



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2021; 6(2): 37-39

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www.theyogicjournal.com

Received: 14-06-2021

Accepted: 26-07-2021

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A comparative study of anxiety of kabaddi, kho-kho and hockey players for effective performance

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Abstract

Anxiety is a psychological and physiological state characterized by emotional, cognitive, and behavioural components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. It is also associated with feelings of restlessness, fatigue, concentration problems, and muscle tension. The sample for the study consists of 150 Kabaddi players, 150 Kho-Kho players and 150 Hockey players those who have participated in the Inter District Tournaments of Maharashtra State. The Standardized Sinha's Comprehensive Anxiety Test is used for the study. It was found the Hockey players are having high anxiety than Kabaddi and Kho-Kho players because Hockey players have to run throughout the ground continuously in order to make goal to their opponent. They have to compete under the Psychological stress, anxiety, feelings of fear, and physical as well as psychological fatigue. Whereas in Kabaddi and Kho-Kho the court area is comparatively smaller than Hockey and hence Kabaddi and Kho-Kho players do not required such physical and psychological strategies as Hockey players do required.

Keywords: anxiety, hockey, kabaddi, kho-kho, etc

Introduction

Sport Psychology is the scientific study of people and their behaviours in sport. The role of a sport psychologist is to recognize how participation in sport exercise and physical activity enhances a person's development. Every person has some sort of Anxiety in their daily activities. 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.

The physical effects of anxiety may include heart palpitations, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches. As the body prepares to deal with a threat, blood pressure, heart rate, perspiration, blood flow to the major muscle groups are increased, while immune and digestive functions are inhibited (the fight or flight response). External signs of anxiety may include, sweating, trembling, and pupillary dilation. Someone who has anxiety might also experience it subjectively as a sense of dread or panic.

The emotional effects of anxiety may include "feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger, and, feeling like mind's gone blank" as well as "nightmares/bad dreams, obsessions about sensations.

The cognitive effects of anxiety may include thoughts about suspected dangers, such as fear of dying. "One may fear that the chest pains are a deadly heart attack. The behavioral effects of anxiety may include withdrawal from situations which have provoked anxiety in the past. Anxiety can also be experienced in ways which include changes in sleeping patterns, nervous habits, and increased motor tension like foot tapping.

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Anxiety can be defined as an unpleasant state of mental uneasiness or concern that causes physical and psychological discomfort. Extreme anxiety disrupts and unsettles behaviour by lowering the individual's concentration and affecting their muscular control. Any sporting game or contest can give rise to anxiety when one's perceived ability does not measure up to the demands of the task.

Kabaddi is a contact team sport that originated in Tamil Nadu. It is the national sport of Bangladesh. It is also popular in South Asia and is the state game of the Indian states of Kerala, Andhra Pradesh, Bihar, Haryana, Karnataka, Maharashtra, Punjab, Tamil Nadu and Telangana. Two teams compete, each occupying its own half of the court. They take turns sending a "raider" into the opposing team's half and earn points if the raider manages to touch opposing team members and return to the home half, all while chanting word "kabaddi". However, if the raider is tackled and prevented from returning, the opposing team gets the point.

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. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra.

The game was introduced in the Indian Olympic Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation came into existence and compiled standard rules. In 1955, First Kabaddi Indian National Championship was held in Calcutta. It was here that women played competitively for the first time. Although this thigh slapping, full body contact sport doesn't seem to be very popular with the ladies, it is fancied by men worldwide, yet rarely seen on TV. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. It is the national game of Bangladesh and the state game of Tamil Nadu, Punjab and Andhra Pradesh in India. Kabaddi is the Only Game being played in all the 3 versions of Asian Games i.e. Asian Games, Asian Indoor Games and Asian Beach Games.

Kho-Kho is a traditional Indian sport that is one of the oldest outdoor sports dating back to ancient India. It is played by two teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (Chasing Team), and 3 extra (Defending Team) who try to avoid being touched by members of the other opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent, the other being Kabaddi. The sport is widely played across South Asia and has a strong presence in South Africa and England.

