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## A study of anxiety, physical and performance variables of women hockey players

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### Abstract

Sport is as old as human society itself; it is an institution which has its own traditions and values. Being an institutionalized and competitive activity, it involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of intrinsic satisfaction associated with the activity itself and external rewards earned through participation.

**Keywords:** anxiety, physical and performance, women hockey players

### Introduction

Sport as an activity offers an opportunity of self-knowledge, self-expression, and fulfillment; personal achievement, skill acquisition and demonstration of ability; social interaction, enjoyment, good health and well-being. It promotes involvement, integration and responsibility in society and contributes to the development of society, especially when sports activities have been accepted as an integral part of the culture of every society in every nation. It is an evident fact that the statistics point out that women and girls account for half of the world's population (50 per cent), the percentage of their sports participation varies from country to country and is far less than that of men and boys in our country. Despite growing participation of women in sports and play in the recent years as also the increased opportunities for women to take effective participation in domestic and international areas, increased representation of women in decision making and leadership roles within sports has not come to occupy a significant position. This leads to unequal opportunities for women and girls in sports resulting in the violation of constitutional mandate regarding equality before law and equal protection of law in the territory of India." It has been widely accepted that women's experiences, values and attitudes can enrich, enhance and develop sports, so also participation in sports can enrich, enhance and develop women's lives in the society.

To look at the history of sports is to look at the social history of a society. Sport reflects the society in which it is found. Therefore, the sports and society are interlinked and they cannot be separated. Before discussing the relationship between them the author wishes to explain: What the society is Society is the structural composition of a community of people. It is a national identity in which a large group of people form a unique organisation, which is also linked with culture, recreation and traditions etc. Culture is an important part of society, which explains the ways this society functions. It describes the unique patterns of a society summarized in the term Life Style. It reflects the customs, attitudes and values of the people and can be analysed at ethical-socio-economic and artistic levels. Societies have institutions and organisations within their structure and these normally have some degree of autonomy with their own unique cultural interpretation.

The relationship between sports and society is not one sided. Sports inculcate among the participants the spirit of cooperation, courage, sportsmanship, honesty, self-discipline and respect for the rules and fairness.

Sport is a social phenomenon because it is a playful, competitive, skilful and institutionalised activity. On the one side society puts some goals as inputs before the sports system and on the other sports provide some significant output to the society. On one side society provides the goals, facilities, infrastructure, competitions,

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awards and punishment on the other hand sports provide to the society the fame, physical and mental fitness, character formation, glory, money, recognition and international peace. Sports, indeed, are and had been mirror of society. Through out the world, sports were popular and appealing to the people of all ages and both sexes.

Play Instinct is inherent in every human being at all stages of life from child hood, adolescence grow up to old age. The human body is designed to make movements. Life starts with movement and the moment movement is stopped, life comes to stand still. All organs depend on movements for their growth and development. It is therefore, necessary that our body is moved effectively and efficiently on the one side, on the other it is attributes to the preparation of first class citizens. Sports as an institution has been a source of play, work, celebration, exercise and fitness to encompassing larger goals in representing the State or Nation in National and International games bringing pride to the nation besides oneself and family. Sports can either be a play activity or profession. When taken up as a play activity for enjoyment, it does not entail any economic gain. However, a spirit of competition is present among the players.

Sports serve vital social and cultural functions, the importance of which can hardly be exaggerated. The contribution of sports towards overall welfare of the human society may be capsuled in the following points. Sports help in the all round development of human body and it provides ample and healthy means for recreation and relaxations of human mind and body. Sports are effective for rehabilitation and social adjustment for injured, sick and handicapped. Sports provide opportunities for social interactions there by fostering peace and understanding among different people, nations, races, religions etc. Sports also perform preventive and curative functions for several diseases and ailments inflicting human body and mind. "Sports provides healthy and socially acceptable opportunities for the people and nations to compete against each other there by touching heights of excellence of human endeavor and attainment.

Sports have been a part of every culture and nation. They ebbed and flowed according to the need and mood of the people of the region. The type and characteristics of sports also varied depending upon their purpose and availability of facilities. Thus a host of sports originated and grew in different parts of the world to which belong Hockey.

### Conclusion

In modern society, sports have very important role to play. Much of the attraction of the sports comes from the wide variety of experience and feelings that result from participation, namely, joy, anguish, success, failure, pain, relief and a feeling of belonging. Sports competitions offer us heroes and heroines. For many youths, the sports stars are better known than the leading politicians of a country. The primitive societies and sports were the integral part of the religious practices. Dancing, singing, wrestling and melas were quite popular, as they were integral part of their socio-cultural traditions. Plato advocated that girls and boys should be put to vigorous exercises during their bringing up. Romans were fond of Athletics. They aimed at military proficiency through games and sports.

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