



Comparative study of sport competition and anxiety among Volleyball and Kho-Kho player of girls high school of Kargil Ladakh

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Abstract

The purpose of the study was comparison of competition anxiety between Volleyball and Kho-Kho Player. The subject for this study girl High School Kargil Ladakh. Selected student aged group was 14 to 19 years there will be a significance different on anxiety score between Volleyball and Kho-Kho Player. The mean standard division along with to assist the sport competition anxiety, sport competition anxiety test questionnaire was used (SCAT) and distributed all the participation before the final competition. The data anxiety was obtaining by at administrating questionnaire constructed by Dr. Anand Kumar and P.S Shukla.

Keywords: Volleyball, Kho-Kho, SCAT, anxiety

Introduction

One of the most important issued which has attracted the attention of sports specialist and psychology is to identify the effective factor influencing anxiety and tension control before a competition. So the performance can be facilitated. Anxiety refers to an unpleasant emotion which is characterized by vague but persistence feeling of apprehension and dread. Anxiety is an emotion characterized by an unpleasant state of inner turmoil often accompanied by nervous behavior such as pacing back and forth somatic complained and rumination. It is a subjectively unpleasant feeling of dread over. Social anxiety are caused when people are apprehension around stronger or other people are on general. Somatic anxiety appear in the form of pale skin, an increased in heartbeat and turmoil that makes athlete to show negative reaction. But immature once with high anxiety in competition experience a significant decreasing in their performance. Therefore, there needs to be a positive thinking and better mental skill to anticipate event such as feeling of eminent death. Anxiety is a negative emotional state in which feeling of nervousness, worry and apprehension or associated with activation or around of the body. Anxiety is a state arousal

There are various state of anxiety. Extension anxiety can occurs when a person face against the existential crisis or nihilistic feeling. People also can face mathematical anxiety stage fright or test to solved the problem that may arise because of anxiety. During the researches stated that of a performer of different sports field, among emotional state experience, anger more than any other negative emotional state is negative behavior which cause stress and state of them

Purposed of the Study

1. The purpose of the study the anxiety level among of

female player of girl High School.

2. To study the significance difference on anxiety between the Volleyball and Kho-kho Player of girls High School Sankoo Kargil Ladakh

Methodology

Selection of Subject: The purpose of study a total 30(thirty) female Volleyball and Kho-Kho Player 15(fifteen) in age group ranging from 14 to 18 years were selected from the girls High School Sankoo Kargil Ladakh

Administration of the Test

Procedure: The sport competitive anxiety test (SCAT) was administrated few hour before the competition.

1. Instruction were also given specially to answer all the question both in Volleyball and Kho-Kho Player then questionnaire were distributed 20 (twenty) minute time was given to answer the statement and questionnaire was taken back after it was duly completed
2. The questionnaire has 15 items in the questionnaire one or three responses are possible
 - 1. Hardleyever
 - Sometime
 - Often

Direction

Below are same statement about how people feel when they compete in sports and game, read each statement and decide if you have these feeling hardly ever sometime or often when you complete in sports. Remember to choose the word that describe how you usually feel during competing in the game

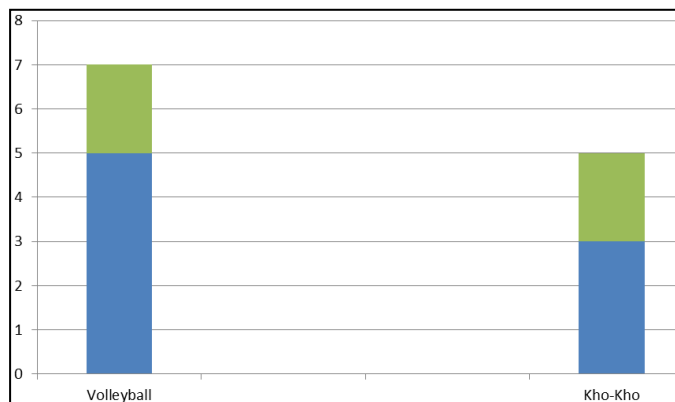


Fig 1: Mean of anxiety in volleyball and kho-kho player

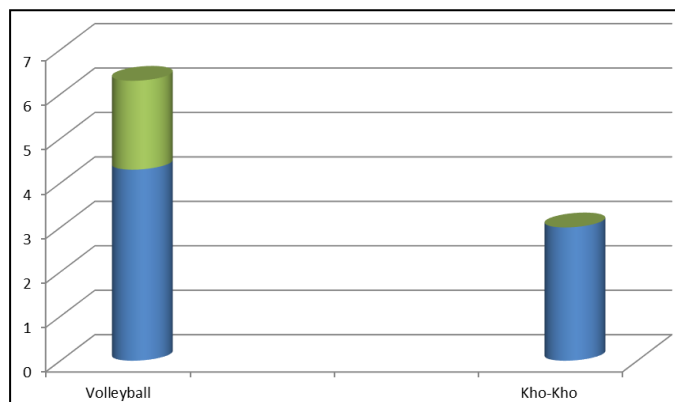


Fig 2: Mean SCAT Score

Discussion and Finding

The collected data of student was analyzed statically. The significance difference between the mean score of volley and kho-kho. The data was interpreted and discussed its main finding of the study were recorded significant difference were found between Volleyball and Kho-Kho Player. Volleyball Player were significantly more anxiety then Kho-Kho Player. It was found that there was a significant difference on anxiety level on Volleyball and Kho-Kho Player. The finding of the study will act as a managing needs specific skill which are developed with by training.

Conclusion

On the basis of obtained result the significant is recorded in the anxiety level of Volleyball and Kho-Kho Player the Researches showed that the player who have the ability to controlled their tension for competition. Therefore the coach should maintain applicable stages in exercise session in order to control and modify the tension an anxiety before competition

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