

## A Comparative Study of Anxiety Levels between Kho-Kho, Basketball and Handball Players among Junior College Girls

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**Summary:** The main objective of this experiment was to uncover the levels of anxiety of selected sports persons and judge the status of anxiety levels of the above players *before the game, during and after the game*. The researcher selected ninety ( $N=90$ ) college girls aged 18 to 25 years of Bharati Vidyapeeth Deemed University who stand for their college in the Inter-Collegiate tournament in Handball, Kho-Kho and Basketball. All the subjects ( $n=90$ ) were selected with simple random sampling method [Handball ( $n=30$ ), Kho-Kho ( $n=30$ ) and Basketball ( $n=30$ )]. Anxiety level was assessed before game, during and after completion of game. The present examiner, hypothesized that-  $\bar{X}_1 = \bar{X}_2 = \bar{X}_3$  and the research design of this study has been processed for *descriptive statistics*. Based on current study, ANOVA was applied and for statistical significance was determined by using *Newman-Kules Post Hoc Technique* in this revision the data taken on preparation basis ( $n=30$ ) revealed that the split-half reliability ( $rtt = 0.78$ ) was statistically significant at the 0.01 level ( $p < 0.01$ ). According to the results of anxiety score (*habitual level*) of Kho-Kho female players was mean  $71.36 \pm 15.30$  which was less to the Basketball as well as Handball players. The anxiety score mean of basketball players was  $74.81 \pm 20.20$  which was higher than handball and Kho-Kho, and the handball players mean were recorded  $72.40 \pm 15.32$  respectively. More specifically, before the match condition the anxiety level of Kho-Kho, basketball and handball girl's players were 29.66, 27.96 and 25.96 respectively. The results of during the match condition the anxiety level of Kho-Kho, basketball and handball girl's players were 13.89, 14.10 and 14.83. After the match condition the anxiety level of Kho-Kho, basketball and handball girl's players were recorded as 25.07, 25.26 and 25.26 correspondingly. The findings of this study indicate that female basketball players have higher level of sports anxiety than Kho-Kho and handball players. Further, it was evident that the anxiety was higher before start of game as compared to during and after completion of game.

**Key Words:** Anxiety, Basketball, Kho-Kho, Handball, Inter-Collegiate and Game.

**Introduction:** Human being and animals are products of a long process of biological evolution. Their activities are highly complex in nature and directed from within. Since ancient times, philosophers have tried to understand why human being and other animals behave as they do. The origin of psychology is often traced to the Greek Philosophers. The term '**psychology**' is derived from two Greek words '**psyche**' and '**logos**' wherein psyche mean the sole of mind, and the meaning of logos is to talk about, or science or study. Thus, the literal meaning of psychology is the science or study of soul. Greek philosophers believed that soul was responsible for various mental activities such as learning, thinking, feeling etc. It was believed that soul was the essence or true being of an organism, the cause and the principles of life (Singh, A., Gill, J. S. *et. al.*, 2010). Anxiety is the least understood and most extensively studied of all the emotions. The twentieth century has been called the age of anxiety but the concern with anxiety phenomenon has been as old as the history of humanity (Spielberger and Vagg, 1995). It is both an emotional state and a personality trait or quality. The concern of anxiety is very important for understanding the emotional life of a person even though there is much diversity in the definition of anxiety, its origin and its role. Anxiety may be termed as an affective (Freud, 1924), stressful (Stratton and Hayes, 1993), transitory (Spielberger, 1968) and highly emotional state, (Wolpe, 1966) or highly unpleasant condition (Freud, 1926; Jacobson, 1953) that signals a danger to the ego, (Freud, 1960 Stratton and Hayes, 1993) and is characterized by a word nervousness (Freud, 1924); painful or uneasy state of mind feeling of tension, apprehension and heightened arousal of autonomic nervous of mind (Spielberger, 1968), which may also be deemed as learned phenomenon (Dollard and Miller, 1950). The reactions of anxiety may be viewed as complex neurophysiological responses as more complex

