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## An assessment on level of sports competition anxiety among intercollegiate female kho-kho players

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### Abstract

**Introduction:** The purpose of the study was to an assessment on level of sports competition anxiety among intercollegiate female Kho-Kho players of Kuvempu University. For the purpose of this study a total of 40 subjects (N=40) selected as subjects for this study during Kuvempu University inter-collegiate women's intercollegiate tournaments. The age of the subjects ranged between 18 to 25 years. All the participants were informed about the aim of the study and they volunteered to participate in this study. The subjects were measured through standardized tests of Sports Competition Anxiety Test (SCAT) by Martens *et al.*, 1990. To analyze the study descriptive statistics including mean, sum was applied. The data collected from subjects were treated with the statistical techniques. It was hypothesized that the Kuvempu University inter collegiate Kho -Kho women players will have average level of anxiety.

**Keywords:** Sports competition anxiety, kho-kho

### 1. Introduction

Performance anxiety is not uncommon in sports, as to some extent, fear of performance helps in achieving desired concentration. However, the excess will lead to a rush of adrenaline termed as anxiety (Basanti Bamaniya 2017). In present days the emphasis in sport psychology has shifted away from study of sample arousal in favor of looking at the more complex phenomena of anxiety. Psychologists believed that some psychological factors like fear and anxiety have a vital role in competition and in competitive sports, every athlete experience fear before, during and after events (Lizuka, 2005). Anxiety is a specific pleasurable quality, efferent or discharge phenomenon and perception of these (Frued 1949). Anxiety is a negative emotional state with feelings of nervousness, worry and apprehension associated with activation of the body (Weinberg & Gould 1995) (cited from Jarvis 2006). From last few decades, sports Coaches and Athletes from different sports have started to recognize the value of the psychological side of performance. Weinberg and Jackson (1983) point out that the fact that the interest shown by Coaches and Athletes to enhance their teams' psychological skills proves the above statement true. This is also true within the world athletics as many athletics coaches and athletes have become more interested in enhancing their athletes' psychological skills. Psychology of physical education may be thought of as an off shoot of applied psychology, deriving its subject matters from various branches of psychology. If education is considered as a process of 'modification of behavior' our wisdom lies in concluding that education and psychology are observed and reverse of the same coin: two subjects with one aim and one soul (Muhammed Jamshad. KC & Mohammed Sameer C 2017).

### 2. Methodology

The subjects for the study randomly selected will be forty (40) female Kho-Kho players of Kuvempu University during 2017-2018. The age ranged between 18 to 25 years. The subjects are from different colleges of Kuvempu University. The investigator explain the purpose of the study and oriented from about the test the different stages, the meaning of different words and statement in the questionnaire work explain to the subject. The sports competition anxiety test was administered to the players during the Kuvempu University Inter Collegiate Women's meet. Sports anxiety questionnaires were formulated by Martina respectively were used to test the sports competition anxiety level.

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The questionnaires were handed over to the subjects and the subjects were asked to answer all the questions without omitting any questions. Before collecting the questionnaires an attempt was made to check whether all the statements in the questionnaires were answered or not. The scoring was done by the answer keys suggested by concerned authors.

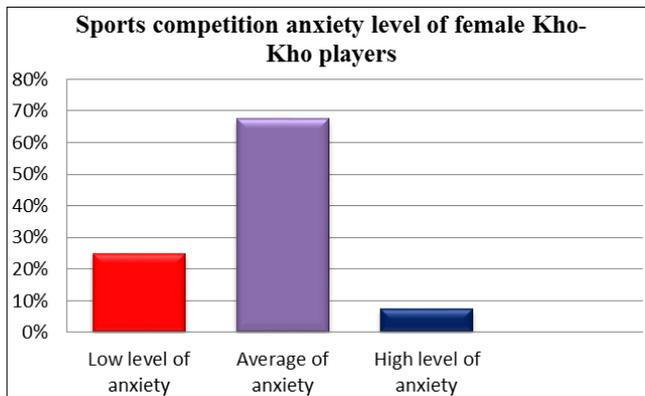
**3. Statistical Analysis**

To analyze the study descriptive statistics including mean, sum was applied. The data collected from subjects were treated with the statistical techniques.

**Table 1:** Sports competition anxiety level of female Kho-Kho players

Sports competition anxiety level	Subjects	Total subjects	Percentage
Low level of anxiety	10	40	25%
Average of anxiety	27	40	67.5%
High level of anxiety	03	40	7.5%
Total percentage			100%

The percentage of sports competition anxiety is 25% of women Kho-Kho players are low level of anxiety, 67.5% of women Kho-Kho players are average level of anxiety and 7.5% women Kho-Kho players of high level of anxiety.



**Fig 1:** shows the percentage of Sports competition anxiety level of female Kho-Kho players

**Table 2:** Sum and Mean (Average) score of Sports competition anxiety level of female Kho-Kho players

Subjects	Sum	Mean
40	767	19.175

The mean score of sports competition anxiety is 19.175 which stand in “Average” competition anxiety level. 27 players placed in average level of sports competition anxiety, 10 players showed low level of sports competition anxiety and 03 stand in high level of sports competition anxiety, and Kuvempu university female Kho-Kho players are Average level of sports competition anxiety.

**5. Summary**

The study was selected by the investigator to identify the sports competition anxiety among Kuvempu university intercollegiate women players. So the investigator selected the subjects from Kuvempu university intercollegiate women tournament. To collect the data for the study standardized sports competition anxiety respectively were used. The analysis of sports competition anxiety scores show that Kuvempu University intercollegiate Kho-Kho women players have average sports competition anxiety level with average of

**4. The Analysis, Interpretation and Results of Study**

The study was to identify the level of sports competition anxiety among Kuvempu University intercollegiate Kho – Kho women players. The data was collected from Kuvempu university intercollegiate Kho –Kho female players by using Martin’s sports competition anxiety questionnaire respectively.

The rating scale of competition anxiety is given below

1. Less than 17 - low level of anxiety
2. 17-24 - Average
3. More than 24 - high level of anxiety

19.025. The findings of the study revealed that there is possibility to show good performance at intercollegiate competitions, if players have average level of sports.

**6. Conclusions**

Based on analysis and results, the following conclusion was drawn.

From this study, it is indicated that the degree of sports competition anxiety are average because of same level of training and participation in Kuvempu University intercollegiate women players.

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