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**“A COMPARATIVE STUDY ON ANXIETY AND
AGGRESSION AMONG NETBALL AND HANDBALL INTER-
COLLEGIATE PLAYERS IN KARNATAK UNIVERSITY DHARWAD”**



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ABSTRACT

Sports psychological intervention coping strategies, mental skills such as imagining concentrating, are focusing excreta. Team interaction and convention are all practical tasks in which athlete’s teachers/coaches and sports psychologists play reciprocally cooperative but decisive roles. All other things being equal athletic event/sports are winning in the mind. One of the goals of applied sports psychology is to investigate human performance stabilize and to enhance sports performance.



KEYWORDS :*anxiety, aggression, psychology.*

INTRODUCTION:

It is an emerging field of psychology is viewed as an attempt to understand describe and explain the behaviour of sports persons in athletic setting both practice and competitive with a view to enhance performance. Today there is no sport without sports psychology. It is well know that psychology grew out of philosophy and within a few decades of the modern era of science and education, it shaped into a huge banyan tree with hundreds of branches and offshoots making it a recent phenomenon a distinct addition to that ever expanding family of psychology. Known as hybrid science, a fusion of sport, science and psychology-sports psychology is all about sports behaviour especially with muscle-mind interaction, there influences and their outcomes in the context of sports, which is basically a form of active reaction, but which has turned intensely competitive on account of growing Olympics well over a century.

The physical and sports are important factors of common education. Here the education is important but not the only the physical activities. That is the psychological factors should be given as much as important as of physical activities. The overall development of person is an aim of common education. Along with physical education that should be given an equal importance. Initially the

people are to spend their leaser-time by involving in physical activities. Which is to bring them and happiness?

As a time-past the people got increased and also the participation in physical activities also got increased. This change to increase in interest and also the competition.

By this the lot of sports persons are becoming professional oriented. Today as there is immense competition among these persons, so a person with just physical abilities, motor abilities, and any other kind of physical abilities at peak-level they sports persons want to become successful he is psychological factors abstaining plays an important role. So the psychological training is needed to be given. That includes motivation, achievement motivation, aspiration levels, anxiety and arousal, aggression and team-cohesion etc.

Therefore a success in the field of sports needs both the physical and psychological factors. This gets us to an understanding that it is default and very much necessary to train the physical education teachers, coaches in these psychological factors as they are directly linked with the people involved in sports.

Among these psychological factors the “aggression” is important one. And the birth of this factor has different opinions.

- The one opinion says that this comes along with birth and be a survival of the fittest.
- Whereas the other opinion says that it depends on the environment where he grows.

The sports persons get into depression when the factors like fear, worry, socio-inequity, attitudinal factors. Encroach on him. Leading to change in his normal behaviours by expressing himself in abnormal behaviours is situational. So this person to control on his emotions to balance the aggression factor.

A person also needs to have control on his aggression to much of aggression and also to low of it is dangerous because his low aggression pulls –him back in the participation of the sports itself and that of high aggression leads to an irregular activities such as breaking of rules and non-coordinative behaviours with his teammates, opponents and others.

Ex: - in the field of cricket the behaviours of the player Harbajan Singh with his teammate srishant.

This level of aggression also depends on the sports: - age, his surrounding environment and the different types of sports activities involved in such as.

Physical education trends have developed recently to include a bigger sort of activities. Introducing students to activities like bowling, walking/hiking, or Frisbee at associate early age will facilitate students develop smart activity habits that may carry over into adulthood. Some lecturers have even begun to include stress reduction techniques like yoga and deep-breathing. Teaching non – ancient sports to students may additionally offer the mandatory motivation for college students to extend their activity, and may facilitate students find out about completely different cultures.

