

A COMPARATIVE STUDY OF AGGRESSION AND ANXIETY AMONG DISTRICT MUZAFFARNAGAR KABADDI PLAYERS

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Paper Received On: 25 OCTOBER 2022

Peer Reviewed On: 31 OCTOBER 2022

Published On: 01 NOVEMBER 2022

Abstract

Sports is a psycho-cum-social activity alongwith physical, physiological and techniques, the physiological social factors are also considered. Today in the era of technology, psychological training of the players has it's own importance to understand the different skills of the game. In the study an effort to compare psychological variables anxiety and aggression among selected and non-selected players in junior kabaddi team camp of district muzaffarnagar. The subjects were 60 kabaddi players who takes part in district selection trials.

Psychol;ogical barriers like anxiety and aggression affects cognitive and physical performance of the players. The term sgression is defined as act or behavior to be harm or pain. Harm may be physical psychological or any distraction. Aggression is an act of human behavior shows battle for dominance and power in sports.

Anxiety is a condition characterized by mental, social, physical and emotional behaviours. The anxiety state may includes feelings of trouble, tense, danger, fear, heart palpitations, fatigue.



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Introduction

Sport psychology systematic procedure to to observe behavior and characteristics of sportpersons. Everybody player had some level of anxiety and aggression in daily life ,sports and training. Different types of sports have different level of anxiety and aggression according to game situation and conditions. Individual games has much level of anxiety in comparison to team games like kabaddi. In team games each player has different level of anxiety and aggression according to their role and situation in game. Kabaddi is a much aggressive game and need much commitment.

Anxiety is a psycho-cum-physiological state of social, mental, emotional and spiritual status. The term ‘anxiety’ means ‘to vex or trouble; . Anxiety can create feeling of fear, worry, uneasiness and dread. An optimum level of anxiety can help the person to react the demanding situation by prompting him to cope with it. An excess level of anxiety may result the unstability of persons actions.

Aggression is an psyco-cum-physiological state of cognitive and physical actions. Aggression may have opposite or negative results as well as constructive outcomes on execution level . some psychologists tells that aggression can enhance execution . It is away to play with much focused energy within the regulations of sports and no intent to hurt player.

Selection of Subjects

In this study subjects are taken 60 kabaddi players take part in junior district kabaddi trials. The age limit of subjects were 16-20. Selected and non selected players are assigned to different groups.

Selection of Variables

In the study investigator used Aggression scale by KM ROMA PAL. and Dr.Tasneem Naqvi (1986) to collect the related to Aggression.

Sports competition Anxiety Test (SCAT) by MARTENS (1977) to measure a player level of competitive anxiety

Collection of Data

All the subjects of the study were informed about the aim and objectives of the study and requested for their cooperation. The subjects were explained about variables required for the study with necessary instructions.

Analysis and Interpretation of Data

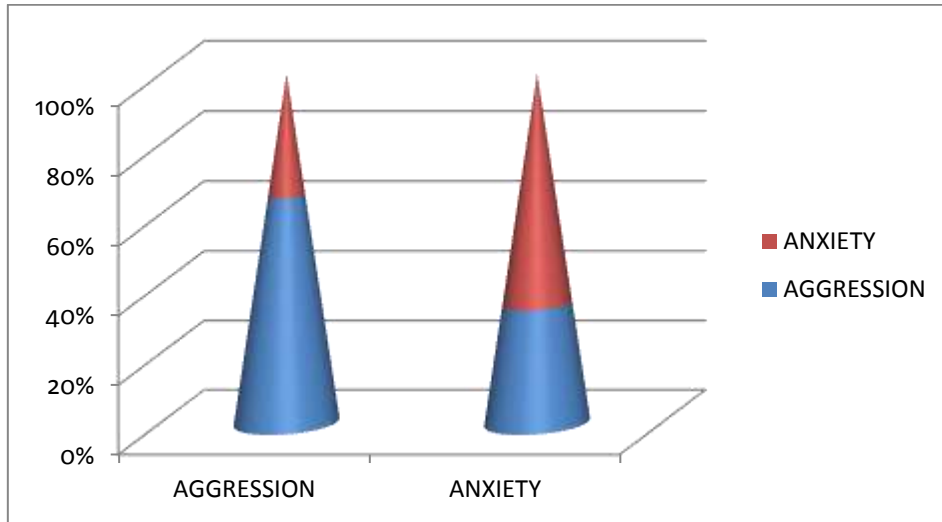
Inter-Correlation among Aggression and Anxiety of Selected Players

Table-4.1

	AGGRESSION	ANXIETY
AGGRESSION	0.95	-.050
ANXIETY	-.050	0.95

Significant at 0.05 level.

The results presented in Table-4.1 indicates that there has been no significant relationship among aggression and anxiety. The r value between aggression and anxiety is - 0.050. This value are less than the tabulated value which is not found significant at 0.05 level of significance. It is found that the variables are independent in nature.



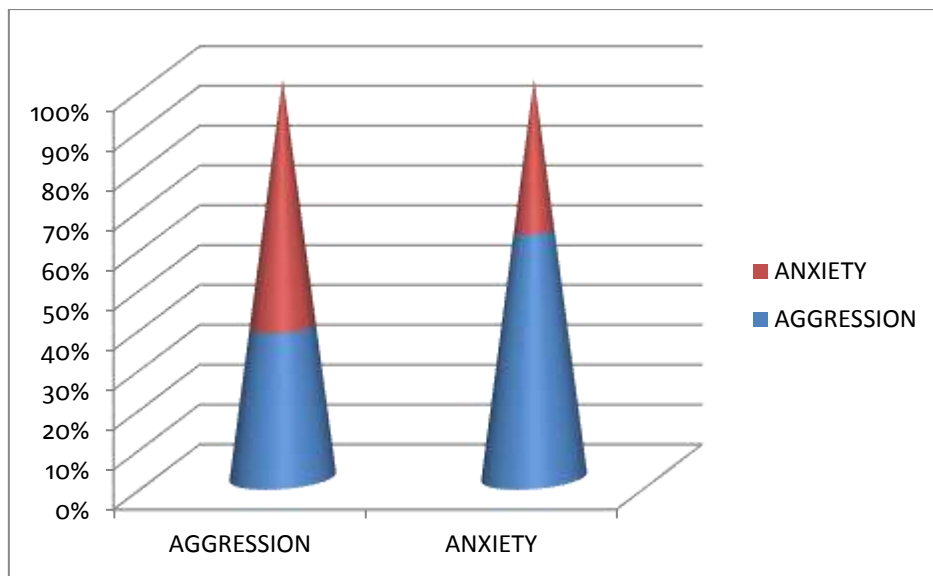
Inter-Correlation among Aggression and Anxiety of Non-Selected Players

Table-4.1

	AGGRESSION	ANXIETY
AGGRESSION	0.095	0.155
ANXIETY	0.155	0.095

Significance at 0.05 level

The results shown in table-4.2 indicates that there is no inter-relationship among aggression and anxiety. The r value between aggression and anxiety is -.158. The r value is less than tabulated value which not found significant at 0.05 level of significance. It indicates that variables under study are independent in nature.-*



Conclusion

On the basis of findings of interpretation of data the both groups under study do not significantly differ from each other. There will less difference in level of adjustment between selected and not selected kabaddi players

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