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Comparison on social physique anxiety between football and kabbadi male players

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Abstract

For the purpose of the study, 40 subjects (20 football player and 20 kabbadi players) were selected randomly from District Gurdaspur, only those players were selected who participated in the district level tournament of football and kabbadi. The age level of the subjects ranged from 16 to 18 years. Social physique anxiety of the subjects was assessed by using the social physique anxiety scale given by Hart *et al.* (1989). This questionnaire consists of 12 items rated on a 5-point likert scale. The items are scored 1-5, yielding a total score of 12-60. The collected data were put to statistical treatment applying t' test to find out the differences, if any between the football and kabbadi male players. The level of significance was set at 0.05. The results come out that there is a significant difference of social physique anxiety between football and kabbadi male players.

Keywords: Social physique anxiety, football, kabbadi, male players

Introduction

A personality emanation described as 'how much people become anxious when others watch their constitution' (Hart, Leary and Rejeski 1989) [2]. People with high social constitution uneasiness will experience stress in the midst of health appraisals and will, by and large, avoid wellbeing conditions.

People who have strange states SPA will feel stress in the midst of wellbeing evaluation and they endeavor to sidestep health conditions. They wound up anxious when others watch their body. Bigger measures of SPA are usually found by females in a setting where folks will be accessible. Oddly these opinions of pressure will when all is said in done diminish or are nonexistent in circumstances where it is an all-female rehearsing condition, and besides in condition where they don't feel that their bodies are under evaluation by others, and these sexual introduction effects may be a result of the ancestors of SPA.

Social Physique anxiety can be depicted as a social mental variable. It is connected with different factors including certainty, self-discernment, disillusionment with appearance and weight, eating attitudes and motivation to keep up a vital separation from prosperity related practices (Hagger and Stevenson, 2010) [3]. It is seen that sexual introduction appears to influence social physical make-up anxiety (SPA), yet there is only a little research here. People who have strange measures of SPA will feel stress in the midst of wellbeing appraisal and they attempt to dodge health conditions. They wound up anxious when others watch their constitution. Increasingly raised measures of SPA are generally found by females in a setting where folks will be accessible.

The noteworthy factor of this rot is Social Physique Anxiety, which is related to the execution of physical activities. Social Physique Anxiety can moreover have huge implications for exercise rehearses. It may give the impetus to young people to advance toward getting to be or remain physically unique. They may see that interest in physical development offers the opportunity to overhaul their participation in physical appearance or to improve a social character for being athletic or fit. Thusly, exercise can fill in as a ground-breaking instrument in their impression-the administrator's weapons store.

Despite the way that SPA may fortify energy for rehearsing to improve physical appearance, get more slender, or even to improve prosperity and flourishing, the fear of constitution related negative appraisal may similarly fill in as a limit to help in physical development.

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Once in a while, enthusiasm for physical activity may require clothing that is too revealing too much consider being suffered by the people who are particularly hesitant about their bodies. For example, a couple of youngsters fear the self-presentational aftereffects of being found in a swimsuit. People who are uncertain about how their body appears in the midst of activity avoid such situation. Stresses on both these records (required outfits, body arranging) have been Identified as the most convincing segments limiting the energy of overweight young women and women to rehearse visible to everyone or to go to rehearse studios (Bain, Wilson, and Chaikind, 1989)^[1].

Statement

The statement of problem is “Comparison on social physique anxiety between football and kabbadi male players”

Objective

1. The purpose of the study was to compare of social physique anxiety between football and kabbadi male players.

Hypothesis

1. There is no significant difference of social physique anxiety between football and kabbadi male players.

Limitation

1. No special motivational technique was used during the test.
2. The investigator was unable to control their daily routine, training and competition schedules.

Delimitations

1. The study was delimited to 16-18 years age group.
2. The study was delimited to District Gurdaspur, only those players were selected who participated in the district level tournament of football and kabbadi.
3. The study was delimited to only social physique anxiety.

Methodology

For the purpose of the study, 40 subjects (20 football player and 20 kabbadi players) were selected randomly from District Gurdaspur, only those players were selected who participated in the district level tournament of football and kabbadi. The age level of the subjects ranged from 16 to 18 years. Social physique anxiety of the subjects was assessed by using the social physique anxiety scale given by Hart *et al.* (1989)^[2].

Tools and Scoring

Social Physique Anxiety

Social physique anxiety of the subjects will be assessed by using the social physique anxiety scale given by Hart *et al.* (1989)^[2]. This questionnaire consists of 12 items rated on a 5-point likert scale. The items are scored 1-5, yielding a total score of 12-60. Participants are classified as low – (Low Social Physique Anxiety) and high – (High Social Physique Anxiety) social physique anxiety groups according to the median of social physique anxiety values.

Statistical Procedure

The data was analyzed and compared with the help of statistical procedure in which arithmetic mean; standard error mean, standard deviation and “t” test was used to compare the data.

Result

Table 1: Comparison between football and kabbadi male players on social physique anxiety

Group	N	Mean	SD	MD	DF	‘t’ Value
Football	20	37.9	2.81	1.18	38	3.22*
Kabbadi	20	34.1	3.99			

N= 40, Significance level 0.05,

From table no.1 result found that Kabbadi players have low social physique anxiety (M= 34.1, SD= 3.99) as compared to Football players (M=37.9, SD= 2.81). The ‘t’ value is 3.22* which is more than tabulated value, so that there is a significant difference at .05 level.

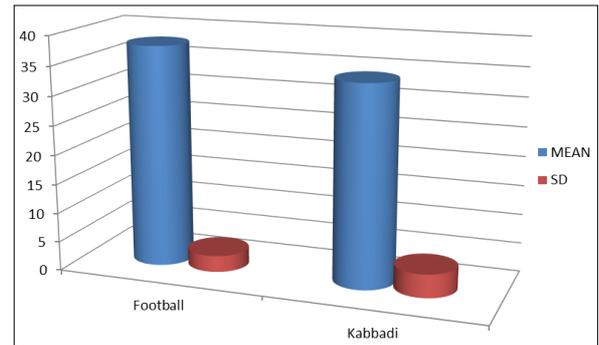


Fig 1: Difference of means between football and kabbadi male players on social physique anxiety

Conclusions

Recognizing the limitations of this study and on the basis of statistical findings the following conclusions may be drawn that Kabbadi players have low social physique anxiety (M= 34.1, SD= 3.99) as compared to Football players (M=37.9, SD= 2.81). The ‘t’ value is 3.22* which is more than tabulated value, so that there is a significant difference at .05 level.

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