emotional reactions or catastrophic reactions that obstruct the process of self-actualization. A few components of anxiety are physiological (the alarm reaction or fight or flight reaction); cognitive aspects (particularly in narrowing attention) and subjective experience of discomfort (Spielberger *et. all.*, 1983). Each of these components may help the person to deal effectively with clearly recognised, real and immediate dangers. But these may be damaging both physiologically and psychologically. When the anxiety persists as in occupational stress, or unresolved unconscious conflicts, (Stratton and Hayes, 1993) and as continuing drive seems likely to miss its goal and creates a state of uncertainty and helplessness. Thus, anxiety as an affective, stressful, palpable but transitory emotional state, happens to be a highly unpleasant condition that signals a danger to the ego and is characterized by nervousness, painful uneasiness of mind with feelings of tension, apprehension and heightened arousal of autonomic nervous system. The physiological, cognitive and subjective components help the person to deal effectively with clearly recognised, real and immediate dangers but may be damaging for present or unresolved unconscious conflicts and may affect both somatic and physiological participation and threaten the integrity of the organism with acts of different discharged phenomenon along a particular path.

Hence the main objective of this study was to measure the levels of anxiety of selected sports persons of Bharati Vidyapeeth Deemed University, Pune (Maharashtra). The researcher also seen the appraise the status of sports anxiety of the Kho-Kho, Basketball and Hand ball female players and judge the status of anxiety levels of the above players before the game, during and after the game.

**Methodology:** The researcher selected only female players from various colleges of Bharati Vidyapeeth Deemed University, Pune (Maharashtra). The investigator has undertaken ninety ( $n=90$ ) college girls of Bharati Vidyapeeth Deemed University who stand for their college in the inter-Collegiate tournament in handball, Kho-Kho and basketball. The girl's players ranged from 18 to 25 years in age.

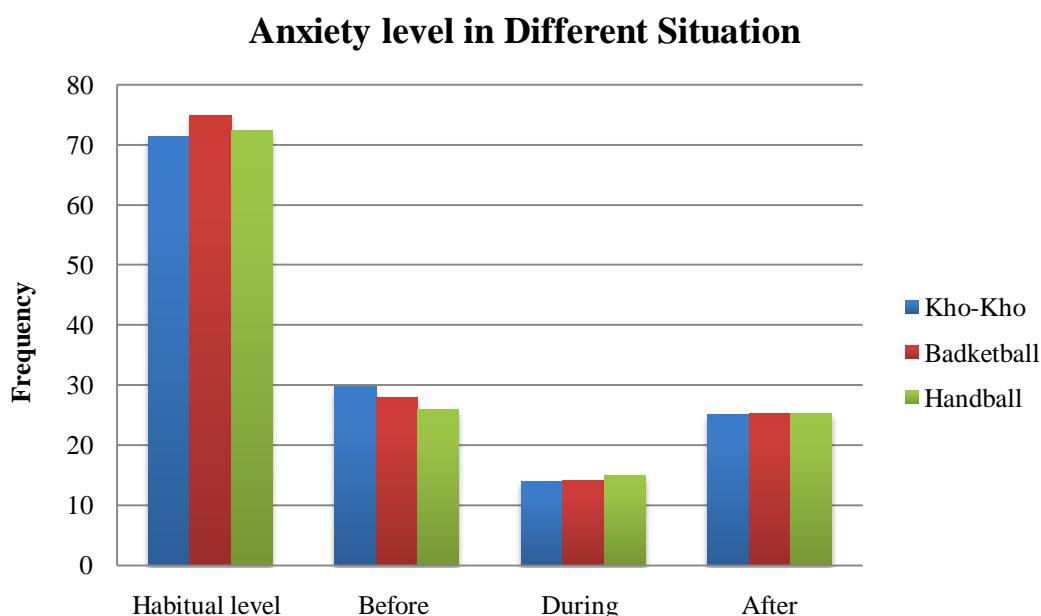
**Procedures:** In this examination, the researcher included the female player's three team game (*viz.*, Kho-Kho, basketball and handball) and their four anxiety levels (*viz.*, *habitual anxiety, before, during and after the game*) were checked. Thus, the research design of this study has been considered under 3x4 Factorial Design.

