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## Analysis of selected psychological parameters among Calicut University and Kerala University intercollegiate wrestlers

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### Abstract

**Background:** In the competitive world of sports an athlete has to care for the development of his total fitness which includes physical, mental, emotional, and social development. Most coaches, trainers, and psychologists consider that ability of an event to perform in any athlete is obviously dominated by his physical characteristics. But beyond these restrictions, psychological factor plays a very crucial role in the performance. Competition anxiety is a common emotional state experienced by athletes at all levels of performance. Most athletes have sports competition anxiety and less mental health which does affect their performance overall. Many psychological practices and programs have been used to improve mental health and reduce competitive anxiety and increase athletic performance. The purpose of the study is to analyze the sports competition anxiety and mental health between Calicut university intercollegiate and Kerala university intercollegiate wrestlers.

**Methods:** The subjects of the study were 60 men wrestlers. They were representatives of the All India inter-university wrestling championship from Guru jambheshwar university Hisar in Hariyana, and the subjects were chosen from various universities in Kerala state. There were 30 wrestlers taken from each university. In this analysis, two kinds of psychological parameter data were collected which are sports competition anxiety and mental health. The collected data were analyzed with 't' test with degrees of freedom.

**Results and Conclusion:** The findings of the study revealed that sports competition anxiety and mental health show no significant difference between Calicut university wrestlers and Kerala university wrestlers and also wrestlers with an average level of competition anxiety and mental health help the wrestlers to exhibit higher performance in sports competitions.

**Keywords:** Competition anxiety, mental health, wrestlers

### 1. Introduction

The sport includes all forms of competitive physical activity or games which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals.

Sports are the concrete, visible and effectual facet of physical education. Competitive sports are the quintessence of physical education the observable, measurable, and objective outcome of the combined effect of skill, nutrition, training, and fitness. Performance, achievement, and excellence are the explicit objective of competitive sports. Competitive sports are the domain of the high talent and trained who aims to fight for "prize, privileges, prestige, and praise". Though receptive in essence, sport and competition are like body and soul (Kamlesh 2000) [17]. The athlete is obviously dominated by his physical characteristics. But beyond these restrictions, psychological factor plays a very crucial role in the performance. The involvement of a socio-psychological approach in sports has largely arisen from a traditional interest in areas such as personality, emotional state, motivation, anxiety, etc. still there are still numerous socio-psychological dimensions that directly or indirectly influence competitive sports.

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Wrestling represents one of the oldest forms of combat. The origins of wrestling go back 15,000 years through cave drawings. Babylonian and Egyptian reliefs show wrestlers using most of the holds known in the present-day sport. Wrestling has been popular in India since ancient times, it was mainly an exercise to stay physically fit. x

Wrestling – It is a combat sport or activity in which the opponent is controlled using grappling techniques and is held down on the ground, or thrown following a set of rules. It usually involves two wrestlers who try to gain control over each other using different moves and maintain a dominating position over the opponent. There are a number of forms and styles of wrestling that are played in different parts of the world which have historical importance, these styles were nurtured and kept alive and passed on from generation to generation, still in operation, and help in keeping the society's unity, pride, and roots.

Wrestling which is involving grappling-type techniques such as clinch fighting, throws and takedowns, joint locks, pins, and other grappling holds. Wrestling techniques have been incorporated into martial arts, combat sports, and military systems. Wrestling comes in different forms such as freestyle, Greco-

Roman, judo, sambo, folkstyle, catch, submission, sumo, pehl wani, shuai jiao, and others. A wrestling bout is a physical competition, between two (sometimes more) competitors or sparring partners, who attempt to gain and maintain a superior position.

