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## Comparative study of anxiety level among select combat games

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### Abstract

The purpose of the present study was to compare the anxiety level among select combat games. The total subject was 90 having 30 karate, 30 kickboxing and 30 taekwondo players. All these male subjects were randomly selected from Punjabi university Patiala inter college tournaments. The average age of the selected subjects was maintained as equal. The karate, kickboxing and taekwondo players those consider as combat games players. To get the measure of anxiety, cattle's comprehensive anxiety test (Punjabi version) was used. The test has a reliability of 0.85 (test-retest method, n = 100) and of 0.92 (odd even procedure, n = 100). The validity of the instrument with Taylor's manifest anxiety scale is 0.62 which is significant beyond 0.05 level of confidence. The outcome of the study show karate have maximum level of anxiety (mean 31.17 and slightly high as compare to kickboxing (mean = 30.00) and taekwondo players (mean 27.67). mean comparison o anxiety level of the selected subjects.

**Keywords:** Anxiety, combat games etc

### Introduction

Anxiety has been described as a painful uneasiness of the mind concerning impending or anticipated ill: it represents a danger or threat within the individual rather than an external danger. "In anxiety, the disturbing stimulus does not physically precede or accompany the emotional state but it anticipated or expected to occur in the future. The response to this anticipated danger or threat is apprehension, uneasiness or for boding from which the person cannot immediately escape. Even more important, anxiety is accompaned by a sense of helplessness due to the person feeling blocked and unable to find a solution to his problem.

Anxiety is one of the greatest trait of personality of all types games players as well as team game, individual game or combat game players, the anxiety is faced by the entire team and an individual player only faces his share of anxiety. But if combat game player game like face an emergency he\she along is sole suffered to total anxiousness his success or defeat, good performance for bad, depends upon his individual anxiety. it looks intriguing to find how the anxiety level of some combat sportsmen (only Karate, Kickboxing and Taekwondo player) compare with each others, therefore the purpose of the present study was to analyse the anxiety level of Karate, Kickboxing and Taekwondo player (combat games).

### Objectives

To compare the difference of anxiety level of inter college level Karate, Kickboxing and Taekwondo players those consider as combat games players.

### Hypothesis

Combat games players (Karate, Kickboxing and Taekwondo players) will not differ significantly in matters of anxiety.

### Method

The study was conducted on a sample of 90 having 30 Karate, 30 Kickboxing and 30 Taekwondo players. All these male subjects were randomly selected from Punjabi university Patiala inter college tournaments. The average age of the Ss was maintained as equal.

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**Tool**

To get at the measure of anxiety, cattle's comprehensive anxiety test (Punjabi version) was used. The test has a reliability of 0.85 (test-retest method, N = 100) and of 0.92 (odd even procedure, N = 100). The validity of the instrument with Taylor's manifest Anxiety scale is 0.62 which is significant beyond 0.05 level of confidence.

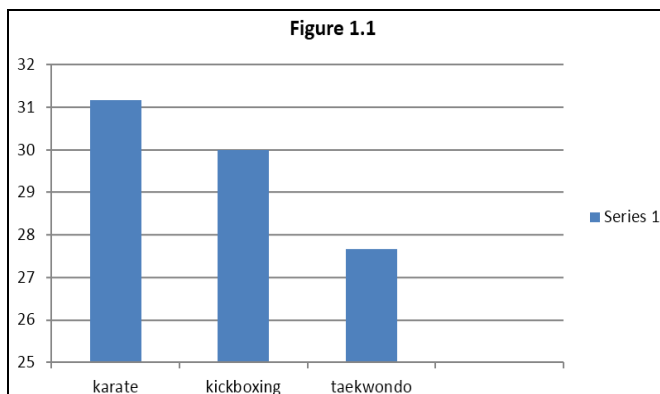
**Statistical analysis**

After the collection of relevant data, it was processed and analyzed with descriptive statistics of the variables, mean, median, and SD were calculated ANOVA was applied to find out significance of differences between the scores of the selected variables on combat games sportsmen. To test the hypothesis the significance level was set at 0.05 percent.

**Table 1:** anxiety level of the Ss

S. No.	Name of the Games	N	Mean	S.D.
1.	Karate	30	31.17	12.1
2.	Kickboxing	30	30.00	11.7
3.	Taekwondo	30	27.67	14.15

Table-1 represents of the statistical analysis of anxiety level among selected combat games players (Karate, Kickboxing and Taekwondo players). The table showed that Karate have maximum level of anxiety (mean 31.17 and slightly high as compare to Kickboxing (mean = 30.00) and Taekwondo players (mean 27.67). mean comparison o anxiety level of the Ss is shown in Fig. 1.1



The score manual on anxiety categories under

Category	Mean Scores
Extremely High Anxiety	30 or above
High Anxiety	24 to 29
Normal Anxiety level	16 to 23
Low Anxiety	15 or below

As per manual prepared by the author of the comprehensive anxiety the scores in anxiety of our subjects showed that

- a) Karate belong to the categories of Extremely High Anxiety.
- b) Kickboxing belong to the categories of Extremely High Anxiety.
- c) Taekwondo players belong to the categories of Extremely High Anxiety.

**Table 2:** analysis of variance for anxiety level of select combat games players (Karate, Kickboxing and Taekwondo players)

Source of variance	Df	Sum of square	Mean square	F
Among mean of condition	2	78.76	39.38	0.26*
Within conditions	87	12939.24	148.62	
Total	89	13009		

Table 2 represent the statistical analysis of anxiety level among some select combat game players (Karate, Kickboxing and Taekwondo players) selected from Punjabi university – Inter college tournaments. The ANOVA results showed that F ratio (0.26) is not significant at 0.05 level of confidence as the computed F value found to be lesser then the table value 3.10 at 0.05 levels. So it is concluded that there is no significant differences between the anxieties of the Ss.

Thus, the hypothesis was that combat games players (Karate, Kickboxing and Taekwondo players) will do not differ significantly in the mater of the anxiety were accepted.

**Discussion of the Finding**

The statistical analysis of anxiety level of male combat games players namely Karate, Kickboxing and Taekwondo players, selected from Punjabi university inter college tournaments were accepted has the ANOVA results showed the anxiety level. The F ratio (0.26) is not significant at 0.05 level of confidence because the computed F value found to be lesser then the table value 3.10 al 0.05 level of confidence. If we see the tread of means it showed that the Karate and Kickboxing have identical level and maximum high level of anxiety. Taekwondo players have high level of anxiety.

It can be strongly infer that the anxiety level exists in Karate, Kickboxing and Taekwondo players was equal due to the fear of body contact.

Hence, the hypothesis that combat games (Karate, Kickboxing and Taekwondo players) will do not differ significantly in matter of anxiety, would be found was accepted.

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