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**A Competitive Aggression And Anxiety Among Kabaddi and Kho-Kho
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A Competitive Aggression And Anxiety Among Kabaddi and Kho-Kho Players

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DEPT OF PHYSICAL EDUCATION

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CHAPTER-1 INTRODUCTION

We all know that sports are highly specialized activity and today it has become highly competitive. It has become one of the most widely practiced human activities. Sports are also psycho-social activities, which have a very important role in shaping modern society. The world of games and sports has crossed many milestones. Scientific theories applied to human performance have been playing an increasingly important role in training of athletes to attain excellence in sports and games. Sports performance is the result and expression of the total personality of the sportsman. While some may deride sports psychology as mumbo jumbo, when properly practiced, mental training for sports supplies concrete benefits. Pre-practicing specific routines you'll use during a match or game can help trigger better motor responses and prevent fatigue, among other benefits. One benefit of sport psychology training is that it enhances performance on the court. Winning is one of the main objectives in tennis, but winning requires consistent performance at a high level. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. As the game becomes more sophisticated, coaches who fail to properly utilize psychological tools place their players, and themselves, at a disadvantage in performance and satisfaction. A full investment in sport psychology may spell the difference between high achievement and mediocrity for players. For years sport psychologists have examined how psychological skills training, including mental skills training, help athletes improve performance. Mental skills are procedures that help athletes control their minds efficiently and consistently as they execute sport-related goal. This not only involves developing skills such as concentration and stress control, but it also includes efforts to influence personal characteristics such as self-esteem and sportsmanship.

Psychological skills techniques help athletes make adjustments to their actions, thoughts, feelings, and physical sensations that will improve their games. Players can use these techniques to

- help build self-confidence,
- set goals,
- manage their stress,

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- use imagery and visualization to work on game skills,
- Focus concentration and attention.

Sport psychology also can help athletes with problems off the court that may affect performance on court.

Mental Game Coaching is the segment of sports psychology that concentrates specifically on helping athletes break through the mental barriers that are keeping them from performing up to their peak potential. By focusing on the mental skills needed to be successful in any sporting competition, mental game coaching seeks to achieve the overall goal of performance improvement.

Sports Psychology is about improving your attitude and mental game skills to help you perform your best by identifying limiting beliefs and embracing a healthier philosophy about your sport.

Psychological makeup of the sportsman takes a leading role on top level performance in any competition. Psychological factors determine the competitive behavior, mental processes and preparation before competition. Sports psychology deals with increasing performance by managing emotions and minimizing the psychological factors that deteriorate performance. Some of the most important psychological skills that are taught to athletes are goal setting, relaxation, visualization, self-talk, awareness and control, concentration using rituals, and attribution. It has been recognized for many years that psychological factors, in particular Anxiety and Aggression, play a crucial role in competition (Lizuka, C.A et al., 2005).

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry.

components. The root meaning of the anxiety is "to trouble" in either the absence or presence of psychological stress. it can create feelings of fear, worry and uneasiness. It is also defined as a disturbed state of the body, emotional reactivity, nervousness, unpleasant state of the body and mind. Physical effects of anxiety may include heart palpitation, muscle weakness, tension, fatigue, chest pain, shortness of breath, stomach-aches and headaches. The body prepares to deal with threat by increasing blood pressure and heart rate, sweating, blood flow to the major muscle groups. Visual manifestations of anxiety may include pale skin, sweating and trembling. Performance anxiety is not uncommon in sports, as to some extent, fear of performance helps in achieving desired concentration. However, the excess will lead to a rush of adrenaline termed as anxiety.

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you feel short of breath, sweating, shaking or high heart beat rate. You lose concentration, your actions become disjointed and you feel paralyzed at the beginning of an important sporting event. These are symptoms of performance anxiety. You no longer feel confident in yourself and do not believe that you will be able to accomplish anything successful. To deal with such thoughts you must learn how to manage anxiety and to do so, it is imperative to understand how sports performance and anxiety are interrelated.

Anxiety affects a sports players' performance in physiological, cognitive and behavioral ways. If you suffer from anxiety before an important athletic competition, your sports performance will be affected. When your body is tense and blood pressure high, it is difficult for your body to move in a fluid and coordinated manner. Your actions will be jerky and misplaced, affecting your performance in a negative manner. Listed below are the ways in which anxiety can affect sports performance.

1. Fear

When you are afraid of a certain situation, you may experience body paralysis once you find yourself present in that situation. This indicates severe anxiety. An example of this is when an athlete suffers from stage fright, which they may experience right before a large, public competition. When feeling overwhelming fear, the athlete may be unable to move, talk or act at all.

