



A STUDY OF AGGRESSION AND ANXIETY DEFERENCE BETWEEN KABADDI AND WRESTLING PLAYERS

Vinayak Patagar

Research Scholar, Department of studies in Physical Education and Sports,
Karnataka University.

ABSTRACT:

Anxiety in sport is most common in competitive sports environment and could also be termed competitive stress. A lack of consensus makes it difficult to clearly define anxiety and stress in sport, but one definition, proposed by sport psychology consultant Dr. Graham Johan in the book "sports psychology: A self-Help Guide" is that it's "the result of an interaction between the individual and the environment an emotional response to the demands placed upon the individual by the environment.



KEYWORDS: sports psychology , Kabaddi , Psychological skills techniques .

INTRODUCTION:

The aggressive constructs is a complex one, that there are individual differences in the innate potential to aggression and that the aggression can also be learned or stimulated by specific situations. When aggressive energies are expressed within the rules of a sport and channeled into skill by a mature athlete, then one may witness a powerful and inspiring performance. Aggression for aggression sake should not be sanctioned. It is self-defeating and debilitating to others. The outstanding athletes enter competition with control and not with impulse. The aggressive athlete will be more active, eager, strong, highly motivated and likely to seek to vanquish any opponent.

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,
- 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 etal., 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.

Anxiety is a psychological state having somatic, emotional, cognitive and behavioral 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 signs of tension might incorporate fair skin, perspiring and shudder. Performance uneasiness is entirely expected in sports, concerning some degree, apprehension about execution helps in accomplishing wanted fixation. Nonetheless, the overabundance will prompt a surge of adrenaline named as uneasiness. Whenever you feel winded, perspiring, shaking or high heart beat rate. You lose focus, your activities become disconnected and you feel deadened toward the start of a significant game. These are side effects of execution uneasiness. You never again feel sure about yourself and don't really accept that that you will actually want to achieve anything fruitful. To manage such contemplations you should figure out how to oversee nervousness and to do as such, it is basic to comprehend how sports execution and uneasiness are interrelated.

Nervousness influences a games players' exhibition in physiological, mental and conduct ways. On the off chance that you experience the ill effects of tension before a significant athletic contest, your games execution will be impacted. At the point when your body is tense and pulse high, it is hard for your body to move in a liquid and composed way. Your activities will be jerky and lost, influencing your exhibition in a negative way. Recorded beneath are the manners by which uneasiness can influence sports execution.

1. Fear

At the point when you fear what is happening, you might encounter body loss of motion once you end up present in that. This demonstrates extreme tension. An illustration of this is the point at which a competitor experiences anxiety in front of large audiences, which they might encounter just before a huge, public rivalry. While feeling overpowering trepidation, the competitor might not be able to move, talk or act by any stretch of the imagination.

2. Unable to Concentrate

Pre-cutthroat nervousness additionally creates as a failure to focus before an impending occasion or rivalry. The competitor can't focus on the job needing to be done and subsequently can't focus on their exhibition. The main driver of the powerlessness to focus is sensations of anxiety.

Anxieties make the singular feel that they will fizzle or diminish their trust in their capacity. These negative contemplations will attack the singular's brain and prompt them to lose focus, which brings about stirring up assignments and failing to remember what is required to have been finished in the current circumstance.

3. Sweating

The nervousness makes the competitor over aware of his circumstance and the worries cause him to feel uncomfortable. Thus, the body might feel unexpected eruptions of intensity and will deliver a ton of sweat when the body gets signals from the mind. Unreasonable perspiring can happen anyplace on the body however mostly on all fours face. The singular will start to feel awkward and this simply builds up the uneasiness they are now feeling.

4. Racing Heart

Because of nervousness the pulse of a competitor may likewise increment complex. This might be because of the exorbitant arrival of adrenaline in the body. Expanded pulses are likewise connected with alarm. On the off chance that the competitors become progressively terrified, the pulse will likewise increment.

5. Shortness of Breath

Breathing exceptionally quick or gasping is one more side effect of nervousness. At times the competitors experience a windedness and battle to take in oxygen. It is entirely expected for competitors to hyperventilate because of extreme nervousness. This thus can deny the cerebrum of enough oxygen, which would prompt unsteadiness or potentially swooning.

6. Dizziness

At the point when a competitor is enduring ti'om serious nervousness and is terrifying, the mind may not get as much blood and oxygen as it regularly does. This outcomes in discombobulation, which if serious can bring about the competitor blacking out. Sensations of unsteadiness can handicap the competitor so much that they might not be able to perform.