Another trend is that the incorporation of Health and Nutrition to the education syllabus. the kid Nutrition and WIC Re-authorization Act of 2004 needed that every one college districts with a federally funded college meal program develop eudaemonia policies that address nutrition and physical activity. whereas teaching students sports and movement skills, P.E. lecturers square measure currently incorporating short health and nutrition lessons into the syllabus. This is additional prevailing at the grade school level, wherever students don't have a selected Health category. Recently most simple colleges have specific health categories for college students as swine influenza, administrative division

square measure creating it obligatory for college students to be told regarding active smart hygiene together with different health courses. several faculties and Universities supply each education and Health jointly certification. This push towards Health education is starting within the intermediate level, together with lessons on bullying, vanity and anger management.

In America, the education syllabus is intended to permit college pupils a full vary of recent opportunities, dozens of sports and many rigorously reviewed drills and exercises, together with exposure to the education with the employment of measuring system, GPS, and rate monitors, yet as progressive exercise machines within the higher grades. Some martial arts categories, like wrestling within the us, and cake Silt in France, state and Malaya, square measure educated to show kids selfdefence and to feel smart regarding themselves. The education syllabus is intended to permit students to expertise a minimum of a minimum exposure to the subsequent classes of activities: aquatics, learning activities, gymnastics, individual/dual sports, team sports, rhythms, and dance. Students are encouraged to continue to explore those activities in which they have a primary interest by effectively managing their community resources.

Sports psychology is the study of the psychological factors that affect participation and performance in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training, and periodization. Sport psychology defined in laymen's terms: there are many psychology tools you can apply in sports. Some of the psychology tools are mentioned above, but most successful sport psychologists will analyse each individual to determine their learning style. The latest and most effective psychology used in sports today is neuro-linguistic programming (NLP). NLP categorize each individual's learning style whether it's visual learning, auditory (hearing) learning, or kinaesthetic (hands on or emotional) learning. For example, if you learn from hearing, you would benefit from imagining in your mind the sound of the crowd cheering your name after you have won a competition. The emotional experience you receive from imagining the sound of the crowd cheering your name is then enhanced by using NLP techniques, also you will be taught to recall this emotion at will while in competition to motivate yourself to perform at a higher level. This type of psychology is popular in sports involving extreme mental situations.

The modern world appears to be much more concerned with sport. The hold of sports has grown very strong in the mind of individuals and the society of at large. Sportsman and spectators are very clear about the value and significance of sports. There is hourly on individual who has been left out of its impact in the countries of the developed world. Now coming to the competition involve the national prestige as each nation strives to win tournament in which they compete. There are certain countries of which by to project the superiority of their political ideology and socio-political system thought spectacular achievements in the field of sports. They show their excellence by coming the maximum number of medals in all the informational level bring name, fame and laurels to their countries and also raise their prestige.

We All know that sport is a highly specialized activity and today it has become highly competitive. Sport have become one of the most widely practiced human activities. Weather as professional or s amateur, regularly or occasionally millions of people now engage in the various forms of physical and sporting activities. Human being is considered as on intellectual animal that want to

participate in physical activities to attain optimum personal growth and development and to maintain good health. It is natural for a child to participate in activities like jumping, running, throwing etc.

Sports are also psycho-social activities sports have a very important role in shaping modern society. It is important to an individual a group nation an indeed the world. The world of sports has a particular appeal among people of all ages and both sexes. Much of the attraction of sports comes from the wide variety of experiences and feeling that result from participation of joy, anguish, success, failure, pain and a feeling of belonging.

The world of games and sports has crossed many milestones, scientific theories applied to human performance has been playing an increasingly important role in the training of athlete to attain excellence in sports and gamer. Sports performance is the result and expression of the total personality of the sportsman.

Sports psychology means applying psychology theories and concepts to aspects s sports such coaching and teaching. It is concerned with analysing human behaviour in the various types of sports settings. It is individual behaviour acting individually or acting in a group. Team may win or lose under psychological stress. It is better believed that winning and information sports competition greatly depends in the psychological abilities. Therefore, sports psychological fitness and ___ of the individual are the factor which Helps in achieving outstanding performance.

