



ISSN: 2456-0057
IJPNPE 2019; 4(1): 582-585
© 2019 IJPNPE
www.journalofsports.com
Received: 08-11-2018
Accepted: 10-12-2018

Mr. Shashidhara
Research Scholar, University
College of Physical Education,
Bangalore University,
Bangalore, Karnataka, India

Dr. PC Krishnaswamy
Professor, University College of
Physical Education Bangalore
University, Bangalore,
Karnataka, India

“A study on Anxiety and Aggression among Indigenous Sports Persons”

Mr. Shashidhara and Dr. PC Krishnaswamy

Abstract

The purpose of the present study was to find out the level of anxiety and aggression among Indigenous sports persons. To achieve the purpose of the study 150 Indigenous were selected from different universities in Karnataka state. The Subjects age ranges from 17-25 years. The data for the study were collected by using questionnaire technique. This survey was taken by the investigator presence and Necessary instruction was given by him and there was no use of any motivational technique. It was clearly explained to the subjects that overall purpose of the study was to compare the anxiety and aggression between Indigenous sports persons. However the subjects were made to respond as quickly as possible without any confusion. The results revealed that there was no significant difference found in anxiety level among Indigenous sports persons and there is a significance in the level of aggression among Indigenous sports persons.

Keywords: Psychology, Indigenous, anxiety, aggression etc.

Introduction

Nowadays more and more emphasis is being laid on the study of psychological factors, which control, condition and modify human behaviour. Psychologists from all over the world are critically and enthusiastically examining psychological aspects of sports, applying research from related areas to athletic situations, and attempting to make sense out of sparse factual material, considering the popularity of sports, its length of existence and its impact in society, relatively little research has been done with athletes. Consequently how much is really known about aspects of psychology as they related to sports.

On the other hand, we are by no means still in the Dark Ages. Orderly laws of behaviour can be applied to the athletically gifted so as to understand and predict performance. Studies in athletic environment, with athletes, can and are occurring more frequently now than ever before. In fact, a sport, in the wider perspective means pleasure as well as competition.

Sport Psychology

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

Statement of the problem

The main purpose of this study was finding the psychological profile of Indigenous sports persons in the level of anxiety and aggression.

Hypothesis

There was no significant difference the level of anxiety and aggression among Indigenous sports (Kho-Kho, Kabaddi and Ball badminton) persons of selected universities in Karnataka state.

Correspondence

Mr. Shashidhara
Research Scholar,
University College of Physical
Education JB Campus Bangalore
University, Bangalore, 560056
Karnataka, India

Limitations

Couldn't control the environment/surrounding, Daily routine activities, training, food habits, psychological status/condition, family background of the subjects.

Delimitation

- The study was delimited to Indigenous sports persons of Kho-Kho, Kabaddi and Ball badminton and Inter-university players and selected universities of Karnataka state.
- The study was delimited to total 150 subjects, 50 from each game 50 male sports persons, age ranged between 17-25 years.
- The study was delimited to selected psychological variable of Anxiety and Aggression.

Methodology

As discussed earlier the main purpose of the study was investigating the varying level of anxiety and aggression between Indigenous sports persons. For this purposes the standardized "anxiety and aggression" Questionnaire was administered. The selection of the subject and procedure followed by the collection of data and analysis used in this study are described in the following sections.

Selection of the Subjects

For the study 150 Indigenous (Kabaddi, Kho-Kho and Ball badminton) sports persons who are participated inter university tournaments in different games were chosen.

Selection of the variables

Sports Competitive Anxiety Test (SCAT)

Purpose: To measure the sports competitive anxiety level of Indigenous sports person's.

Tool: Standardized questionnaire developed by Rainer Martens *et al.* (1990) was used in the study.

Procedure: It is the popular tool used worldwide for the measurement of sports competitive anxiety level of the players of various age groups. The version III meant for adults is used in this study. 96 The questionnaire comprises of 15 items. Each item has three alternatives via hardly ever/ Rarely Sometimes often. The total score of the respondent may range from 10 to 30. The items' 1, 4, 7, 10 and 13 are not to be scored. A score of 1/2/ 3 is given to the response often/sometime/Hardly ever for the items 6 and 11. The scoring is

reversed for other items. The score 10 indicates a low level of anxiety and 30 a high level of anxiety (stressed). Were taken as raw score for each subject.

Aggression

Purpose: To assess the aggression level of all the sports persons.

Tool: Buss-Parry Aggression questionnaire (1992) was used.

Procedure: Standardized Buss-Parry questionnaire for aggression was used to scale the aggressiveness. This test consists of twenty nine questions of five levels of responses. The level changes from strongly disagree to strongly agree. The respondents are made to encircle the appropriate numbers, which suited their attitude. The questionnaire was scored with the help of the scoring key.