7. Shaking

Before a contest or significant occasion, a competitor might encounter extreme shaking of the hands or knees. This is because of an expanded spike of adrenaline in the body, which is welcomed on by serious uneasiness. In the event that the nervousness endures, the body might fall.

Anxiety is divided into two types, 'State and Trait anxiety'. Trait anxiety is 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 error psychological arousal in that arousal is measured through actual physiological indicted: (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.

Aggression is one amongst the psychological fitness. Aggression defined as the energetic assault on animate or inanimate objects for a purpose. Aggression is always associated by some negative emotional state. The emotion which is called as anger is usually aroused by some provocation (Alderman, 1974). The word aggression comes from the Latin word aggress, 'ad' (to or toward) and grader (walk). Literally then the word means to "to walk towards or approach", to move against or to move with intent to hurt or harm. Most psychologist describe aggression in terms of behavior. Aggressive behavior is associated with destructive acts, sexual attacks, prejudiced, speeches, genital activities, drug and alcohol addictions, sports and exercise' crying' complaining, waging wars and so forth.

Sports psychologists distinguished two types of aggression in sport, first one is hostile and second one is instrumental (Grange, & Kerr, 2010). In hostile aggression a participant purposely tries to harm his/her opponent physically. Instrumental aggression is used to achieve certain goal. It can be to tackle harder to gain possession of the ball in (ice) hockey (Jones, Bray, & Olivier, 2005). It is also known as channeled aggression, this is because an individual has the ability to turn it on & off and control their temperament, which is not associated with anger (Berkowitz, 1962; Katko, Meyer, Mihura, & Bombel, 2010).

Most aggression in sport results from frustration. This frustration is the result of various motives being blocked, which are predominant in sport and generate aggression. The sublime form of aggression revolves around achievement, dominance, power, recognition, prestige and excellence.

If a boy places high incentive value on one or a combination of these motives and the incentive systems are blocked from attaining or satisfying them, he becomes frustrated. In essence aggression is primarily a learned behavior, which is the result of an individual's interaction with his or her social environment over time. Aggression occurs in sports, where an athlete's generalized expectancies for the reinforcement for aggressive behavior are high (e.g.: receiving praise from parents, coaches, peers) and where the reward value outweighs punishment value (e.g.: gaining a tactical and psychological advantage with a personal foul in basketball, a yardage penalty in American Football). This is deemed an appropriate time to exhibit aggression.

Purpose of the Study:

The purpose of the study is to find aggression and anxiety among kabaddi and wrestling players.

Statement of the problem:

Comparative Study Of Anxiety And Aggression Among Wrestling Players And Kabaddi Players.

Hypothesis:

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

LIMITATION:

The limitation of the present study is as follow

1. The food habits, other regular habits and life style are not controlled.
2. The regular activities of the students are not controlled.
3. Family background of the subject is not being consideration.
4. Environmental factors, which contribute to the mental ability of the players, were not taken into consideration.
5. 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 30 kabaddi and 30 wrestling players.
1. The age limit of the subjects was 18-25.
2. The study was restricted to the aggression and anxiety.
3. Only standardized questionnaire was used to measure the psychological variables.

SIGNIFICANCE OF THE STUDY:

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

- The finding of the study may provide guidance to the physical education teachers and coaches to prepare training programmers on the basis of the study.
- It may further help the researchers who are interested in kabaddi and wrestling players.
- The finding of the study may add to the quantum of knowledge in the area of sports and physical education.

Definition of terms

Aggression:

Defines aggression as “the intentional response a person makes to inflict pain or harm on another person”.

Anxiety:

A tendency to perceive competitive situation as threatening and to respond to these situation with feeling apprehension or tension is sports competition Anxiety.

Definition of terms

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 upbring the game to a national platform. It is popular in south Asia and is the state game of Andhra Pradesh, Telangana, Tamilnadu, Maharashtra, Bihar and Punjab, it is also the national sports of Bangladesh.

Two teams compete each occupying its own half of the court. They take turns sending a raider into the opposing team half and earn points if the raider manages to touch opposing team members and return to the home half all while taking only a single breath it 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.

Wrestling:

Wrestling is a combat sport involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition between two (occasionally more) competitors or sparring partners who attempt to gain and maintain a superior position. There are a wide range of styles with varying rules with both traditional techniques have been incorporated in to other martial arts as well as military hand to and combat style.