Sports psychology is mainly concerned with psycho-regulative analyse of sports ability and performance, sports ability relationship with training and competition psychology of different sports and physical exercise, psychological effect of subjective and objective environments, formulation of personality. Through sports ability, participation and utilizing the psychological principles in preparing the athletes and application of sero-psychological findings one could attain the goal.

Psychology can help the sportsmen in the activity of sports excellence. Role of psychology in selection, training, training materials and rehabilitation would definitely help in achieving sports excellence. The emphasis has been laid on pointing out that psychology and sports converge at the same point and excellence in sports can be optimally obtained by developing appropriates strategies.

Over the year, the psychological means have become important in helping sport person in attaining faster recovery. Psychological evidences show that the recovery person is controlled by the nervous system of the body and the psychological means help in the voluntary control of their system for attaining quick recovery. Psychology means, like others means can be used during and after training or competition and they can even be used between two training session for relation and ensuring sound sleep some of the important means which are being commonly used sport person are

- 1) Different forms of yogi.
- 2) Autogenic and training
- 3) Auto suggestion and
- 4) Programme relation technique

In order to team and use their mean to be the advantage the sports person may tack help of a specialist. After having learnt them correctly he may independency use them.

Anxiety:

Anxiety is a psychological state characterized by somatic, emotional, cognitive, and behavioural. The root meaning of the anxiety is to trouble in either the absence of psychological stress; anxiety can crate feeling or fear, worry and uneasiness. Anxiety has been defined in a variety of ways

such as disturbed state of the body. “Emotional reactivity, Nervousness, Unpleasant state of the body and mind.

Anxiety or feeling physically and mentally anxious can present in different ways, such as fear and nervousness, but it has an underlying cause, stimulation of the sympathetic nervous system. The sympathetic nervous system is exactly that a system of nervous sympathetic to both our mood and our environment.

When something triggers this nervous system, it is commonly referred to as the “fight or flight” response. However their does not mean that our sympathetic nervous system is only triggered in situations of personal, danger. Our minds are complex and “Changer” might psychologically as making a speech in front of an ordains or laying in the tong game.

Often times an over anxious person might suffer from an anxiety disorder, frequently experiencing panic attacks. The increase in both respiration and adrenaline can cause psychological changes that serve to heighten the fear of the situation e g: numbness of the skin, heart palpation or stripped beats, muscle weakness, tension, fatigue, chest pain, shortness of breath, stomach aches and headache, sweating is increased, blood flow to the major muscle group in increased etc.

Clamming down from an anxiety attack is the job of the parasympathetic nervous system. In some people, especially when they are over stimulated for long periods (s with playing sports) clamming down my become increasingly difficult. In their cases, calming down my tack practice.

If someone is constantly anxious before during and after playing a sport they may find this detrimental to their personal liver whom their occurs, it is important to seek the assistance of a qualified professional (psychological, medical doctor etc.) who can advise them on the best course of action to decrease stress and anxiety. This course of action differs from person to person, but often includes anxiety medication such as beta blockers, for less bother some short form anxiety less, prolonged medical treatment could meat likely be recommended, such as take as needed losses of triennial or Alprazolam.

What precisely is Anxiety?

Anxiety is a natural reaction to treat threats in the environmental and part of the preparation for the fight or flight response. This is our body’s primitive an automatic response that prepares it to ‘fight or flee’ from perceived harm or attack. It is a hardwired response that ensures survival of the human species, sporting competition promoter similar psychological a bodily responses because there is a hardwired response because there is often a treat passé towards the ego, your sense of self-esteem. Essentially, when the demands of training or competition exceed one’s perceived ability anxiety is the inevitable outcome.

Ostensibly, there is nothing damaging about the stress associated with a sporting contest and in fact stress can be a very positive influence that leads us to tackle the challenges that make life for more life far more rewarding. However, when we perceive stress to be negative, it causes anxiety and therefore, much depends upon how we view the demands placed.

