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A critical study of competitive anxiety among different achievement groups of male Kabaddi players

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Abstract
Aim: The aim of the present study was to compare the Competitive Anxiety among Different Achievement Groups of Male Kabaddi Players of different colleges of Sant Gadge Baba Amravati University, Amravati, and Maharashtra.

Method: Through purposive sample technique from 102 male Kabaddi players, n = 51 male Kabaddi Players (age 18-25 years) of different college of S.G.B. Amravati University, participating in S.G.B. Amravati University Kabaddi Intercollegiate Competition were selected as subject of the study. They were further divided into three groups. High, Average and Low Achievement groups based on their previous year 2014-15 position in the S.G.B. Amravati University Intercollegiate Competition. The Three groups are High Achievement group TH1 = first, second and third position holder (n = 17), Average achievement group TM2 = fourth, fifth and sixth position holders (n = 17), Low achievement group TL3 = seventh, eighth and ninth position holders (n = 17).

For the collection of data, The Sports Competition Anxiety Test (SCAT) developed by Rainer Marten was administered. The One Way ANOVA (Analysis of Variance) was applied to find out the significance difference among the three achievement male Kabaddi players groups. To test the hypothesis, the level of significance was set at 0.05. The result revealed that the three High, Average and Low Achievement Groups of Male Kabaddi players of different colleges of S.G.B. Amravati University were found to have same level of competitive anxiety.

Results and Discussion: The result found that there were no significance difference was found between the three groups of i.e., High Achievement Group TH1, Average Achievement Group Tm2, and Low Achievement Group TL3 of male Kabaddi players of different colleges of S.G.B. Amravati University, Amravati, and Maharashtra.

Conclusion: The three High, Average and Low Achievement Groups of male kabaddi players of different colleges of S.G.B. Amravati University were found to have same level of competitive anxiety.

Keywords: Anxiety, sports competition anxiety, kabaddi players, high achievement groups, average achievement groups, low achievement groups

Introduction
Kabaddi is a contact team sport which was originated in Tamil Nadu, India. Kabaddi is very popular sport in Asian countries. In Bangladesh, it is a national sport. Kabaddi is a popular sport in South Asia and is the state game of various States of India *viz.*, Karnataka, Andhra Pradesh, Telangana, Tamil Nadu, Kerala, Maharashtra, Bihar, Haryana and Punjab.

Kabaddi is an ancient team sport, about 4,000 years old which was originated in India and gradually is being played in many Southern Asian countries. Kabaddi name derives from a Tamil word which means "holding of hand", which is the crucial and important aspect of the play. Kabaddi is a famous team sport which demands both skill and power and also combines the characteristics of Rugby and Wrestling. Kabaddi was originally meant to develop self-defence in addition to responses to attack, and reflexes of counter attack by individuals, and by groups or teams. Kabaddi is a simple and inexpensive game which does not require massive playing area, expensive equipments. In Kabaddi, two teams of 7 players (5 player's reserves) each compete, each occupying its own half of the court. The players take turn sending a "raider" into the opposing team's half in order to earn points if the raider manages to touch opposing team members and return to the home half safely, all while chanting word "kabaddi". The opposition team gets the point if the raider is tackled and prevented from returning.

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In the different parts of the subcontinent, Kabaddi is known by its regional names, for example in Andhra Pradesh and Telangana it is known as "Chedugudu", in Kerala, Karnataka and Maharashtra it is called Kabaddi, in Punjab it is known as Kauddi or Kabaddi, in Bangladesh it is known as Kabaddi or ha-du-du, in Maldives, it is called as bhavatik, in eastern Indian states, it is known as Hu-do-do, while in western states of India it is called as Hu-Tu-Tu while it is called as Chadakudu in Southern India.

During 1936 Berlin Olympic Games, Kabaddi received an international exposure where it was demonstrated by India (Hanuman Vyayam Prasarak Mandal, Amaravati, and Maharashtra). In the year 1938, Kabaddi was introduced in the Indian National Games at Calcutta. In the year 1950, the All India Kabaddi Federation (AIKF) was established and framed the rules for Kabaddi.

Modern Kabaddi is a synthesis of the game played in various forms under different names. It was introduced by Vivek Samvedi from Mumbai. Samit Damad then introduced some new rules which are effective since 14th July 2011. The game has been played in its original form since Vedic times.