Square-shaped mats must be 12 meters by 12 meters, octagonal-shaped mats should have a diameter of 15 meters: the action of a freestyle or Greco match takes place inside of the wrestling area, which is typically a yellow circle with a diameter of 7 meters. At the center of the wrestling area is a “center circle” with a diameter of 1 meter. This circle indicates where the action must start. The color of this circle is typically red or white, and may be a full-filled circle or include a line of 10 centimeters in thickness.

METHODOLOGY

As discussed earlier the main purpose of the study was to investigate the varying level of competition aggression and anxiety of a team which progress through tournament the secondary purpose of the present investigate is to acquire into differing level of aggression and anxiety between kabaddi and wrestling players during tournament. Finally the study attempts to verify the nature of relation between level of aggression and anxiety subjects.

For the purpose of the study 60 players of inter collegiate men’s kabaddi and wrestling players. For this study the age limits of the subjects was in the range of 18-25 ages.

Variable	Kabaddi players	Wrestling players
Aggression	30	30
Anxiety	30	30

Selection of Subjects:

The subject for this study were selected from Karnataka University inter collegiate level Kabaddi and wrestling players during the year 2021-2022. 60 subjects from intercollegiate level were selected.

Test Administration:

Anxiety:

Anxiety test questionnaire developed by rainer martens to measure the degree of anxiety was administered to find out Kabaddi and wrestlers level of anxiety.

The test consist of 15 statements each statement consist of three responses hardly ever, some time and often.

Scoring:

The items 2 3 5 8 9 12 14 &15 were according to the following key

SCORE RESPONSE

- 1 Hardly ever
- 2 Some times
- 3 Often

In case of items 6 & 11 scoring according to

SCORE RESPONSE

- 1 often
- 2 some times
- 3 hardly ever

However spurious questions that are 1,4,7,10,and13 were not scored.

Aggression:

The aggression questionnaire inventory developed by Anand Kumar and Pream Shankar was administered to Kabaddi & wrestlers. The aggression questionnaire inventory consist of 25 items in which 13 items are keyed ‘YES’ and rest of 12 are keyed ‘NO’ the key ‘yes’ are - 1,4,5,6,9,12,14,16,18,21,22,24,25, and keys ‘no’s are - 2,3,7,8,10,11,13,15,17,19,20, and 23

Statistical Technique

- SCAT scores
- Less than 17 you have low level of anxiety
- 17 to 24. You have an average of anxiety
- More than 24 you have an a high level of anxiety

Sports competition aggression test:

The aggression questionnaire inventory of developed by anand kumar and Prem Shankara was of Kabaddi and wrestling players the aggression questionnaire inventory looniest of 25 items in which 13 items are keyed YES and NO

Data Collection Procedure:

The procedure adopted for the selection of subjects and selection of variable collection of data statistical techniques to be employed for analysis the Data have been described.

The subjects for this study was selected from inter collegiate kabaddi 30 and wrestling 30 subjects of players were selected.

Statistical analysis ‘t’ test used

DATA ANALYSES AND RESULTS

After the data had been collected, it was processed and tabulated using Microsoft Excel - 2010 Software. The data collected on anxiety and aggression scores from wrestling players and Kabaddi players. The main purpose of the study is “**COMPARATIVE STUDY OF ANXIETY AND AGGRESSION AMONG WRESTLING PLAYERS AND KABADDI PLAYERS**” Then, the data were analyzed with reference to the objectives and hypotheses by unpaired ‘t’ test for comparison of wrestling players and Kabaddi players using SPSS 21.0 statistical software and the results obtained thereby have been interpreted.

Hypothesis:

There is no significant difference between wrestling players and Kabaddi players with respect to their anxiety scores

To achieve this hypothesis, the unpaired ‘t’ test was applied and the results are presented in the following table.

Table: Results of ‘t’ test between wrestling players and Kabaddi players with respect to their anxiety scores

Players	N	Mean	SD	SE	t-value	P-value
Wrestling	30	19.85	2.48	0.39	2.0640	0.0423*
Kabaddi	30	18.85	1.81	0.29		

*p<0.05

From the results of the above table, it can be seen that, a significant difference is observed between wrestling players and Kabaddi players with respect to their anxiety scores (t=2.0640, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the wrestling players have significant higher anxiety scores as compared to Kabaddi players. The mean and SD scores of anxiety is also presented in the following figure.

