



## DIFFERENTIALS BETWEEN COLLEGE MEN KABADDI AND KHO-KHO PLAYERS ON ANXIETY AND AGGRESSION

Kiran Kumar Goud Solthi\* & Dr. P. Senthil\*\*

\* Research Scholar, Department of Physical Education, Annamalai University, Chidambaram, Tamil Nadu

\*\* Assistant Professor, Department of Physical Education, Annamalai University, Chidambaram, Tamil Nadu

**Cite This Article:** Kiran Kumar Goud Solthi & Dr. P. Senthil, "Differentials Between College Men Kabaddi and Kho-Kho Players on Anxiety and Aggression", International Journal of Interdisciplinary Research in Arts and Humanities, Volume 7, Issue 2, Page Number 47-48, 2022.

### Abstract:

The purpose of the study was to compare the anxiety and aggression between college men kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in and around the Colleges in Warangal District, Telangana, India were selected as subjects at random. Among them, thirty kabaddi players and thirty kho-kho players were selected. The following variables namely anxiety and aggression were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using Sports Competition Anxiety Test Questionnaire and Smith's Aggression Test Questionnaire respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. The results of the study showed that there was a significant difference between college men kabaddi and kho-kho players on anxiety and aggression.

**Key Words:** Anxiety, Aggression, College Men Kabaddi Players, Kho-kho Players

### Introduction:

Anxiety and aggression can play significant roles in the performance and experience of college men participating in kabaddi and kho-kho, both physically demanding and competitive sports. Anxiety can manifest in various forms such as pre-game jitters, fear of failure, or nervousness during crucial moments of the game. In moderate levels, anxiety can serve as a motivator, helping athletes to stay focused, alert, and prepared for challenges. However, excessive anxiety can be detrimental, leading to decreased performance, impaired decision-making, and increased susceptibility to injuries.

Aggression, when channeled appropriately, can be a powerful asset for players in kabaddi and kho-kho. It can fuel intensity, competitiveness, and assertiveness on the field. Controlled aggression enables players to assert dominance, intimidate opponents, and execute strategic moves with confidence. However, uncontrolled or unchecked aggression can result in fouls, penalties, and even ejections from the game, negatively impacting the team's performance and reputation.

For college men participating in kabaddi and kho-kho, managing anxiety and harnessing aggression effectively are essential skills that contribute to their success and overall well-being. Coaches and support staff play crucial roles in providing guidance, teaching coping strategies, and promoting a healthy balance between intensity and composure on the field. Additionally, fostering a supportive team environment where players feel empowered to express their emotions and seek assistance when needed can further enhance their mental resilience and performance.

### Methodology:

The purpose of the study was to compare the anxiety and aggression between college men kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in and around the Colleges in Warangal District, Telangana, India were selected as subjects at random. Among them, thirty kabaddi players and thirty kho-kho players were selected. The following variables namely anxiety and aggression were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using Sports Competition Anxiety Test Questionnaire and Smith's Aggression Test Questionnaire respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

### Analysis of the Data:

#### Anxiety:

The mean, standard deviation and 't' ratio values on anxiety of kabaddi players and kho-kho players have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Kabaddi and Kho-Kho Players on Anxiety

Groups	Mean	Standard Deviation	't' Ratio Value
Kabaddi Players	14.23	1.12	3.94*
Kho-kho Players	13.11	1.08	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on anxiety for kabaddi players and kho-kho players were 14.23 and 13.11 respectively. The obtained 't' ratio value on anxiety 3.94 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men kabaddi players and kho-kho players on anxiety.

**Aggression:**

The mean, standard deviation and 't' ratio values on aggression of kabaddi players and kho-kho players have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation and 't' Ratio Values Between Kabaddi and Kho-Kho Players on Aggression

Groups	Mean	Standard Deviation	't' Ratio Value
Kabaddi Players	10.12	0.13	18.01*
Kho-kho Players	9.56	0.11	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 shows that the mean values on aggression for kabaddi players and kho-kho players were 10.12 and 9.56 respectively. The obtained 't' ratio value on aggression 18.01 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men kabaddi players and kho-kho players on aggression.

**Conclusions:**

- There was a significant difference between kabaddi players and kho-kho players on anxiety.
- There was a significant difference between kabaddi players and kho-kho players on aggression.

**References:**

1. Balkrishnan, R., & Sinha, A. (2013). Psychological characteristics of elite Indian athletes. *International Journal of Indian Psychology*, 1(2), 30-38.
2. Jagim, A. R., Jutare, T. M., Thompson, K. H., Pierce, J. R., Jones, M. T., & Oliver, J. M. (2019). Anxiety in Division I Athletes: The Role of Gender, Academic, and Athletic Performance. *Journal of Strength and Conditioning Research*, 33(4), 1001-1006.
3. Jowett, G. E., Hill, A. P., Hall, H. K., & Curran, T. (2013). Perfectionism and junior athlete burnout: The mediating role of autonomous and controlled motivation. *Sport, Exercise, and Performance Psychology*, 2(1), 48-61.
4. Nixdorf, I., Frank, R., & Beckmann, J. (2016). Comparison of athletes' proneness to depressive symptoms in individual and team sports: Research on psychological mediators in junior elite athletes. *Frontiers in Psychology*, 7, 893.
5. Raj, A., & Rajagopalan, R. (2020). Psychological Skill Training Among Athletes in India: A Review. *Physical Education of Students*, 24(5), 229-235.
6. Smith, R. E., Smoll, F. L., & Cumming, S. P. (2007). Effects of a motivational climate intervention for coaches on young athletes' sport performance anxiety. *Journal of Sport and Exercise Psychology*, 29(1), 39-59.
7. Terry, P. C., & Slade, A. (1995). Discriminant effectiveness of psychological state measures in predicting performance outcome in karate competition. *Perceptual and Motor Skills*, 81(1), 275-286.