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Comparison of competitive anxiety level of female of kabaddi players at different levels of achievement

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Abstract

The purpose of present study was to compare sorts competitive anxiety level of female Kabaddi players. 60 female players were selected from Abhor Distt of Punjab and affiliated colleges by simple random sampling. The sample consisted of 30 female inter collegiate and 30 female inter university Kabaddi players. The psychological variable competitive anxiety was assessed by administering sports 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 female Kabaddi players. The level of significance was set at 0.05. The result indicated that there were no significant differences among Kabaddi players as the obtained 't' value (0.72) was less than than tabulated 't' value (2.00).

Keywords: Competitive anxiety, player achievement level

Introduction

Now a day interest encompasses both some degree of activation and an unpleasant emotional state. Anxiety is recognized the main factor that affects perception in sports. It is a negative emotion that affects perception in sports competitions and this lead too majority of athletes to consider anxiety as debilitating toward performances, which may result in decrease in a sport. The purpose of this study was to compare the sports competitive anxiety of inter-collegiate and inter-university female Kabaddi players. It was hypothesized that there would be no significant difference in competitive anxiety level between the selected Kabaddi players at different levels of achievement.

Methodology

By applying simple random sampling, a total 60 female Kabaddi players (30 inter collegiate and 30 inter university player) were selected from Abhor Distt of Punjab The age of the subjects ranged from 18 to 25 years and average 2 years training experience. The SCAT questionnaire developed by Rainer Martens was used.

Results and Discussion

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. The statistical analysis of competitive anxiety of Kabaddi players at different levels of achievement has been presented in table-1.

Table 1: Comparison of Means of Competitive Anxiety between Inter Collegiate and Inter University leel female Kabaddi players.

Achievement level	Mean	SD.	M. D	S. E	't' ratio
Inter collegiate Kabaddi player	20.367	2.456	0.537	0.75	0,72*
Inter university Kabaddi player	19.83	3.307			

*Not significant at 0.05 level

Tab t 0.05 (58) =2.00

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Table-1 reveals that the calculated 't' value of 0.72 was less than the tabulated 't' value of 2.00. It means, there is no significant difference in the level of competitive anxiety between inter collegiate and inter universit female Kabaddi players.

Conclusion

The result indicated that there was no significant difference in the study levels of female Kabaddi players at different levels of achievement.

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