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A Comparative study of anxiety among hockey and Football Players of C.C.S University

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Abstract

Through a progressive training program, adequate physical fitness, a well-balanced diet and sound mind, sports accomplishments are determined. Team sports like Hockey and Football are physically demanding contact sports with high intensity sprints, place a unique physical and mental demand upon its players, which when understood will enable a more scientific approach to performance. This study aimed to analyze and compare the anxiety profile of the Hockey and Football players of C.C.S. University, Meerut, U.P. Sinha's Comprehensive Anxiety Test are used in this study. Each instruments were administered individuals as well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the test. Each instrument were administered individuals as well as a small group. A significant difference in anxiety was found between the two groups (Hockey and Football Players).

Keywords: Anxiety, Hockey, Football, players, test, instrument etc.

Introduction

In the modern sports, psychological preparation of a team / individual is as important as teaching as the different skills of a game with scientific methods. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental and Psychological preparation for competition is a necessary component for success.

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Anxiety invokes a feeling of fear or a perception of threat and which may be specific to & particular situation. Possible symptoms are nausea, loss of composure, reduced motor coordination and aggression. Potential stressors are the climate temperature / humidity, circadian body rhythms - maximum efforts is harder in the morning, Jet-lag. Playing environment - stadium, spectators, surface, game officials and finally stress created by opponents or between players and the coach.

Field Hockey is a well-liked sport for both men and women. It is played in many countries all around the world. In Asian countries like Pakistan and Republic of India, it is considered the "National sport." The game is played between two teams and each team is made up of 11 players. There are four 15-minute quarters with a 15 minute break at halftime and a 2 minute break after the 1st and 3rd quarters. Field hockey is played with a ball on natural grass, or on sand-based or water based artificial turfs with a small hard ball.

The field has a goal at each end. A semi-circle about 15 meters from the goal is known as the shooting circle. Goals can only be scored when the ball is in the shooting circle. Players use a hockey stick to move the ball. The stick is in the shape of a J and is made out of wood, glass and fiber. The players each play a position like fullbacks, halfbacks, forwards and goalkeepers. Field Hockey is an eleven aside game played on a pitch 100 yards by 60 yards with a ball

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which has a 23cm circumference. Each player has a stick with a rounded head to play the ball with and the objective is to score goals by putting the ball in the opposing team's goal. Sticks are anywhere between 28 inches and 39 inches long and weigh between 340g and 790g. Protective equipment is worn in the form of full body armor, pads, gloves, kickers and a helmet for the goal keepers and shin guards and mouth guards for outfield players.

The rules of field hockey are very similar to the rules of soccer except that players must use their sticks instead of their feet to play the ball. There are 11 players on a team made up of a goalkeeper, defenders, midfielders and forwards. The only player on the field who is allowed to use their feet and hands as well as their stick is the goalkeeper. The key rule differential between field hockey and soccer lies with there being no offside rule in field hockey allowing for an extremely fast, potentially high scoring and exciting game.

Football, also called association football or soccer, game in which two teams of 11 players, using any part of their bodies except their hands and arms, try to maneuver the ball into the opposing team's goal. Only the goalkeeper is permitted to handle the ball and may do so only within the penalty area surrounding the goal. The team that scores more goals wins.

Football is the world's most popular ball game in numbers of participants and spectators. Simple in its principal rules and essential equipment, the sport can be played almost anywhere, from official football playing fields (pitches) to gymnasiums, streets, school playgrounds, parks, or beaches. Football's governing body, the Fédération Internationale de Football Association (FIFA), estimated that at the turn of the 21st century there were approximately 250 million football players and over 1.3 billion People "interested" in football; in 2010 a combined television audience of more than 26 billion watched football's premier tournament, the quadrennial month-long World Cup finals.

Football is played in accordance with a set of rules, known as the Laws of the Game. The game is played using a single round ball (the football) and two teams of eleven players each compete to get the ball into the other team's goal, thereby scoring a goal. The team that has scored more goals at the end of the game is the winner; if both teams have scored an equal number of goals, then the game is a draw. There are exceptions to this rule, however; see Duration and tie-breaking methods below.

The primary rule is that the players (other than the goalkeepers) may not intentionally touch the ball with their hands or arms during play (though they do use their hands during a throw-in restart). Although players usually use their feet to move the ball around, they may use any part of their bodies other than their hands or arms.

In typical game play, players attempt to propel the ball toward their opponents' goal through individual control of the ball, such as by dribbling, passing the ball to a team-mate, and by taking shots at the goal, which is guarded by the opposing goalkeeper. Opposing players may try to regain control of the ball by intercepting a pass or through tackling the opponent who controls the ball; however, physical contact between opponents is limited. Football is generally a free-flowing game, with play stopping only when the ball has left the field of play, or when play is stopped by the referee. After a stoppage, play recommences with a specified restart.

Method

The sample for the present study is fifty Male Hockey Players and fifty Male Football Players those who have participated in

C.C.S. University Inter College Sports and games between the age group of 19 to 21 Years. Sinha's Comprehensive Anxiety Test are used in the study. Each instruments were administered individuals as well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the test. Each instrument were administered individuals as well as a small group. While collecting the data for the study the later approaches were adopted.

The subjects were called in a small group of 20 to 25 subjects and there seating arrangements were made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedures suggested by the author of the tests, the tests were administered and a field copy of each test were collected. Following the same procedure, the whole data were collected.

Results

This study shows that Hockey Players are having the low anxiety compare to Football Players and their achievement is also high in sports and games.

Discussion

Table 1: Anxiety of hockey players and football players

Players	Mean	S.D.	SE	N	DF	"t"
Hockey	38.60	3.95	0.56	50	98	6.02**
Football	43.74	4.56	0.64	50		

In Table - 1 it shows that Hockey players are having the 38.60 mean compare the Football Players mean is 43.74, that means Hockey Players are having the less Anxiety compare to the Football Players.

Conclusion

It is concluded that Hockey players are having the less anxiety compare to the Football players. The Hockey players are extraverts and they are having the desire to excel in the competition compare to the Football players.

Recommendations

It is suggested that Hockey and Football players must be given psychological training to improve their psychological variables to excel in the competition. Similar studies can be conducted on other sports and games.

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