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## A COMPARATIVE STUDY ON COMPETITION ANXIETY OF JUNIORCOLLEGIATE RURAL AND URBAN KABADDI PLAYERS

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### Abstract:

*The Purpose of the study was to compare the Anxiety of Kabaddi players in Rural and Urban For this 40 players (20 Rural and 20 Urban) were selected as a sample. A standard Scale developed by Dr. A.K.P Sinha and L.N.K Sinha, Comprehensive Anxiety Test (SCAT) was used to measure the completion Anxiety of the players. To find out the significant difference between Rural and Urban players, 't' test was employed at 0.05 level of significant data revealed that there is a no significant difference in competition Anxiety. Moreover, from the mean values the Competition Anxiety of Urban Kabaddi players found more than the rural players.*

### KEYWORD:

Competition Anxiety

### INTRODUCTION:

Kabaddi is one of the oldest games in which strength plays a vital role. It was considered as the test of one's strength in the earlier times. In this sport event. Certain Specific physical structure with more physical strength, which is different from the athletes of other sports events, seems to play a important factor for success in high-level performance.

Kabaddi is a sport in which competitors attempt to lift heavy weights mounted on steel bars called barbells, the execution of which is a combination of power, flexibility, technique, mental and physical strength. Anxiety plays a paramount role in sports. It is a challenge in sports participation, which produces anxiety. Anxiety determines how successful he would be. Anxiety may be positive motivating force or it may interfere with successful performance in sport events. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, participants made upon them to succeed. The study of the effect of anxiety on sports performance has become a major topic of interest for sports psychologists, in recent years. The degree of perceived anxiety is an important variable to be concerned for the performance of an individual typically becomes in competitive tendency to perceive competitive situation as threatening that is intense competition creates varying levels of anxiety with in different performers.

Some react adversely to the competitive situation by reaching states of hyper anxiousness which often results in the inability to achieve optimum level of performance. Competitive trait stress as the relatively stable disposition of an individual to perceive threat in competitive test (SCAT) in order to provide a reliable and valid instrument which is a situation specific anxiety. High on competitive situations with higher levels of anxiety than persons low on competitive trait anxiety.

It is generally recognized that psychological factors are of crucial importance in high level competitive sports. The relation between anxiety and performance has been the subject of many thorough researches found no gender differences for competitive anxiety. They also demonstrated that the more experienced college player is he or she would show lower level of cognitive and somatic anxiety than the

experienced.

This study is an attempt to investigate the differences existing in the sports competitive anxiety in the sports competition anxiety of inter-collegiate Rural and Urban Kabaddi players.

The present study is a status study, which did not require the investigator basically to manipulate any of the variable include in it rather than collection of data became instruments in providing correct insight in the to sports competition anxiety.

#### OBJECTIVE:

The Objective of the study was to find out the difference of competition Anxiety level of Kabaddi players of rural and urban area.

#### METHODOLOGY:

For the purpose of this study 20-20 Kabaddi players belong to rural and urban area were selected from currently All Intercollegiate Kabaddi Competition . Anxiety was measured by using sports competition Anxiety Test (SCAT) developed by Dr.A.K.P.Sinha and L.N.K Sinha and find out the level of anxiety Kabaddi players from rural and urban area. Anlysis of variance was used for analyzing the data. Where not significant differences were observed , test was used for assessing the mean difference.

#### RESULT AND DISCUSSION:

After getting the scores for rural and urban 't' test was applied. The results obtained is presented in the following table.

Summary of 't' Test of Anxiety scores of Rural and Urban Kabaddi players

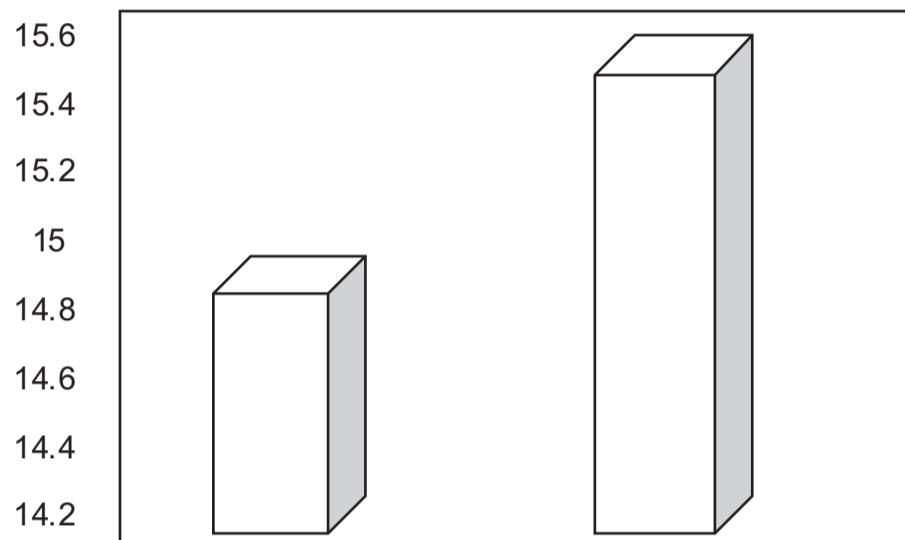
Group	Rural	Urban
Number	20	20
Mean	14.66	15.56
Standred Deviation	2.996	2.585
Mean Difference	0.90	
Standred Error	0.88545	
Obtained 't'	1.0164	
Degree of Freedom	38	
Level of Significance	0.05	
Table Valve of 't'	2.022	
Remark	Not significant	

From the above table it is observed that the Mean of Rural kabaddi players in Anxiety scores is 14.65 and that of urban kabaddi players is 15.55. The stndard deviation for both the groups is 2.998 and 2.254 respectively. The mean difference 0.90 and the standard error is 0.88546. The obtained 't' is 1.0164 which is less than the table value of 't' at 38 degree of freedom at 0.05 level of significance. Hence it is concluded that there is no significant difference in the Anxiety scores of Rural and Urban Kabaddi players.

It is also observed that the mean anxiety score of urban kabaddi players is slightly greater than the rural kabaddi players.

The means Anxiety scores of Rural and Urban Kabaddi players is shown graphically depicted with the help of following figures.

Graph showing the comparison of mean score of anxiety for rural & urban kabbadi player



#### CONCLUSION:

From the above statistical it is quite clear that Kabaddi player of Rural and Urban area does not differ significantly with respect to their competition Anxiety. It is also concluded that the competition Anxiety of urban Kabaddi players is slightly greater than that of rural players. Hence, the coaches and physical education teacher should be consider the psychological factors while coaching their players coming from different area.

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