2. Unable to Concentrate

Pre-competitive anxiety also develops as an inability to concentrate before an upcoming event or competition. The athlete is unable to concentrate on the task at hand and therefore cannot give their performance full attention. The root cause of the inability to concentrate is feelings of apprehension.

Apprehensions cause the individual to feel that they will fail or decrease their confidence in their ability. These negative thoughts will invade the individual's mind and cause them to lose concentration, which results in mixing up tasks and forgetting what is needed to be done in the present situation.

3. Sweating

The anxiety makes the athlete over conscious of his situation and the apprehensions make him feel uneasy. As a result, the body may feel sudden bursts of heat and will release a lot of perspiration when the body receives signals from the brain. Excessive sweating can occur anywhere on the body mainly on the hands and the face. The individual will begin to feel uncomfortable and this merely reinforces the anxiety they are already feeling.

4. Racing Heart

As a result of anxiety the heart rate of an athlete may also increase manifold. This may be due to the excessive release of adrenaline in the body. Increased heart rates are also related to panic. If the athletes become increasingly panicked, the heart rate will also increase.

5. Shortness of Breath

Breathing very fast or panting is another symptom of anxiety. Sometimes the athletes experience a shortness of breath and struggle to take in oxygen. It is not uncommon for athletes to hyperventilate due to severe anxiety. This in turn can deprive the brain of enough oxygen, which would lead to dizziness and/or fainting.

6. Dizziness

When an athlete is suffering from severe anxiety and is panicking, the brain may not receive as much blood and oxygen as it normally does. This results in dizziness, which if severe can result in the athlete fainting. Feelings of dizziness can disable the athlete to such an extent that they may be unable to perform.

7. Shaking

Before a competition or important event, an athlete may experience severe shaking of the hands or knees. This is due to an increased spike of adrenaline in the body, which is brought on by severe anxiety. If the anxiety persists, the body may collapse.

Anxiety is divided into two types, "State and Trait anxiety". Trait anxiety is a personality trait. It is influenced by heredity and nothing much can be done to change the trait anxiety. State anxiety on the other hand can be controlled and altered. It changes according to the situation. State anxiety is further subdivided into two sub components such as, 'Cognitive and Somatic Anxiety'. Cognitive anxiety is characterized by negative thoughts, inability to concentrate and disturbed attention. Somatic anxiety is one's perception of psychological arousal such as rapid heart rate, tensed muscles and butterflies in stomach. Somatic anxiety differs from cognitive anxiety in that cognitive anxiety is measured through actual physiological indicators (such as increased blood pressure, increased pulse rate etc.) while somatic anxiety reflects one's perception of their psychological arousal. It is important to distinguish cognitive anxiety from somatic anxiety. Anxiety has been proposed to differentially relate to athletic performance and has different antecedents. Cognitive anxiety is expected to negatively affect athletic performance while somatic anxiety will have a curvilinear relationship with performance.

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aggression is the attempt to evoke emotions from aggression offens or to encourage assault or abuse or negative effects on others. Aggression is always associated with some negative emotions like. The emotions which includes a anger & usually caused by some provocation/affiliation. But the non-aggressive comes from the less aggressive of to a threat or pain with. Usually less threatening to the other to walk towards or approach a non-aggressive or to move with more or not or less. Non-aggression doesn't aggression reflects offensiveness. Aggression reflects associated with dominance and sexual attack, territorial, threat, general activities. they are actions without. sports, exercise, study, orientation, working, working youth.

Non-aggression distinguishes two types of aggression in sport. the one is hostile and second is a instrumental. Gange & Hart, 2006. A hostile aggression is typically necessary for a team rather opposed to goals. instrumental aggression is used to achieve certain goals. It can be used to achieve your possession of territorial or less power. Jones, Britt, & Oliver, 2005. It is also known as chameleonic aggression. this is because an individual has the ability to change it of an entire team's environment. which is not associated with anger. Bierkowitz, 1962; Kastka, Werner, Wimmer, & Bonne, 2010.

Non-aggression is sport results from minimization. This minimization is the result of various moves being played. which is minimization is sport are general aggression. The second form of aggression involves strategic aggression, dominance, power, recognition, prestige and excellence.

In a sport possessing negative value of one or a combination of these moves can be incentive systems are weaker than attacking or attacking from the incentive systems. In essence, aggression is commonly a chameleonic aggression, which often lead to an individual's motivation will be in the social environment and non-aggression occurs in sports. where in athletes, generalizes aggression or the reinforcement for aggressive behaviour are high and receiving punishment from parents, coaches. sports like where the team will manage resistance after getting a technical and psychological advantage with a personal foul or a targeted, average penalty in American Football. This is another in aggression that is called aggression.