**Data Analysis:** The collected data from Bharati Vidyapeeth Deemed University, Pune was processed for *descriptive statistics*. Based on current study, ANOVA was applied for statistical analysis. The statistical significance was determined by using *Newman-Kules Post Hoc Technique*. All the data were analyzed with the help of *SPSS-17* software. In this study the data taken on try-out basis ( $n=30$ ) revealed that the split-half reliability ( $r_{tt} = 0.78$ ) was statistically significant at the 0.01 level ( $p < 0.01$ ). This coefficient of reliability in turn suggests that the Spielberger's State and Trait Anxiety Scale of sports anxiety used here with was completely reliable for the Indian college students.

Anxiety in Different Conditions					
Groups		Habitual levels	Before	During	After
<b>Kho-Kho</b>	<i>Mean</i>	71.36	29.66	13.89	25.07
	<i>SD</i>	15.30	9.82	3.05	9.62
<b>Basketball</b>	<i>Mean</i>	74.81	27.96	14.10	25.26
	<i>SD</i>	20.20	9.75	3.84	9.98
<b>Handball</b>	<i>Mean</i>	72.40	25.96	14.83	25.26
	<i>SD</i>	15.32	7.53	4.02	9.23

*Table-1: Anxiety level of the selected girls players in different conditions*

According to the table-1, anxiety score (habitual level) of Kho-Kho female players was mean  $71.36 \pm 15.30$  which was less to the Basketball as well as Handball players of Bharati Vidyapeeth Deemed University, Pune. The anxiety score mean of basketball players was  $74.81 \pm 20.20$  and handball players were  $72.40 \pm 15.32$  respectively. More specifically, before the match situation the anxiety level of Kho-Kho, basketball and handball girl's players were **29.66**, **27.96** and **25.96** respectively. The results of during the match situation the anxiety level of Kho-Kho, basketball and handball girl's players were **13.89**, **14.10** and **14.83**. After the match situation the anxiety level of Kho-Kho, basketball and handball girl's players were recorded as **25.07**, **25.26** and **25.26** respectively. In this basketball player habitual level was higher than kho-kho and handball. The kho-kho players habitual level of was lower and the handball players anxiety level was normal. Similar results are showed in figure-1.



*Figure-1: Anxiety level of the selected girls players in different situations*

**Results:** The results of the current study on selected players, in basketball players belonged to a higher as compared to Kho-Kho and handball groups. Other side *before the match* condition, the players belonging to basketball, Kho-Kho and handball showed moderately low anxiety levels. However, *before the game* anxiety level was significantly higher in Kho-Kho players as compared to basketball and handball players and *during the game* condition, all the selected players showed low level of anxiety. In the after the game condition, all the players participated in this study demonstrated moderately low anxiety level. The above interpretation in turn suggests that the level of anxiety of Kho-Kho, basketball and handball players differ from each other. Therefore the null hypothesis has been refuted.

**Discussion:** The handball, Kho-Kho and basketball game are very much differ from each other in skills but as the results of the current investigation showed that the anxiety level before the game, during and after the game is different. In that researcher identify that the basketball and Kho-Kho players have high level of anxiety level. During the game and after the game players easily control the game situation and release the stress. According to that researcher in his research identify the low level of anxiety during the game and after the game.

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**Conclusion:** The present investigation conformed that, Kho-Kho performer have higher level of sports anxiety than other two selected game and anxiety in before the game situation was higher than the anxiety during and after the game situations. All the samples in the current study belonged to moderately high anxiety set.

**Recommendations:** The current study recommended that anxiety is quite natural among players, the trainer and coaches must take care of their high anxiety players at the match time. The investigation also recommends that regular match practices can help to reduce the anxiety level of players.

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