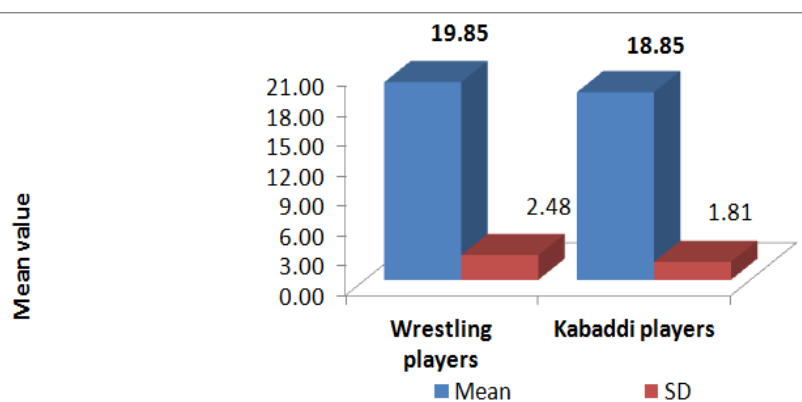


Figure: Comparison between wrestling players and Kabaddi players with respect to their anxiety scores

Hypothesis: There is no significant difference between wrestling players and Kabaddi players with respect to their aggression scores

To achieve this hypothesis, the unpaired t test was applied and the results are presented in the following table.

Table: Results of ‘t’ test between wrestling players and Kabaddi players with respect to their aggression scores

Players	N	Mean	SD	SE	t-value	P-value
Wrestling	30	29.45	4.25	0.67	21.4898	0.0001*
Kabaddi	30	12.15	2.81	0.44		

*p<0.05

From the results of the above table, it can be seen that, a significant difference is observed between wrestling players and Kabaddi players with respect to their aggression scores (t=21.4898, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the wrestling players have significant higher aggression scores as compared to Kabaddi players. The mean and SD scores of aggression is also presented in the following figure.

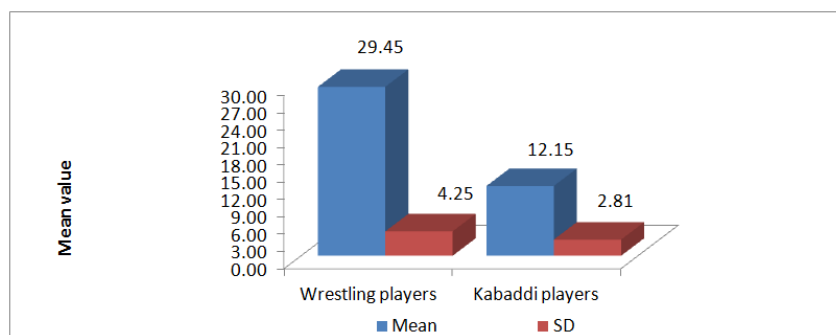


Figure: Comparison between wrestling players and Kabaddi players with respect to their aggression scores

CONCLUSION AND RECOMMENDATION

Conclusion:

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

1. The intercollegiate university level kabaddi players are significant lower aggression as compared to intercollegiate level wrestling players.
2. The intercollegiate university level wrestling players are significant higher anxiety as compared to intercollegiate level kabaddi players.

Recommendations:

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

1. The similar study may be conducted on intercollegiate Kabaddi and wrestling 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.

BIBLIOGRAPHY

1. american association for health, physical education and recreation, journal of health physical education and recreation 40, 1969.
2. astreidjunge, jiridvorak, dieter rosch, tonigrafbaumann, jirichomick and larspeterson, psychological and sports specific characteristics of wrestling players”, the American journal of sports medicine,(2000)
3. barbara kruk janchmura, krzysztofzeminski, andrzej w. ziemba, krystynanazar, heikkipekkinen, henna kaciubauscilko, “influence of caffeine, cold and exercise on multiple choice reaction time”, journal psychopharmacology.2001
4. carl will goose, “evaluation in health and physical education”, (new York:mcgraw hill
5. Taylor S, Epstein S. Aggression as a function of the interaction of the Sex aggressor and the sex of the victim Journal of personality 1967; 35:474-486.
6. Satoh N, Hasegawa E, Ichimura S. Aggression in sport competition of rugby and Kendo (Japanese Fencing), Bulletin of Health and sport sciences, University of Tsukuba, 2007.
7. Donahue Tric G, Blanca Rip, valerian Robert J. When winning are every things: on passion, identity, and aggression in sport, psychology of sport and exercise 2009.
8. Human BF. Aggression in Boxers and wrestling as Measured by projective techniques. Research quarterly 1970; 26:421-425.