



A Comparative Study on Anxiety Among Volley Ball and Kabbadi Players of Amreli District in Gujarat

KEYWORDS

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INTRODUCTION:

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964. The complete rules are extensive. But simply, play proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court.

The receiving team must not let the ball be grounded within their court. The team may touch the ball up to 3 times but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally.

A few of the most common faults include: causing the ball to touch the ground outside the opponents' court or without first passing over the net; catching and throwing the ball; double hit: two consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same team. net foul: touching the net during play. foot fault: the foot crosses over the boundary line when serving

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

Kabbadi is a South Asian team sport. The name is derived from the Tamil word ("kai" (hand), "pidi" (catch), which is translated into "Holding Hands" Two teams occupy opposite halves of a small swimming pool / field and take turns sending a "raider" into the other half, in order to win points by tackling members of the opposing team; then the raider tries to return to his own half, holding his breath and chanting the word "Kabaddi" during the whole raid. The raider must not cross the lobby unless he touches any of his opponents. If he does so then he will be declared as "out". There is also a bonus line which ensures extra points for the raider if he manages to touch it and return to his side of the field successfully.

In the international team version of kabaddi, two teams of seven members each occupy opposite halves of a field of 10

m × 13 m in case of men and 8 m × 12 m in case of women. Each has three supplementary players held in reserve. The game is played with 20-minute halves and a five-minute half-time break during which the teams exchange sides.

Teams take turns sending a "raider" to the opposite team's half, where the goal is to tag or wrestle ("confine") members of the opposite team before returning to the home half. Tagged members are "out" and temporarily sent off the field.

The goal of the defenders is to stop the raider from returning to the home side before taking a breath. If any of the seven players cross the lobby without touching the raider he will be declared as "out".

The raider is sent off the field if: the raider takes a breath before returning or the raider crosses a boundary line or a part of the raider's body touches the ground outside the boundary (except during a struggle with an opposing team member).

Each time when a player is "out", the opposing team earns a point. A team scores a bonus of two points, called a "lona", if the entire opposing team is declared "out". At the end of the game, the team with the most points wins. Anxiety invokes a feeling of fear or a perception of threat and which may be specific to & particular situation.

Method:

The sample for the present study is twenty male volley ball players and two male kabbadi Players those who have participated at the Inter School Level in Amreli District. Sinha's Comprehensive Anxiety Test is used in the study. Each instrument was administered Individuals as well as a small group. Prior to administration of test through informal talk was

Explained the subject's procedures of the test each instrument was 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 10 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 Volley Ball Players are having the low anxiety compare to Kabbadi

Players and their achievement Motivation are also to achieve the high level of performance compare to the Kabbadi Players.

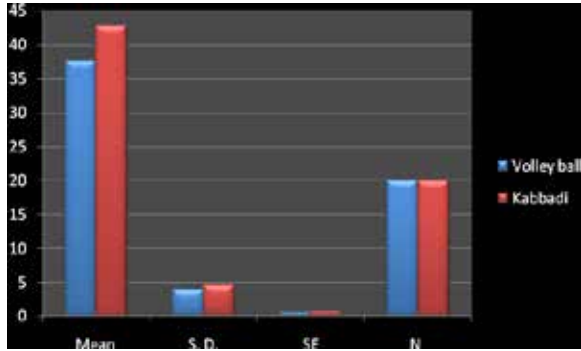
Discussion:

Table -1

Anxiety of Volley Ball Players and Kabbadi Players

Players	Mean	S. D.	SE	N	df	't'
Volley ball	37.60	3.95	0.56	20	38	6.02*
Kabbadi	42.74	4.56	0.64	20		

Figure-1



In table – I it shows that Volley Ball players are having the 37.60 mean compare the Kabbadi Players mean is 42.74, that means Volley Ball Players are having the less Anxiety compare to the Kabbadi Players.

Conclusion:

It is concluded that Volley Ball Players are having the less Anxiety compare to the Kabbadi Players.

Recommendations:

It is suggested that Volley Ball and Kabbadi 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.