Anxiety Types:

- 1)State Anxiety.
- 2)Trust Anxiety

State anxiety can be controlled and attired. It changer according to the situation to the anxiety contains two subcomponents, cognitive and somatic Anxiety, Cognitive Anxiety is characterized by

disturbed attention, somatic Anxiety is one's perception of psychological arousal such as rapid heart rate, tense muscles and better flies in the stomach somatic anxiety differs from psychological arousal in that arousal it's measured through actual psychological indices, while somatic anxiety reflects one's perception of their psychological arousal. It is important to distinguish cognitive. It is 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 en will have a curvilinear relationship with performance.

Treat anxiety is personality. It might be influenced by hereditary< nothing much can be done to change the trust anxiety.

Role Anxiety in Sports:

Anxiety is equated with fear of practicing and competing in sport persons. Respective of their sir and age athlete tend to have variety of fears at all stages of their sporting carrier sports scientist believe that exposure of young athlete to competitive situation should be gradual and well planned.

Anxiety level is different from sports to sports. For instance the way individual sports like anxiety wrestling, Gymnastic, Jaclo Shooting, track and field etc. The athletes in individual sports express higher anxiety then these in team sport. In sport duration activities like sports in track and field event and swimming, the athletes go all out to make supreme effort in one base or long duration events sports person have enough time to plan their moves and makes use of alternative strategies and tactics, thereby experience anxiety.

The situation cannot be avoided a response must be executed, failure generator anxiety but strangely some people are said to be afraid of too much of success. Therefore it is an essential ingredient of competitive situation,

Netball and Volleyball is a team game and also Volleyball it is non-body contacts game and Netball it is non-body contact game. As we know anxiety is one of the important factors while performing. To gain success in Volleyball and Netball Game law level of anxiety is very important. So when Netball and Volleyball players control and overcome their anxiety level then only they succeed in their game. Kristijan Kais and LennatrReulsepp of competitive state anxiety, self-confidence and performance in Basketball and Volleyball players prior to different matches. They concludes that moderate level of state anxiety and very high self-confidence of sportsman before the matches. The cognitive and somatic anxiety and self-confidence were stable prior to different matches. The intensely of cognitive anxiety was positively and moderately related to their athletic performance.

Syndan (1992) conducted a study on impact of extramural on achievement motivation and aggression and anxiety among college women Volleyball, Basketball and Kho-Kho players. They concluded that all the players are normal in anxiety level.

GunjanBhardway and VikasBhrolway (2008) investigated effect of the state anxiety on performance among female athletes of different level of achievement. They conducted that there is significant different between district, state and national level athletes.

Singh and Thukral P (2009) have studies the relationship of anxiety with achievement of high school students and also to see the regional and gender different on the basis of their anxiety. They concluded that there exists a negative and significant relationship between boys and girls rural and urban students on the basis of their anxiety.

It is evident from these and other studies, that both forms, state and trait anxiety, adversely influence performance in sports. Nothing much can be done to change the trait anxiety as it personality,

trait. State anxiety can be controlled and changed situation factors influence the state anxiety level of a sports person.

Purpose of the study:

The purpose of the study is to find out competitive aggression and Anxiety among Handball and Netball players.

Statement of the Problem:

Whether Handball and Netball players will deference in their competitive Aggression and Anxiety.

LIMITATION:

The limitation of the present study is as follows

- 1) The food habits, other regular habits and life style are not controlled.
- 2) The regular activities of the students will not be controlled.
- 3) Family background of the subject is not being considered.
- 4) Environmental factors, which contribute to the mental ability of the players, were not talent 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.

Delimitation:

The present study was delimited in the following aspect.

- 1) The study was restricted to Karnataka University men’s Handball and Netball teams’ who played in the game.
- 2) The age limit of the subject was limited to the range 20 - 28 year.
- 3) The study was restricted to the aggression and Anxiety.
- 4) Only standardized questionnaire was measured the psychological variable.

Hypothesis:

- + There is significant difference between NETBALL and HANDBALL inter -collegiate level players with respect to their aggression.
- + There is significant difference between NETBALL and HANDBALL inter-collegiate level players with respect to their Anxiety.