Purpose of the Study:

The purpose of the study was find comparison aggression and anxiety among female and male players.

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Statement of the problem:

Is aggression and anxiety significantly differ amongst kabaddi and Kho-kho players?

Hypothesis:

1. There will be significant difference in aggression among kabaddi and kho-kho sports players.
2. There will be significant difference in anxiety among kabaddi and kho-kho sports players.

LIMITATION:

The limitation of the present study is as follow

1. Environmental factors, which contribute to the mental ability of the players, were not taken into consideration.
2. The response of the subject to the questionnaire might not be honest in all cases and this was recognized as a limitation.

DELIMITATIONS:

The present study was delimited in the following aspects.

- 1) The study was restricted to 50 kabaddi and kho-kho players.
- 2) The age limit of the subjects was 18-25
- 3) The study was restricted to the aggression and anxiety.
- 4) Only standardized questionnaire was used to measure the psychological variables.
- 5) Only boys were considered as samples for study.
- 6) Only Belagavi district students are considered as sample for the study.

SIGNIFICANCE OF THE STUDY

The study was to investigate the existing difference between kabaddi and kho-kho players in relation to their aggression and kho-kho.

• The finding of the study may provide guidance to the physical education teachers and coaches to prepare training programmes on the basis of the study.

• It may further help the researchers who are interested in kabaddi and kho-kho players.

• The finding of the study may add to the quantum of knowledge in the area of sports and physical education.

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Definition of terms

The research was to find the level of aggression and anxiety between kabaddi and kho-kho players of during the intercollegiate meet

Kabaddi:

Kabaddi is a contact team sports that originated in India subcontinent in Amravati Maharashtra state. In the modern teams kabaddi was given the national status of a game in India in 1918. The state of Maharashtra is accredited with upbringing the game to a national platform. It is popular in south Asia and is the state game of Andra Pradesh, Telangana, Tamilnadu. Maharashtra. Bihar and Pumab it is also the national sports of Bangladesh.

Two teams compete each occupying its own half of the court. They take toms sending a raider into the opposing team half and earn points if the raider manage to touch opposing team members and return to the home, half all while taking only a single breath if however the raider is taken and prevented from returning the opposing team earns the points

Field of play the playground of the kabaddi shall be level and soft preferably made of earth manure and sawdust. The ground shall be 13X10 meter for women 12X8 meter and sub junior girl and boys 11X8 meter The mid line drawn divides the playground into two courts. There shall be strip of one meter wide on each side of the play field which called lobby In each half at a distance of about mid line and parallel to it lines of the full width of ground shall be drawn these are back lines

KHO KHO

Kho-kho is a semi contact game sports organized by Maharashtra at gymkhana Poona: A committee was formed in 1914, to form its rules. In 1959-60 first national kho-kho championship was organized in Vijayawada

Each team consists to 12 players but only 9 players take the field for a contest. A match consists of two innings An innings consists of chasing and running terms of 7 minutes each. 8 members of the chasing team sit in their 8 squares on the central lane, alternately facing the opposite direction, while the 9 member is an active chaser and stands at either of the posts, ready to being the pursuit.

Field A kho-kho playground is rectangular It is 27 meter in length and 16meter width and there are two rectangular at the end 16 meter width and free zone 1.50 meter central lane 30*35 cm box Ground shall be drawn these are side lines

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Anxiety:

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorder usually have recurring intrusive thoughts or concerns

Aggression:

aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as “any form of behavior directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment”

CHAPTER II

REVIEW OF LITERATURE

In this chapter previously done literature was reviewed according to subject of the study. Findings of previous literature was presented below.

Mahesh Kumar Associate Professor, CKM Jat College, Hisar. Studied on Aggressive Tendency among the Kabaddi and Kho-Kho Players. The study was carried with an objective to find out the difference of aggression level among the players of Kabaddi and Kho Kho game. In this study used stratified random sampling technique, to select the sample. The present investigation was conducted on 50 sports persons of Haryana state, within the age limit of 15 years. Out of total sample of 50 players, 25 were of Kabaddi and 25 of Kho-Kho games. The study showed that the mean value of aggressive behavior of Kabaddi players was higher than that of Kho-Kho players at 0.05 level of significance. The players of Kabaddi game had more aggressive behavior than that of Kho-Kho players. This may be due to the more body contact of the players in Kabaddi game.