Kho-kho is a traditional Indian sport that is one of the oldest outdoor sports, dating back to ancient India. It is played most often by school children in India and Pakistan and is a competitive game.

The origin of Kho-Kho is very difficult to trace, but many historians believe that it is a modified form of 'Tag'/'catch', which in its simplest form involves chasing and touching a person. Originating in Maharashtra, Kho-Kho in ancient times was played on 'raths' or chariots and was known as RATHERA.

The present appearance of the game was an adoption from the time of World War I in 1914. But at that time, there were neither any dimensions of the playground nor the poles which demarcate the central line. The time factor was also missing.

The Deccan Gymkhana club of Pune, Maharashtra so named and baptized by the great Indian leader Lokmanya Tilak &

Bhai Narorkar drafted the first-ever rules and regulations which symbolized the metamorphosis of the game soon to follow. This initial stage marked the limitation of the playground and yet sadly lacked the poles demarking the central line in the field. Instead, less experienced players were posted squatting at the ends of the latter and chasers ran around them to return to the midfield.

But, even then the game caught the imagination of the experts in the field. The experts took no time to realize that the game demands the highest degree of quick and brisk movements, very high grade of nerve reflexes and tremendous stamina which are characteristic of a supreme athlete. The game requires all motor qualities alike speed, endurance, flexibility, agility, strength and neuromuscular coordination. As per merit, it is appreciated by press, media and spectators.

Field Hockey is a team sport of the hockey family. Each team plays with ten field players and a goalkeeper, and must carry a round, hard, plastic hockey ball with a hockey stick to the rival goal. The game is played globally, particularly in parts of Western Europe, South Asia, Southern Africa, Australia, New Zealand, Argentina, and parts of the United States, primarily New England and the Mid-Atlantic states.

Known simply as "hockey" in most territories, the term "field hockey" is used primarily in Canada and the United States where "hockey" more often refers to ice hockey. In Sweden, the term land hockey is used, and to some degree in Norway, where the game is governed by the Norges Bandy for bund.

During play, goal keepers are the only players allowed to touch the ball with any part of their body, while field players can only play the ball with the flat side of their stick. A player's hand is considered part of the stick if holding the stick. If the ball is touched with the rounded part of the stick, it will result in a penalty. Goal keepers also cannot play the ball with the back of their stick.

The team that scores the most goals by the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extra time, or there is a penalty shoot-out, depending on the format of the competition. There are many variations to overtime play that depend on the league or tournament rules. In American college play, a seven-aside overtime period consists of a 10-minute golden goal period with seven players for each team. If a tie still remains, the game enters a one-on-one competition where each team chooses five players to dribble from the 25-yard (23m) line down to the circle against the opposing goalie. The player has eight seconds to score against the goalie while keeping the ball in bounds. The game ends after a goal is scored, the ball goes out of bounds, a foul is committed (ending in either a penalty stroke or flick or the end of the one-on-one) or time expires. If the tie still persists, more rounds are played until one team has scored. The game can be played on grass, watered turf, artificial turf or synthetic field, as well as an indoor boarded surface.

Hockey sticks are made of wood, carbon fibre, fibre glass, or a combination of carbon fibre and fibre glass in different quantities. The length of the hockey stick is based on the player's individual height: the top of the stick usually comes to the player's hip, and taller players typically have longer sticks. The sticks have a round side and a flat side, and only the flat face of the stick is allowed to be used. Use of the other side results in a foul. Goalies often have a different design of stick, although they can also use an ordinary field hockey stick. The specific goal-keeping sticks have another curve at the end of the stick, which is to give it more surface area to block the ball. The uniform consists of shin guards, shoes,

shorts or a skirt, a mouth guard and a jersey.

The governing body of field hockey is the International Hockey Federation (FIH), called the Federation International de Hockey in French, with men and women being represented internationally in competitions including the Olympic Games, World Cup, World League, Champions Trophy and Junior World Cup, with many countries running extensive junior, senior, and masters club competitions. The FIH is also responsible for organizing the Hockey Rules Board and developing the rules of the game.

