ORIGINAL RESEARCH PAPER

Education

A PROBE INTO THE TRAIT ANXIETY OF THE UNIVERSITY LEVEL KABADDI PLAYERS

KEY WORDS:

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ABSTRACT

Kabaddi, a body contact outdoor team game, finds its origins in India. The purpose of the present study was to probe into the Trait Anxiety of the University Level Kabaddi Players. The present study was carried out through the descriptive survey method to know the level of trait anxiety of the University level Kabaddi players. The trait anxiety part of the State-Trait Anxiety Inventory (STAI) designed by Spielberger, Gorsuch, Lushane, Vagg and Jacobs (1983) was administered on 71 players choosing from the teams of 8 university Kabaddi players. It was observed that the mean and standard deviation of trait anxiety scores were 44.44 and 6.54 respectively. This reflects that the trait anxiety of the Kabaddi players was below neutral level of anxiety.

INTRODUCTION

Kabaddi is the most prevalent native game in India. Being a traditional outdoor game it is played with minor variations in all regions of India – in fact, in most parts of Asia. Kabaddi is a confrontational team game. It is played with absolutely no equipment in a rectangular court with seven players on each side of the ground. Each side takes alternate chances for offence and defence players as possible without getting caught in a single breath. The basic idea of the game is to score points by entering into opponents' court and touching as many defences. It was originally meant to develop self-defence, in addition to develop responses to attack and reflexes of counter attack by individuals, groups or teams. Kabaddi is an indigenous game, which demands both skill and power, and combines the characteristics of wrestling, rugby and gymnastics. There are some important body movements in this game – these are catching, holding, locking and jumping.

Nelson and Langer (1963) have shown that the performance of athletes with extremely high level of anxiety was poor; again they also found that athletes who scored extremely low in anxiety did not perform well; this is may be due to lack of dedication. Holliingsworth (1965) found that there was a strong relationship between sports performance and anxiety both state as well as trait. This was also found the practice increases the performance level and decreases anxiety level. Tutko (1971) has shown that the athletes, who could maintain a moderate level of anxiety, became the most efficient performer. As per the research of Scanlon (1978) during competition high trait anxious person perceived greater personal threat than low anxious persons. But Purvis and Morgan (1978) concluded that anxiety does not affect the physical work capacity.

Perspectives of the research problem

Anxiety is the body's natural response to stress. It is a feeling of fear or apprehension about impending danger. Trait Anxiety is regarded as a dormant inclination. It is relatively stable and can be triggered by suitable stimuli. This is considered as the basic anxiety level.

Importance of Research

The game is gaining reputation in the world. So, the systematic studies are needed to select the player, to train up them, to manage their stress and to increase their individual and group performances.

Method

The present study was carried out through the descriptive survey method to know level the trait anxiety of the University level Kabaddi players.

A. Sample: 71 (Seventy one) Kabaddi Players (Men) choosing from the teams of 8 university Kabaddi players.

B. Tools: For collection of data following research tool was used. A brief description of the tools is given hereunder.

To measure the Trait Anxiety, a part of the State-Trait Anxiety Inventory (STAI) (Spielberger, Gorsuch, Lushane, Vagg & Jacobs, 1983) was considered.

STAI is a self-evaluation questionnaire with two parts – both contains 20 items each.

C. Procedure for Data Collection:

Data was collected by administering the aforesaid tool on the subjects under study in accordance with the directions provided in the manual of the tool.

Results

Descriptive statistics of scores of psychological characteristics (viz. Trait Anxiety) of Kabaddi players are presented herewith in table.

Table: Descriptive Statistics of Trait anxiety of the University Level Kabaddi Players

Psychological Variables	N	Mean	Std. Deviation
Trait Anxiety	71	44.44	6.54

The result of the table exhibits the descriptive statistics of psychological characteristics of the university level Kabaddi players of different university team. In case of trait anxiety it is observed that the mean and standard deviation were 44.44 and 6.54 respectively.

DISCUSSION

STAI contains 20 items and instruction was given to the participants to rate their agreement with a statement on 4-

point "Likert type scale". So the possible minimum and maximum of the scores were (20×1=) 20 and (20×4=) 80 respectively, and neutral score was 50. Here the mean of the Trait Anxiety scores was 44.44. This reflects that the trait anxiety of the Kabaddi players was not high.

Anxiety is a complex emotional phenomenon. It reflects the negative state of perturbed feeling that warns an athlete to find some ways to face a new situation.In a state of anxiety, he is unable to do things which were fully under his grip. It has been found operating upcoming events. An overanxious person is not restless over the things in hand (here and how), but he is more concerned about the future happenings which bother him. This condition then becomes operative in him. It changes his state of mind.

Anxiety describes the individual's level of emotionality. Anxiety and arousal are related because at the higher levels of arousal we considerably have more emotionality than at the lower levels. Since anxiety is an inferred emotional state of the organism and cannot be directly observed, investigations of anxiety rely heavily on having the individual report her own emotional states under various stress conditions. It has been observed that anxiety is a physiological response to a real imagined threat. It is a complex emotional state characterized by a general fear of impending danger. Feelings of rejection and insecurity are usually the parts of anxiety. Again, certain amount of anxiety is needed for peak performance.

CONCLUSION
Trait Anxiety, a latent and relatively stable predisposition, of the Kabaddi players was slightly higher than the normal. Anxiety reflects the negative state of disturbed feeling which warns the athlete to find some ways to meet a situation. Again, anxiety describes an individual's level of emotionality. Anxiety and arousal are related, so, **a certain amount of anxiety is needed for peak performance in Kabaddi.**

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