Statistical Techniques

The data that was collected from the subjects was treated statistically. To test the hypotheses data was analyzed to descriptive statistics, Analysis of variance (ANOVA) was applied, followed by Scheffe's Post-hoc comparison which will locate significant difference between pair of means. The level of significance was fixed at 0.05.

Analysis of the Data

The significance of the difference between the means of Indigenous sports persons was found out. The data were analyzed and descriptive statistics was applied with 0.05 levels of confidence.

Table 1: Descriptive statistics of Anxiety among Indigenous sports persons

Psychological Variable	Indigenous games	N	Mean	Std. deviation	Std. error
Anxiety	Kho-Kho	100	19.61	3.231	.308
	Kabaddi	100	19.62	2.936	.308
	Ball badminton	100	19.35	3.073	.308

Table: 1 revealed the mean and Std. deviation of Kho-Kho players are 19.61±3.231, for Kabaddi players 19.62±2.936 and for Ball badminton are 19.35±3.073 respectively. The statistical value derived as above did not show any significant deference in the anxiety level among Indigenous sports persons. This is linear graph represented in below Figure 1.

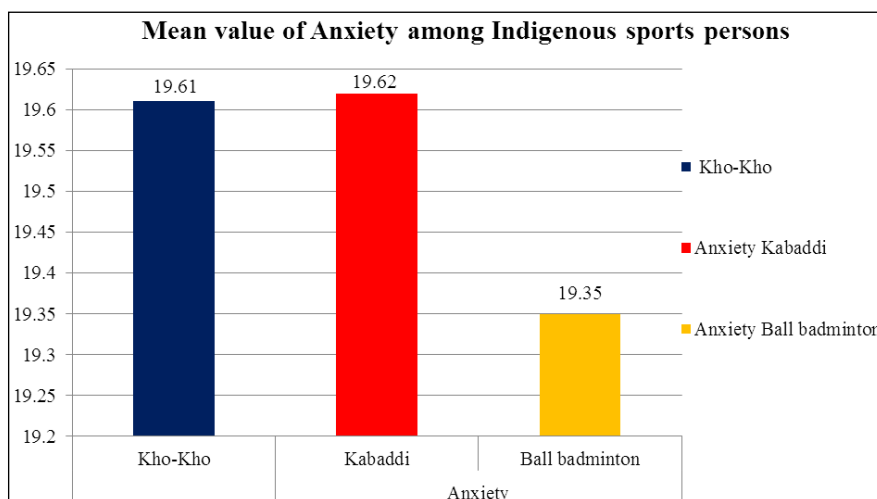


Fig 1: Mean value of Anxiety among Indigenous sports persons

Table 2: Descriptive statistics of Aggression among Indigenous sports persons

Psychological Variable	Indigenous games	N	Mean	Std. deviation	Std. error
Aggression	Kho-Kho	100	141.90	15.131	1.490
	Kabaddi	100	144.79	14.776	1.490
	Ball badminton	100	136.01	14.780	1.490

Table: 2 revealed the mean and Std. deviation of Kho-Kho players are 141.90 ± 15.131 , for Kabaddi players 144.79 ± 14.776 and for Ball badminton are 136.01 ± 14.780 respectively. The statistical value derived as above there is a significant difference in the Aggression among Indigenous sports persons. This is linear graph represented in below Figure 2.

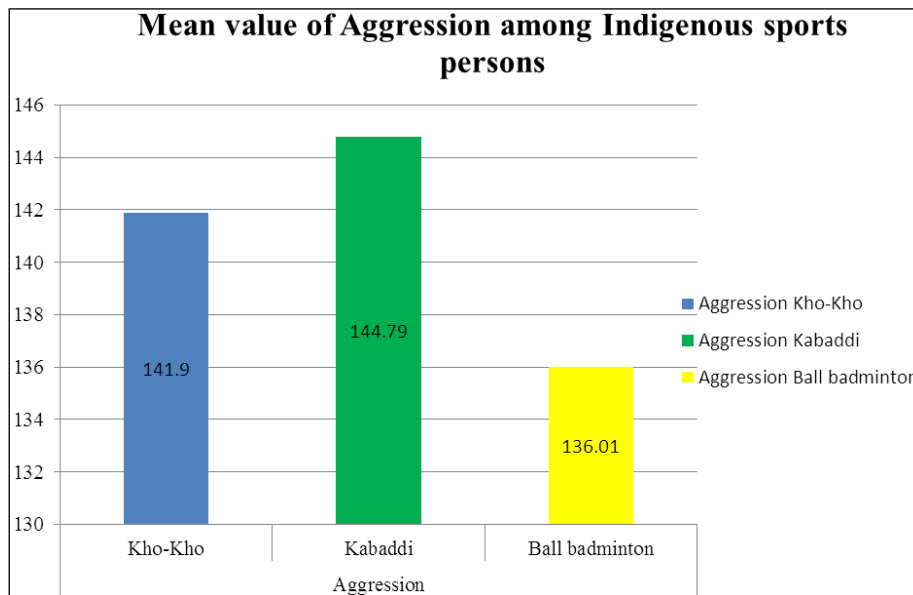


Fig 2: Mean value of Aggression among Indigenous sports persons

Table 3: Analysis of variance (ANOVA) of Psychological variable of Anxiety among Indigenous sports persons