A popular variant of field hockey is indoor field hockey, which differs in a number of respects while embodying the primary principles of hockey. Indoor hockey is a 5-a-side variant, using a field which is reduced to approximately 40 m × 20 m (131 ft × 66 ft). Although many of the rules remain the same, including obstruction and feet, there are several key variations: players may not raise the ball unless shooting at goal, players may not hit the ball, instead using pushes to transfer it, and the sidelines are replaced with solid barriers, from which the ball will rebound and remain in play. In addition, the regulation guidelines for the indoor field hockey stick require a slightly thinner, lighter stick than an outdoor one.

Table 1: Sample which Study among below Kabaddi players, Kho-Kho players and Hockey players

Kabaddi	Foot touch, Toe touch, Thrust, Squat leg, Kicks	Muscle endurance events
Kho-Kho	Pole diving, Tapping, Diving, Running zig-zag, Dodging	Muscle and heart endurance events
Hockey	Dribbling, Hitting, Passing, Flat Stick Tackling, Leading, Scooping, Trapping, Jab	Heart endurance events

Purpose of the study

The purpose of the study is to find out the Anxiety among Kabaddi players, Kho-Kho players and Hockey players.

Methodology

The sample for the study consists of 150 Kabaddi players, 150 Kho-Kho players and 150 Hockey players those who have participated in the Inter District Tournaments of Maharashtra State of Nagpur District. The Standardized Sinha’s Comprehensive Anxiety Test was used for the study. The Questionnaire was administered in small groups of players.

Results

It was found the Kabaddi players are having normal anxiety, Kho-Kho players are having High anxiety, and Hockey players are extremely high anxiety.

Discussion

The decision must be made by Hockey players is final for their performance. Whereas in Kabaddi where muscle power and technique is needed. Anxiety level differs from event and individual.

Table 2: Kabaddi players, Kho-Kho players and Hockey players shows the Mean, S.D, S. E. and F value of Anxiety

Dimension	Group	A	B	C	Total
	Mean	24.58	28.23	32.86	28.55
	S.D.	2.28	1.99	2.50	4.07
Anxiety	S. E	0.19	0.16	0.20	0.19
	N	150	150	150	450

A = Kabaddi Players B = Kho-Kho Players C = Hockey Players

From the Table No.2 it is seen that Mean value of anxiety score of the Kabaddi players is 24.58, which is falling in Normal anxiety level. Kabaddi players have control over their feelings & emotions. They represent essentially normal individuals. Kho-Kho players mean is 28.23, which is falling in High Anxiety level. They are little excited before and during competition. And Hockey players mean is 32.86, which is falling in Extremely High Anxiety level. They are feeling restless. They are regarded as hyper-anxiety individuals. They are excited about their performance, they have fear of defeat. Their personality is little complicated, and they may be in need of counseling and psychotherapy. Hockey players have more anxiety than Kabaddi and Kho-Kho players.

Conclusion

Kho-Kho players have significantly high anxiety than the Kabaddi players. Hockey players have significantly high anxiety than the Kabaddi players. Hockey players have significantly high anxiety than the Kho-Kho players. Kabaddi players have control over their feelings & emotions. They represent essentially normal individuals. Kho-Kho players are having High Anxiety level. They are little excited before and during competition. Hockey players have extremely high anxiety level. They are feeling restless. They are regarded as hyper-anxiety individuals. They are excited about their performance, they have fear of defeat. It is concluded that Kho-Kho players are having comparatively high anxiety than Kabaddi players, because they set goals and aims to give level best performance to win the competition, whereas the Kabaddi players concentrate on technique at the start & finish and muscle power to give the high level of performance. It is recommended that for all sportspersons must be trained to overcome Anxiety to achieve high excellence in sports. The coaches must prepare the athletes to minimize the Anxiety before and during competition.

Recommendations

1. This type of Study is useful to the Coaches and Physical Education Teachers to train the Students as per the requirements of the Psychological variables for the better performance in sports.
2. Conducting a similar study, by adding other psychological factors such as goal setting, Achievement motivation, concentration and imagery.
3. Doing a similar study on Individual and Team Games.
4. Comparing anxiety and self-confidence between elite and non-elite athletes in different regions.
5. Conducting a similar study among female players also.

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