Significance of the Study:

- 1) The study may help to find out the level of competition anxiety and aggression among Netball and Handball Players.
- 2) A study on psychological aspects of Netball and Handball players is essential on assess their quality of mental fitness.
- 3) The result of the study be useful to physical education direction, coaches and authorities of physical education to formulate practical programme to give special psychological training regarding anxiety and aggression.
- 4) It may further help the researchers who are interested in Netball and Handball game.
- 5) The findings of the study may add to the quantum of knowledge in the area of sports and physical

education.

Definition of Terms

Bucher consider physical education as integral part of total education process of a field evidences which has its Aim the development of physically, mentally, emotionally, and socially left through the medium of physical activities which have been selected with a view to relating there outcomes.

PSYCHOLOGY:

In order to understand where we are going, it sometimes helps to take a look at where we have been. While psychology is a relatively young discipline, it has a rich and colourful history. With iconic figures like Sigmund Freud and B.F. Skinner, studying the history of psychology provides an intriguing glimpse into the minds of some of the preeminent thinkers of the past century.

AGGRESSION:

In psychology, the term aggression refers to a range of behaviours that can result in both physical and psychological harm to oneself, other or objects in the environment. The expression of aggression can occur in a number of ways, including verbally, mentally and physically.

Competition Anxiety:

Anxiety is a 'tendency of a person's competitive situation as threatening and to respond to this situation with feeling of apprehensions or tension.

Psychological Variables:

In this context, psychological variables refer to sports competition anxiety and Aggression.

METHODOLOGY

As discussed earlier the main purpose of the study was to investigate the varying level of competition anxiety and aggression of a team which progress through tournament. The secondary purpose of the present investigate is to acquire in to differing levels of anxiety and aggression between Handball and Netball player during tournament. Finally the study attempts to verify the nature of relationship between levels of anxiety and aggression subjects:

For the purpose of the study 50 players of Karnataka University Intercollegiate Men Handball and Netball players volunteered for the study. The age limit of the subjects was in the range of 20-28 years.

VARIABLE	NETBALL PLAYERS	HANDBALL PLAYERS
COMPETATIVE ANXIETY	50	50
AGGRESSION	50	50

Administration of Questionnaire and Collection of Data:

The subjects were asked to fill their personal information in the space provided in the response sheet. They were asked to follow specific guidelines provided at the beginning of the questionnaire. No time limit was prescribed by the investigator for filling yet 20-30 minutes were adequate for subjects to complete one questionnaire. In case doubt by the students the investigator clarified it.

AGGRESSION:

The aggression questionnaire inventory of developed by anandkumar and pream Shankar was be administered to cack subject obtain the aggression of football & handball players the aggression questionnaire inventory looniest of 25 items in which 13 items are keyed YES and rest of 12 are keyed NO.

Sports Competition Anxiety Test (SCT):

As the investigation of anxiety in sports psychological progressed, Martons expressed the need for sport specific measures of anxiety and developed the sport anxiety test (SCAT) to measure competition train anxiety, Competition trait anxiety. Competitive trait anxiety was defined as the “Tendency to perceive sports situation as their training and to respond to these situation as apprehension and tension.” Martens also noted the need for a sport specific measure of state anxiety.

Questions 1, 4, 7, 10 and 11 scores zero regardless of the response.

Statistical Technique:

The statistical techniques employed for this study were mean, standard deviation and t-ratio to find out the significance differences between the groups.

The statistical analysis was carried out manually s with the help of MS-OFFICE 2013 and SPSS software 21.01V (Statistical package for social science) developed by SPSS Tnc, USA.

T-test:

Group Statistics

VARIABLE	SPORT	N	Mean	Std. Deviation
ANXIETY	NETBALL	50	18.4000	3.78504
	HANDBALL	50	17.7800	3.33375
AGGRESSION	NETBALL	50	27.2400	7.43835
	HANDBALL	50	26.5600	6.86951

Analysis and interpretation of the data

In this CHAPTER statistical analysis of the data is presented in the CHAPTER I. The analysis of mean difference of anxiety and aggression score of Handball and Netball player were made here.

