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A study on aggressive behavior and anxiety of inter university women kabaddi players

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Abstract

The purpose of the present study was to examine the divergence of aggressive behavior and anxieties inter university women kabaddi players of Karnataka state Akkamahadevi Womens University. 30 aggressive behavior players and anxiety players. Were randomly selected as the subjects. The age ranged from 18 to 28 years. To find out their level of aggressive behavior, Anxiety. Aggressive behavior Questionnaire developed by A. Kumar and anxiety Questionnaire developed by A.K.P. Sinha and L.N.K. Sinha was administered on the subjects. t- test was used to analyze the data.

Keywords: Aggressive behavior and anxiety women kabaddi players

Introduction

The participation in modern sports is influenced by various physiological, sociological and psychological factors. During training, besides good physique and fitness of the athlete, main emphasis is laid on the development of various types of skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation. So, now the sports trainer and coaches have started giving more importance to the psychological conditioning or the building the mental make-up of the players before their contests in the national and international competitions.

The reliance aggression in sports has been traditionally cantered round the usefulness of sports in providing an outfit for aggression and controlling violence in the society. Adjustment attempts to satisfy needs by over-coming both inner and outer abstracts and by adopting circumstances. The learning about adjustment means analyzing two things interval make-up and internal personal or social behavior. Adjustment is dynamic process by which organizes mart their needs. Physical education and related activities satisfy many of these needs. The aggressive constructs is a complex one, that there are individual differences in the invite, potential to aggress and that the aggression can also be learned or stimulated by specific situations. When aggressive energies are expressed within the rules of a sport and channeled in to skill by a mature athlete, then one may witness a peaceful and inspiring performance. Aggression for aggression sake should not be sanctioned. It is self-defeating and debilitating to others. The outstanding athlete's enters competition with control and not with impose. The aggressive athlete will be more active, eager, strong, highly motivated and likely to seek to vanquish any opponent. Athlete is who is highly motivated by emotional aggression should not be confused with the athlete who has primary motivation, but who aggression because he or she is placed in an athletic situation that demands it. Football, Hockey and Boxing would be expected to attract more aggressively motivated individuals than Curbing, Golf and Badminton: latter sports require their own form of aggression. Even nonphysical sports have been described as fiercely aggressive.

The study of anxiety-related performance issues has been an active area of research in the sport psychology literature for several decades. A cognitive-based interactions approach states

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that anxiety occurs as a result of one's inability to use or strained usage of their coping resources to meet the demands of a given situation. Competitive anxiety falls under the umbrella of this general definition of anxiety. However, competitive anxiety consists of both state-anxiety and trait-anxiety. Whereas state anxiety is the transitory feeling of inadequacy or fear, trait-anxiety is an individual's common behavior to respond anxiously to demands. Spielberg (1972) identified trait anxiety by how anxious one feels in general and state-anxiety by how anxious one feels at a particular time in a particular situation. A rich literature has documented the role of state-anxiety as a component of competitive anxiety that effects athletic competition.

This multidimensional theory of anxiety differentiates between cognitive and somatic anxiety. Whereas cognitive anxiety is characterized by negative thoughts about performance, inability to concentrate, and disrupted attention, somatic anxiety is characterized by perceptions of bodily symptoms of autonomic arousal such as butterflies in the stomach, sweating, shakiness, clammy hands, tense muscles, and increased heart rate (Davidson & Schwartz, 1976). The distinction between cognitive and somatic anxiety is considered important because theoretical and empirical evidence demonstrates that each component is related to performance in a different manner. Nevertheless, research findings have consistently indicated that better athletic performance is associated with lower levels of cognitive and somatic anxiety and that athletes competing in individual competitions have higher cognitive and somatic anxiety than athletes competing in team competitions.

Problem

A Study on Aggressive Behavior and Anxiety of Inter University Women Kabaddi Players

Hypothesis

1. There is significant influence of aggressive behavior on anxiety among inter university women kabaddi players.
2. Objectives to assess the influence of aggressive behavior on anxiety among inter university women kabaddi players.

Objective

To assess the significant differences aggressive behaviors on anxiety among inter university women kabaddi players.

Methodology

Selection of the subjects in this study 30 aggressive behaviors on anxiety among inter university women kabaddi players.

Selection of Variables

The Variables selected for this study were as follows: 1. Aggression behavior 2. Anxiety among inter university women kabaddi players.

The following tests were selected and scores were considered as criterion measure for the study was A. Kumar (Aggression) and by A.K.P. Sinha and L.N.K. Sinha (Anxiety) and test were administered to the study.

Participants

The participants of the present research are belonging the women kabaddi player those are participating in the inter university tournaments. The sample was selected using purposive random technique, thirty subjects of each variable. Were selected from inter university women kabaddi players

were evaluated and compared using aggressive behaviors on anxiety inventories.

Discussion and Interpretation of data

The data was applied to 't' test to assess the significant difference and influence of aggressive behaviors on anxiety among inter university women kabaddi players.

Table 1: Showing the Mean, SD and 't' values of aggressive behaviors on anxiety among inter university women kabaddi players

Variables	Aggression	Anxiety
Mean	11.73	18.37
SD	2.72	4.01

Significant at 0.05 levels

Table-1 presents us the mean, SD and 't' value of aggression anxiety among inter university women kabaddi players. The women kabaddi players mean scores of Aggression is 11.73 and on anxiety is 18.37. This suggests us that the inter university women kabaddi players are having aggression and anxiety among inter university women kabaddi players. Significant at 0.01 level. is a significant influence of anxiety on the aggressive behavior of among inter university women kabaddi players.

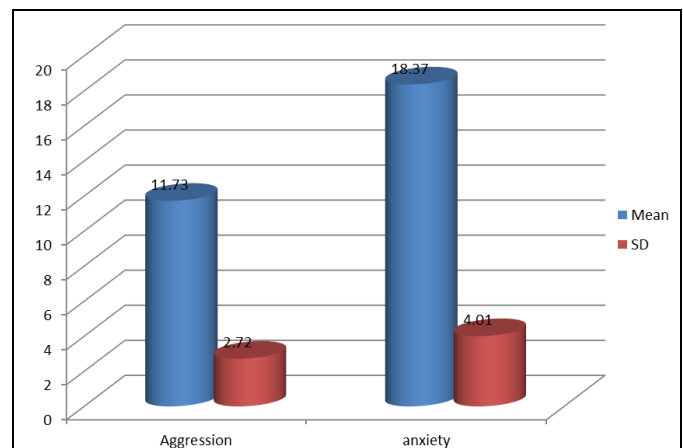


Fig 1: Showing the aggressive behaviors on anxiety among inter university women kabaddi players

Conclusion

The aggressive behaviors on anxiety among inter university women kabaddi players activities develops harmonious aggressive behaviors on anxiety, the study also proved and expressed the nature of attitudes and supportive factors towards higher education and life these would results in developing advantages to cultivate the high anxiety women sportsperson, comparing to their counterpart the aggressive behaviors is very low level interuniversity women kabaddi players.

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