The detailed wrestling rules and the requirement to have theoretical and practical knowledge of wrestling techniques and tactics cause wrestlers to be expected to have special psychosocial skills. Gould *et al.*, (1981) [18] found that successful wrestlers were more self-confident and more frequently focused their attention on wrestling related thoughts prior to competition. Highlen & Bennett (1979) [19] also found that good wrestlers have less stress and anxiety and greater self-confidence. In addition, Gould *et al.*, (1987) [18] found that, psychological attributes of mental toughness, positive attitude, individual motivation and attention-concentration were most important for successive wrestling.

## 2. Material and Methods

### 2.1 Participants

The subjects of the study were 60 men wrestlers. They were representatives of the All India inter university wrestling championship from Guru jambheshwar university hisar in Hariyana, and the subjects chosen from various universities of Kerala state. There were 30 wrestlers taken from each universities. In this analysis two kinds of psychological parameter data were collected which are sports competition anxiety and mental health.

### 2.2 Study Design

Following psychological variables were selected for the present study which are Sports competition anxiety and mental health. The purpose of the study was explained to the subjects briefly by the investigator. The Sport Competition Anxiety Test (Martens 1977) [20], commonly known as just the SCAT test, is a self-reporting questionnaire about anxiety. The SCAT analyses an athlete's responses to a series of statements about how they feel in a competitive situation. The test was administered about hours prior the player's match schedule in a bid to get genuine responses. The mental health scale was selected from Trier Personality Inventory (TPI) developed by Peter Becker, to assess the subject's mental

health. Total 120 statement and nine sub-statement are in this inventory, nine sub-statements, one is mental health. In this instrument, 20 statements are provided in order to assess mental health.

### Variables Selected

1. Sports competition anxiety
2. Mental health

### Selection of test items

1. Sports competition anxiety questionnaire (SCAT)
2. Trier Personality Inventory (TPI)

### 2.3 Statistical Analysis

In order to examine the hypothesis of the study, descriptive statistics such as mean, standard deviation (SD), and comparative statistics such as independent sample 't' test were used with help of SPSS (Statistical Package For The Social Sciences).

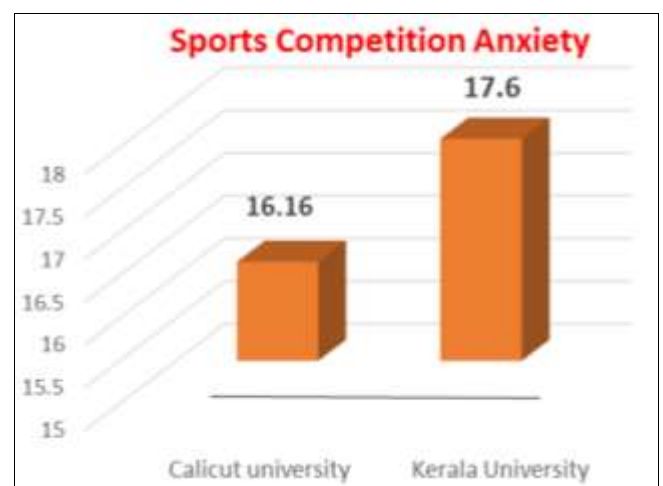
## 3. Results

**Table 1:** Calculation of t ratio between Calicut university wrestlers and Kerala University wrestlers based on variable of sports competition anxiety

Group	N	Mean	SD	SEM	df	Mean difference	t ratio	Table value
Calicut university	30	16.16	3.301	.602	58	1.433	1.657	2.0017
Kerala university	30	17.60	3.399	.620				

**Note:** \* Significant at the 0.05 level of confidence

The table 1 shows that the Calicut university group (mean=16.16, SD= 3.301) and Kerala university (Mean=17.60, SD=3.399). As per the mean value the Calicut University wrestlers having less competition anxiety than the Kerala University wrestlers. In this variable the 't' ratio value 1.657 is lesser than table value 2.0017 with 0.05 significance level. Hence this result shows that there is no significant difference between the Calicut University wrestlers and Kerala University wrestlers on the variable of sports competition anxiety.