Parthasarathi compared anxiety, stress and achievement motivation of Basketball, Kabaddi and Kho-Kho players." The purpose was to compare the anxiety stress and achievement motivation of Basketball, Kabaddi and Kho-Kho players. Seventy Six Madras University players of Kho-Kho, Basketball and Kabaddi aged between 18 to 25 year were selected as the subject. Spiel Questionnaires was adopted to find out anxiety level. F Ratio was computed to find out the signification. The result of this study showed that there was no significant difference among players of Kho-Kho and Kabaddi.

"Bakian A Palsiaouas A, Kokanidas D. And Sekellariou K have studied the relation studied the relation of verbal aggressiveness and state anxiety (some cognitive and self-confidence) in sport setting based on the relating (N-208, 00).

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and 110 women) and their coacher (N-20, 16 men, 4 women). They concluded that male Kho-kho players rated somatic anxiety higher and were more effected by the verbal aggressiveness of their coach than female Kho-Kho players and coach was found. The correlation of verbal aggressiveness with self-confidence and anxiety were positive for these athletes, leading them to better behavior. The relationship needs further examination in sports setting setting.

Shivaramakn'shnanan and Nagaswaran (1998) investigated Psychosocial profile of law and high level achievers of all individual inter University Kabaddi Women teams. Dr. MM. Klmesh sports achievement motivation test questionnaire Marten and Burl ton competition state anxiety inventory-2, correctly adaptation of pies, Harries self-concept scale over used. The purposed of the study was to analyses the similarities and differences in achievement motivation competitive state and trait anxieties, sports man ship and self-concept among inter University Kabaddi women player. To archive the purpose of the study Kabaddi players from various universities who participated in all Inter University Kabaddi, tournament were selected. The age of women Kabaddi players 18-25 years, that ratio was used there was significant difference between low and high achievers in competition state anxiety (self-confidence and cognitive anxiety) sportsmanship and self concept.

Prakash Bandana (2002) studies the relationship between factors influencing sports career and anxiety and self-confidence. For the purpose of the study 72 male players (Athletes-6, Basketball-6, KhoKho-6, Football-S, Hockey-5, Kho-Kho-7, Kho-Kho-7, Kbaddi-7 Kho-Kho6, Combat sports-5, and others-11) were selected andrandom basis. To collect the required data the inventory of factors influencing sports career (FISC), of Kalmesh and Sharma and llanos self evaluation questionnaire were used, Pearson 'r' was applied for statistical treatment of data. They concluded that internal control factor has significantly and positively related to self-confidence an also having negative relation to adjustment. External control factors influencing the sports career having positive significant relationship adjust.

Thomas Vaughn Walker (1979) conducted a study on Aggression in sport, a study of fouling in University Basketball. The purpose of the study was to determine differences in the occurrence of aggressive actions (fouls) under several conditions. The intent was to examine the possibility of predicting aggressive actions throughout the game. Official's play-by-play Sheets were used to gather the data. The findings of this investigation indicate that fouling is predictable when the range of scoring increases and during the first and last five minutes of the second half. The implications associated with the findings are the following: The frustration of the game situation causes aggressive behavior. No cathartic effect is

study are belongs to same regional area and same age group. There experience playing game is also same. So this might influenced on the result. Kabaddi and Kho both are indigenous games. Elements of psychological factors are same both the games. So this may be influenced on the result of the study.

CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATION

SUMMARY

The Purpose of the study was to find out the aggression and anxiety level Kabaddi and kho-kho players.

In order of achieve the purpose of the study 60 selected men are kabaddi and kho-kho players were selected.

To assess the level of aggression (inventory) and anxiety (SCAT) questionnaire was used to compare data from selected subjects.

Then the data analyzed with reference to the objectives and hypotheses using independent in aggression and anxiety level among Kabaddi and kho-kho players were using SPSS V: 20.0.1 statistical software and the results obtained thereby have been interpreted.

Conclusion:

On the basis of the analysis the researchers is confident of arriving at conclusions based of the results of the study they are as followed.

1. The intercollegiate university level kabaddi and kho-kho players are significantly differ in their aggression.
2. The intercollegiate university level kho-kho and kabaddi players significantly differ in their anxiety.

Recommendations:

While conducting this study the research felt certain related avenues for further research.

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1. The similar study may be conducted on inter university Kabaddi and kho-kho university players.
2. Similar study can be conducted other games.
3. It was recommended to apply their study for their University sportsmen. state level, National level sportsmen also.

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APPENDIX-I

SPORTS COMPETITION ANXIETY TEST

Assess how you feel about the following situation when you compete in sports and all games, using the following scale.

Name of the player	
Sex	
Name of the University and college	
Place	
Date of Birth	
No of years participating	

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