

A Study on the State Trait Anxiety of Rural and Urban Kabaddi Players of Sindhudurg District (M.S.)

Shri. C. A. Naik¹, Dr. V. V. Chinte²

¹The Department of Physical education and Sport, Shri Pancham Khemraj Mahavidyalaya, Sawantwadi

²Sports Director, Dayanand Law College, Latur

Abstract:

This study aimed to assess the state and trait anxiety among rural and urban Kabaddi players in Sindhudurg district. For the study, 30 male Kabaddi players from rural and 30 male Kabaddi players from urban regions in Maharashtra's Sindhudurg District were selected from various talukas and regional Kabaddi tournaments. Ages in the group were greater than 19. The state-trait anxiety was compared using a state trait anxiety scale questionnaire. The simple questionnaire was used on the data gathered to compare the means of the Rural and Urban Kabaddi players in the Sindhudurg district. The results of the study demonstrated that Sindhudurg area urban players had more state-trait anxiety than rural players.

Keywords: Kabaddi, State-trait anxiety, Performance

Introduction

In order to perform any activity efficiently in any sport at the national and international level, a player must have a combination of all relevant skills in a ratio best suited to the specific sport event. These qualities include being in good bodily and mental health, being technically adept, and having had thorough scientific training. Kabaddi need to be physically fit in every manner to succeed at the world or even national level as competition levels rise constantly. When the competition is strong, even the fittest, best-prepared, and most trained players face stress.

According to Worchel and Goethals (1989), anxiety is the inability to know how to handle stress, or when a person believes that the stress is too much for them to handle. Fear, rage, faster breathing and heartbeat, shaking, and mental instability are all symptoms of anxiety, and each one is a direct result of the autonomic nervous system arousing.

A bad emotional condition is anxiety. Without a clear reason, it is a sense of dread and anxiety about the future. In sports, we might state that there is always the potential for a match loss or a subpar performance.

India is where the sport of Kabaddi originated. The majority of villagers in India participate in one of the most popular sports. Indian sportsmen proved their worth by returning from the Asian Games with seven straight gold medals in 1990, 1994, 1998, 2002, 2006, 2010, and 2014. At the 2010 Asian Games in Guangzhou, which included women's kabaddi for the first time, the Indian women's team won the gold medal.

Kabaddi is a rough team sport played on a rectangular court with seven players on the ground on each side[3]. Each side alternately prosecutes the offence and the defence. To score points by raiding into the opponent's court, the object of the game is to touch as many defence players as you can without getting caught (Rao, 2002).

So, it is necessary to trace the state-trait anxiety among the players in game like kabaddi.

Objective

1. To determine the connection between kabaddi performance and anxiety.
2. To assess the level of anxiety among the Kabaddi players

Methodology

Sample

The sample for the study consisted of 30 male Kabaddi players from rural and 30 from urban region of Sindhudurg District. All the players are from the eight taluka places namely aibhavwadi, Sawantwadi, Dodamarg, Vengurla, Devgad, Malvan, Kudal. Mostly the players are from various undergraduate colleges.

Test used

Simple questionnaires were utilised to gauge the players' levels of anxiety in kabaddi. The exam consists of forty questions, and in order to demonstrate how they normally feel by answering the anxiety scale, participants were encouraged to rate how frequently they felt anxious on a three-point scale: rarely, occasionally, and often. This test has a minimum potential score of 5 and a maximum possible score of 15. Low levels of anxiety were defined as those who scored under 9, average levels of anxiety as those who scored between 9 and 12, and high levels of anxiety as those who scored over 12.

Investigation was done during the taluka level and district level matches and rural and urban players were identified for the study.

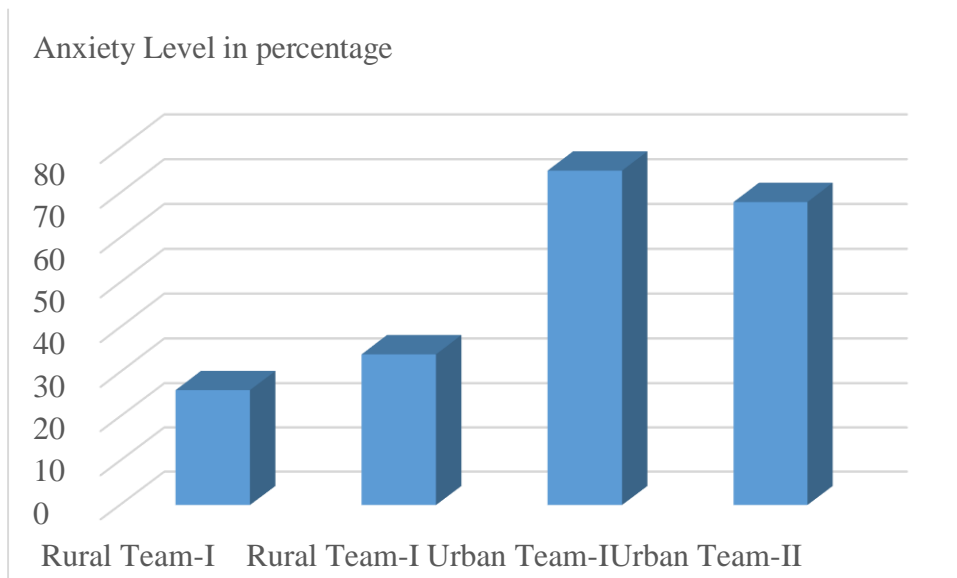
Results and Discussion

Tables 1 represents statistical analysis findings. The bar graph of rural and urban players under study's level of anxiousness is shown in Figure 1.

Table 1 compares the anxiety levels of the four teams, two from urban regions and two from rural regions in Sindhudurg District.

Sr. No.	Team	N	Mean	S.D.
1	Dodamare Taluka Team (Rural-I)	7	12.22	1.43
2	Vaibhavwadi Taluka Team (Rural-II)	7	15.42	1.68
3	Sawantwadi Taluka Team (Urban-I)	7	19.67	2.42
4	Kankavali Taluka Team (Urban-II)	7	16.32	1.5

Result presented in Table 1 shows that the mean value of anxiety level of Rural Team-I and Rural Team-II is very low as compared to Urban Team-I and Urban Team-II.



Conclusion

The mean and standard deviation values of anxiety level in rural team is found to be less as compared to urban teams.

References

1. Worchel, S., & Goethals, G. R. (1989). "Adjustment: Pathways to personal growth". Englewood Cliffs, NJ: Prentice Hall.
2. Rao, E.P., (2002). Kabaddi- A complete handbook. Jagadamba Publications, Vizianagaram, A.P., India.
3. <https://www.wikihow.com/Play-Kabaddi>
4. Thomas Davenport. 2014. Analytics in sports: The new science of winning. International Institute for Analytics 2 (2014), 1–28.