Psychological Variable	Sum of square	Df	Mean square	F	Sig.	Observed power
Anxiety	4.687	2	2.343	0.247	0.782	0.089

From the table 3 it is observed sum of square (4.687) and mean square (2.343) for Anxiety with obtained F value 0.247 lesser than table value 3.85. Therefore it is evident as a non-significant difference among Indigenous sports persons. Therefore the obtained P value (0.782) is much higher than required P value > 0.05 .

Table 4: Analysis of variance (ANOVA) of Psychological variable of Aggression among Indigenous sports persons

Psychological Variable	Sum of square	Df	Mean square	F	Sig.	Observed power
Aggression	4004.420	2	2002.210	9.022	0.000	0.974

From the table 4 it is observed sum of square (4004.420) and mean square (2002.210) for Happiness with obtained F value 9.022 higher than table value 3.85. Therefore it is evident there is a significant difference among Indigenous sports persons. Therefore the obtained P value (0.000) is lesser than required P value < 0.05 .

Table 5: The Scheffe Post Hoc Test of Psychological variable of Anxiety among Indigenous sports persons

Psychological Variables	(I) Indigenous	(J) Indigenous	Mean difference (I-J)	Std. Error	Sig.
Anxiety	Kho-Kho	Kabaddi	-.01	.436	1.000
	Kho-Kho	Ball badminton	.26	.436	0.837
	Kabaddi	Ball badminton	.27	.436	0.826

Table 5 indicates that the calculated the mean difference in psychological variable of Anxiety Indigenous game for Kho-Kho & Kabaddi is -0.01, for Kho-Kho & Ball badminton is 0.26 and Kabaddi & Ball badminton is 0.27. Further the

obtained P value for Kho-Kho & Kabaddi (1.000), for Kho-Kho & Ball badminton (0.837) and Kabaddi & Ball badminton is 0.826 respectively. Hence it is found that the obtained P values are much higher than required P value 0.05.

Table 6: The Scheffe Post Hoc test of Psychological variable of Aggression among Indigenous sports persons

Psychological Variable	(I) Indigenous	(J) Indigenous	Mean difference (I-J)	Std. Error	Sig.
Aggression	Kho-Kho	Kabaddi	-2.89	2.107	0.391
	Kho-Kho	Ball badminton	5.89*	2.107	0.021
	Kabaddi	Ball badminton	8.78*	2.107	0.000

Table 6 indicates that the calculated the mean difference in psychological variable of Aggression Indigenous game for Kho-Kho & Kabaddi is -2.89, for Kho-Kho & Ball badminton is 5.89 and Kabaddi & Ball badminton is 8.78. Further the obtained P value for Kho-Kho & Kabaddi (0.391), for Kho-

Kho & Ball badminton (0.021) and Kabaddi & Ball badminton is 0.000 respectively. Hence it is found that the obtained P values are greater than required P value 0.05 in Kho-Kho & Kabaddi players and the result found obtained P value lesser than required P value 0.05 in Kho-Kho & Ball

badminton and Kabaddi & Ball badminton players.

Conclusion

Based on the results and findings of this study it's concluded that there is no significant differences in Anxiety among Kho-Kho & Ball badminton and Kabaddi & Ball badminton sports persons, fater there is a significance difference in the level of Aggression among Kabaddi & Ball badminton and Kho-Kho & Ball badminton of selected Universities in Karnataka state.

References

1. Hanin YL. A study of anxiety in sport. In W. F. Straub (Ed.), Sport Psychology: An Analysis of Athletic Behavior, Movement Publications, Ithaca, NY, 1980, 236-249.
2. Hanin YL. State Trait anxiety research on sports in the USSR. In C.D. Spielberger & R. Diaz (Eds.), Cross-Cultural Anxiety, Hemisphere, Washington, D.C., 1986; 3:45-64.
3. Glyn C Roberts *et al.* Experience Nine-Aggression Leaving Experience in Sport Psychology, 1986, 71-75.
4. John M Silva *et al.* Psychological Foundations of Sports. U.S.A. Human Kinematics Publishers, 1984, 247.
5. Glyn C Roberts *et al.* Experience Nine-Aggression Leaving Experience in Sport Psychology, 1986, 71-75.
6. John M Silva *et al.* Psychological Foundations of Sports. U.S.A. Human Kinematics Publishers, 1984, 247.