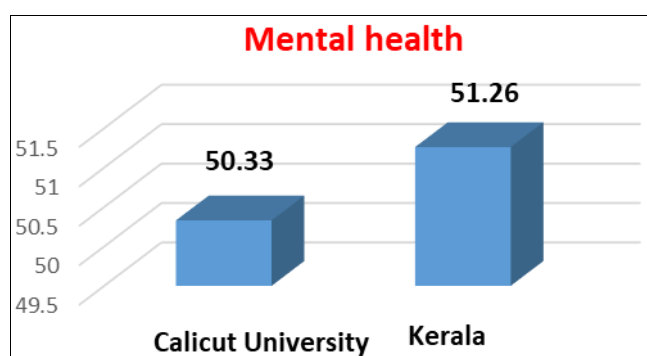
**Fig 1:** Comparative bar diagram of the competition anxiety level of Calicut university wrestlers and Kerala university wrestlers

**Table 2:** Calculation of 't' ratio between Calicut university wrestlers and Kerala university wrestlers based on variable of mental health

Group	N	Mean	SD	SEM	df	Mean difference	T	Table value
Calicut university	30	50.33	3.670	.670	58	.933	.810	.421
Kerala university	30	51.26	5.132	.937				

**Note:** \* Significant at the 0.05 level of confidence

The table 2 shows that the Calicut university (mean=50.33, SD=3.670) and Kerala university (Mean=51.26, SD=5.132). As per the mean value the Kerala university is having better mental health than the Calicut university. In this variable 't' ratio value 0.810 is lesser than the table value 2.0017 with 0.05 significance level. Hence the measure declare that there is no significant difference between the Calicut university wrestlers and Kerala university wrestlers on the variable of mental health.



**Fig 2:** Comparative bar diagram of the ego orientation level of Calicut university wrestlers and Kerala University wrestlers group

#### 4. Discussion

Based the objectives and the hypothesis of the study, the data analysis gives the following major findings.

The 't' test shows that there is no significant in the anxiety level of Calicut university and Kerala university wrestlers. The Calicut university group (mean= 16.16, SD= 3.301) and Kerala university (Mean=17.60, SD=3.399). As per the mean value the Calicut university wrestlers having less competition anxiety than the Kerala university. In this variable the 't' ratio value 1.657 is lesser than table value 2.0017 with 0.05 significance level. Hence the measure declare that there is no significant difference between the Calicut university wrestlers group and Kerala university wrestlers. For wrestlers the anxiety level should be always average because if the anxiety level is high the player may undergo stress and chances of injuries are more he may lose his confidence and he cannot perform his best and if the anxiety level is low the player may underperform which may play an important role in the performance of the wrestler, that may become an advantage for the opponent.

To play professional sports and games the athlete need a certain arrogance, confidence their own ability. And the mindset of the athlete which helps them to think they are unbeatable and stoppable.

The 't' test shows that there is no significant in mental health variable of Calicut university wrestlers and Kerala university wrestlers. The Calicut university (mean=50.33, SD=3.670) and Kerala university (Mean=51.26, SD=5.132). As per the mean value the Kerala university group is having better mental health than the Calicut university. In this variable 't' ratio value 0.810 is lesser than the table value 2.0017 with

0.05 significance level. Hence the measure declare that there is no significant difference between the Calicut university wrestlers and Kerala university wrestlers.

Mental health involves the area of life such as feelings of satisfaction, optimism and self-esteem. It reduces stress and anxiety its helps the athlete to sleep better and boost their overall mood. so that the wrestler may stay always positive in nature which is very good in improving performance.

#### 5. Conclusion

The result of the study seems to be permitting the following conclusions.

It is seen that the competition anxiety and mental health shows no significant difference between Calicut university wrestlers and Kerala university wrestlers. It is clear that wrestlers with average level of competition anxiety and mental health helps the wrestlers to exhibit higher performance in sports competitions.

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