	Mean	SD	"t" – value	Table Value	Sign. Level
Boys Students	60	15.87	4.77	1.20	1.98	N.S.
Girls Students	60	14.90	4.02			

As can be seen from above table that 't' value of 3.09 is not significant at 0.05 level. This means that the two groups under study not differ significantly in relation to anxiety. The mean score of the boys students group is 15.87 as against the mean score of 14.90 of the girls students group. The Hypothesis no.2 that "There is no significant difference in the mean score of the anxiety among boys and girls players of college students" is accepted. That means no difference for boys and girls students.

5. Conclusion

1. There is significant difference in the mean score of the anxiety among Khokho and Kabaddi Players of college students. Therefore it could be said that, kabaddi players group show more anxiety than Khokho players group.
2. There is no significant difference in the mean score of the anxiety among boys and girls players of college students.