The hypothesis is tested following presentation of respective analysis. Details of the results of

analysis are provided wherever necessary. In this CHAPTER hypothesis are tested by independent sample T-test. For the purpose of analysis grouping variables were Handball and Netball games.

As seen in table number one MEAN and SD of Handball and Netball teams.

In this table it may be observed that there is not much of difference in the mean score of Handball and Netball team players.

Hypothesis:-1

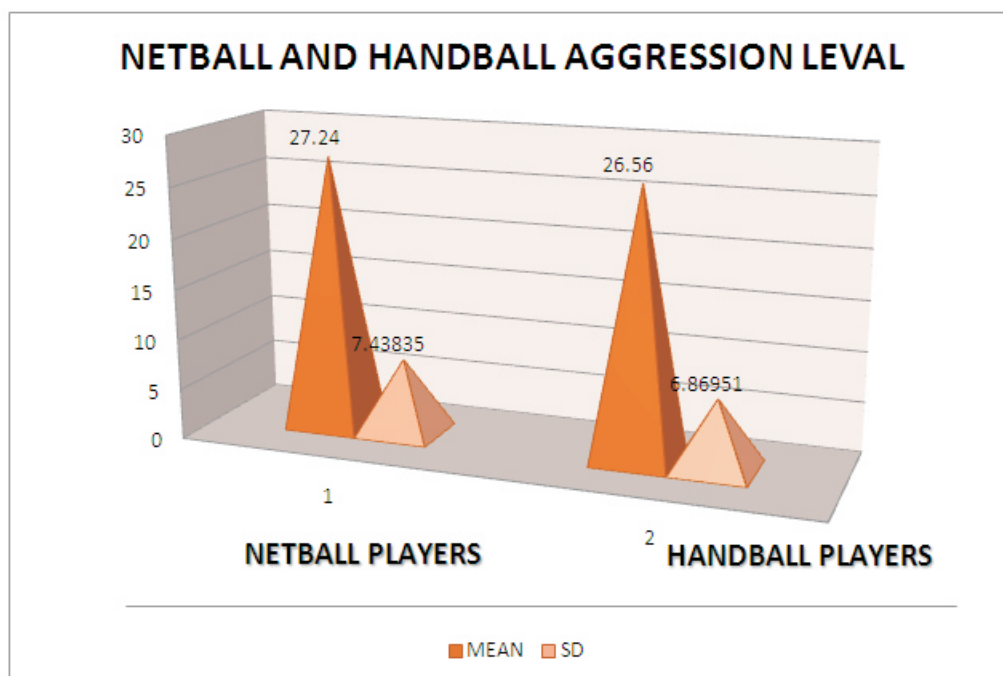
There is significant difference between intercollegiate level players (Netball and Handball) with respect to their aggression.

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

Table1: Results of t-test between Netball and Handball with respect to Aggression scores.

Group	n	Mean	SD	t-value
Netball	50	27.2400	7.43835	.636
Handball	50	26.5600	6.86951	

From the results of the above table, we clearly seen that, a significant difference was observed between Netball and Handball with respect to Aggression scores (t=.636, p<0.05) at 0.05% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted It means that, the Netball and Handball have not-significant difference in Aggression scores (mean=27.2400) as Handball(mean=26.5600). The mean and SD scores of Aggression is also presented in the following figure 1.



Hypothesis-II:

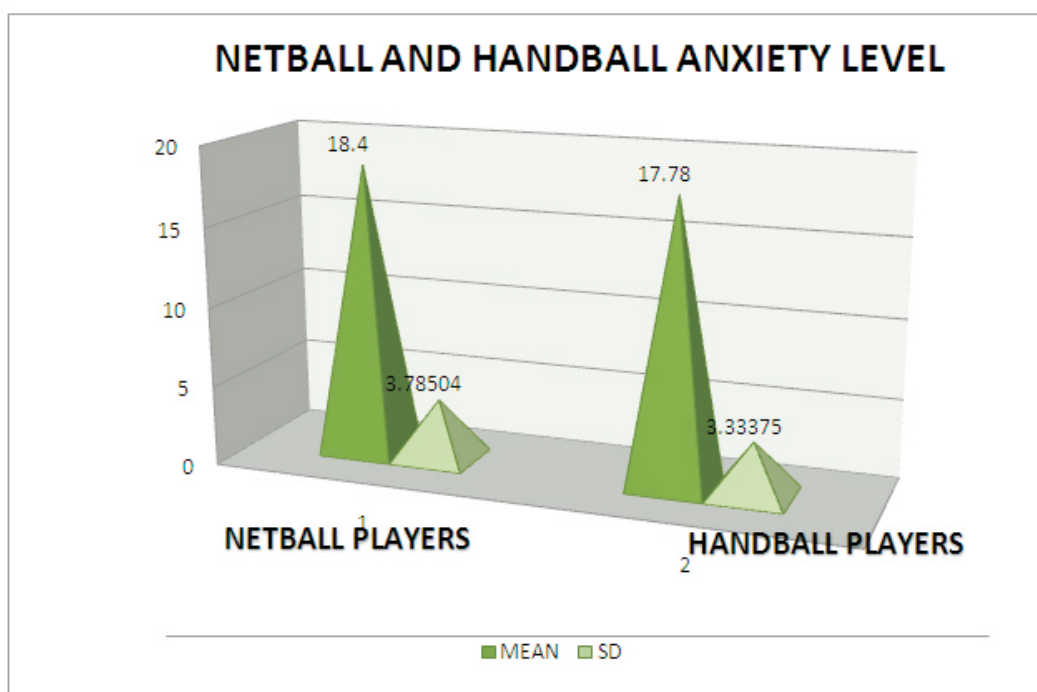
There is significant difference between intercollegiate level players (Netball and Handball) with respect to their Anxiety.

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

Table 2: Results of t-test between Netball and Handball with respect to Anxiety scores.

Group	n	Mean	SD	t-value
Netball	50	18.4000	3.78504	.387
Handball	50	17.7800	3.33375	

From the results of the above table, we clearly seen that, a significant difference was observed between Netball and Handball with respect to Anxiety scores ($t=.387, p<0.05$) at 0.05% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected It means that, the Netball and Handball have not-significant difference in Anxiety scores (mean=18.4000) as Handball (mean=17.7800). The mean and SD scores of Anxiety is also presented in the following figure 2.



SUMMARY, DISCUSSION, CONCLUSION AND RECOMMENDATIONS

SUMMARY:

The present study attempts to investigate the varying level of competition anxiety and aggression of a team which progresses through a tournament. The secondary purpose of the present investigate is to enquire in to differing levels of anxiety and aggression between Netball and Handball players.

The sports competition anxiety test (SCAT) and Aggression questionnaires were administered as to measures for sports competition anxiety and aggression of the subject respectively. The data

collected was statistically treated using Mean, Standard Deviation and ‘t’ ratio. In case of sports competition anxiety and aggression Netball and Handball players.

DISCUSSION:

Here in Karnataka University Dharwad region the players of netball and handball are played the both games that is why we might not be get the difference in their competitive anxiety and aggression level.

CONCLUSION:

Analysis of data reveals that

- 1.It was found that there was no significant difference in sports competition anxiety and aggression level of Netball and Handball player.
- 2.It was found that netball players have higher level of competitive anxiety than the handball players
- 3.It was found that netball players have higher level of aggression than the handball players.

RECOMMENDATION:

On the basis of present research and findings of study following recommendation are given.

1. In this study sample she is limited to 50 only. Further study it was suggested to apply for large sample.
- 2.It was recommended to apply their study for their University sportsmen, State, National level sportsmen also.
- 3.With anxiety and aggression other psychological parameters like achievement, motivation, and self-concept will be included in the study.
- 4.Along with anxiety and aggression motor fitness variables will also be added.
- 5.This test will be conducted for different gamer also.

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