Participation in any type of competition, be it a formal or informal, gives pressure on the athletes. Sometimes, this pressure improves the performance and sometimes influences the performance negatively. Pressure accumulated due to the upcoming competition may results in anxiety which influence the performance in sports in both the ways. Anxiety is considered as a psychological and physiological state which is characterized by somatic, cognitive, emotional and behavioural constituents. Anxiety describes the individual's level of emotionality. We can sometimes distinguish among our friends who are mainly tense and worried (highly anxious) and those who are cool (hardly anxious). We know that anxiety and arousal are relates because at the higher levels of arousal we considerably have more emotionality than at the lower levels. Since anxiety is an inferred emotional state of the organism and cannot be directly observed, investigations of anxiety rely heavily on having the individual report his/her own emotional states under various stress conditions.

Anxiety is a generalized mood state that can often arise without an identifiable triggering stimulus. As such, it is different from fear, which occurs in the presence of an observed threat. Besides, fear is related to the specific behaviours of avoidance and escape, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable.

Anxiety is a normal and natural reaction to the threats in the environment and part of the preparation for the 'fight or flight' response. This is human body's primitive and 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. Any sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego, your sense of self-esteem. Substantially, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome.

It is observed that excellence in performance is certainly intensifying psychic stress in sports person. The role of anxiety has been noticeably and factually found much important in sports performance. This study was planned to determine the influence of achievement and competition anxiety in sport performance at different levels.

Material and method
Subjects
Through purposive sample technique from 102 Male Kabaddi Players, n = 51 (age 18-25 years) of different colleges were participating in S.G.B. Amravati University Kabaddi Intercollegiate Competition was selected as subject of the study. They were further divided into three groups viz., High, Average and Low Achievement groups based on their previous year position in the S.G.B. Amravati University Intercollegiate Competition, 2014-15. The Three Groups i.e., High Achievement Group TH1 = first, second and third position holder (n = 17), Average Achievement Group TM2 = fourth, fifth and sixth position holders (n = 17), Low Achievement Group TL3 = seventh, eighth and ninth position holders (n = 17). All the subjects, after having been informed about the objective and protocol of the study, gave their consents and volunteered to participate in this study.

Methodology
In order to measure the competitive anxiety the Sports Competition Anxiety Test (SCAT) developed by Rainer Marten was used. This test carries 15 statements. There is no right and wrong answer subject has to read each statement and decide how they feel when they compete in sports. They are supposed to respond to each item by giving their response either never, sometimes or always. Subjects were directed that if their choice is 'never' cross A, if your choice is 'sometime' cross B and if your choice is 'always' cross C.

After collecting test sheet, test sheet was scored with the help of scoring instructions as per questionnaire value which are as follows: For each item, the responses are possible. The ten test item are 2, 3, 5, 6, 8, 9, 11, 12, 14, 15. The spurious item 1, 4, 7, 10 and 13 are not scored. Items 2, 4, 5, 8, 9, 12, 14 and 15 are worded so that they are according to the following key:

Never = 1   Sometimes = 2   Always = 3

Scoring for 6th and 11th item is reserved and they are scored according to the following keys:

Never = 3   Sometimes = 2   Always = 1

Grouping
1. Highly anxious   =   25 to 30
2. Above average   =   18 to 24
3. Average   =   12 to 7
4. Normal   =   Less than 12

Statistical Techniques
To examine the hypothesis of the study mean, SD, SEM, One Way ANOVA (Analysis of Variance) was used Competitive Anxiety in this study.

Table 1: Descriptive Analysis of Male Kabaddi Players of the Three Group on Competitive Anxiety

Group	N	Mean	SD	SEM
High achievement group	17	20.5294	4.87491	1.18234
Average achievement group	17	19.5294	3.02319	.73323
Low achievement group	17	21.4118	3.70909	.89959

Table 2: Summary of ANOVA of the Male Kabaddi Players of the Three Groups on Competition Anxiety

		Sum of Square	Df	Mean Sum Square	F
Competitive etween groups	B	30.157	2	15.078	0.387
Anxiety	Within group	746.588	48	15.554	
	Total	776.75	50		

It can be seen from Table 2 that the F value is 0.387 which is not significant. It exhibits that the mean score of the three groups of male kabaddi players of different colleges of S.G.B. Amravati University on competitive anxiety do not differ significantly.

Thus, the null hypothesis that there is no significant difference in the mean score of three achivement groups *viz.*, high, average and low in male kabaddi players of different colleges of S.G.B. Amravati University on competitive anxiety is not rejected. It is may be therefore, said that the level of competitive anxiety of the three groups of male kabaddi players of different colleges of S.G.B. Amravati University are seems the same.

Result and Discussion
The result found that there is no such significant difference between the three groups *viz.*, High Achievement Group TH1, Average Achievement Group TM2 and Low Achievement Group TL3, of male kabaddi players of different colleges of S.G.B. Amravati University, Maharashtra.

Conclusion
The three High, Average and Low Achievement Groups of male kabaddi players of different colleges of S.G.B. Amravati University were found to have the same level of competitive anxiety.

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