



## A STUDY ON COMPARATIVE ANALYSIS OF TRAIT ANXIETY BETWEEN KABADDI PLAYERS AND KHO KHO PLAYERS

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*Trait Anxiety , Kabaddi players and Kho Kho players.*

### INTRODUCTION

Today performance in sports not only demands systematic training to develop physical, Psychological variables and technical aspects of sports, but also demand training and consideration of Psychological characteristics for success in this field. Anxiety can be either a short term state of a long term state anxiety reflects a stable tendency to respond with state anxiety in the anticipation of threatening situations. It is closely related to the personality trait of neuroticism. State anxiety is identified is identified as an unlearned emotional stimulation that occurs when a person is comes into contact with frightening stressors to dangers. Trait anxiety is regarded as a fixed stage of anxiety is generally associated with people who have an anxiety disorder. Trait anxiety is regarded as affixed stage of anxiety, which

### ABSTRACT

**T**he present study intended to find out the status of trait anxiety between kabaddi and kho kho players. The sample consisted of 50 male players ( 25 kabaddi players and 25 kho kho players) in the age group of 18 years to 26 years. To assess their Trait anxiety status, self evaluation questionnaire STAI ( Trait Anxiety Inventory) of C D Spiel Benrger, R.L Gorus and R.E.Lusane was used for the present study, Independent "t" test was employed as a measure to see the difference between the group where the mean and SD were found 39.18 + 5.17: 35.64 + 6.42

respectively. No Statistically significant differences were found in between the trait anxiety of male kabaddi and kho kho players because both group belong to same category of trait anxiety for winning medals , another reason for insignificance difference was that subject of the study has same level of performance variables i.e; maximum strength ability and explosive strength ability. The present research findings might be owing to the small sample size; this needs further intensive investigation in this area a better trait anxiety status.

**KEYWORDS:** Comparative Analysis ,

is undergone by a person who has the propensity to become extra anxious and persistently displays unhealthy responses when he encounters stimuli that provokes him. A person who suffers from trait anxiety can become anxiety from a number of things that another person wouldn't even pick up on; for example their anxiety may be triggered by a leaf blowing in the wind, or a specific colours count the condition.

**METHODOLOGY**

The present study intended to find out the status of trait anxiety between kabaddi and kho kho players. The sample consisted of 50 male players ( 25 kabaddi players and 25 kho kho players) in the age group of 18 years to 26 years. To assess their Trait anxiety status, self evaluation questionnaire STAI ( Trait Anxiety Inventory) of C D Spiel Benrger, R.L Gorush and R.E.Lusane was used for the present study, Independent "t" test was employed as a measure to see the difference between the group where the mean and SD were found 39.18 + 5.17: 35.64 + 6.42 respectively. No Statistically significant differences were found in between the trait anxiety of male kabaddi and kho kho players because both group belong to same category of trait anxiety for winning medals as the obtained t-value of 0.21 was less than the required value 1.86 at (78) df at 0.05 level of significance.

**RESULT**

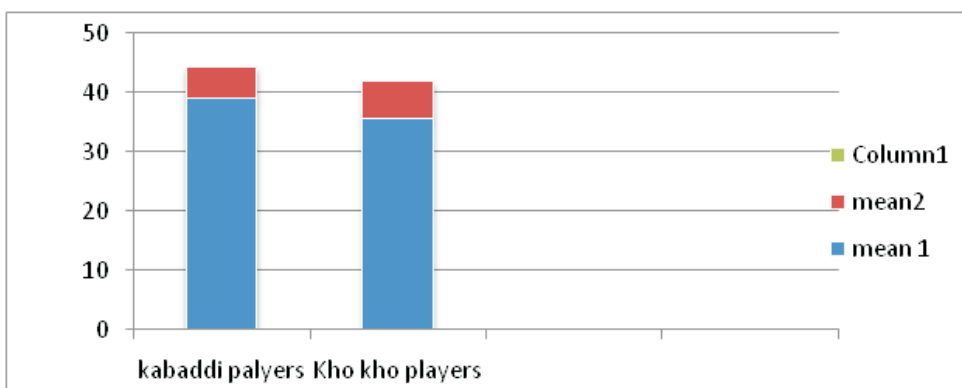
The Score of the comparison of trait anxiety between Kabaddi players and kho kho players are presented in the following table:

**Table-1 Trait Anxiety between Kabaddi players and kho kho players**

Group compared	Mean	S.D	Calculated "t"	Tabulated "t"
Kabaddi players	39.18	5.17	0.21	1.86
Kho kho players	35.64	6.42		

The above table showed insignificant difference in trait anxiety of kabaddi players and Kho kho players as calculated t value is 0.21 which is less then tabulated t value which is 1.86.

The mean score of trait anxiety for both kabaddi and kho kho players is illustrated graphically in figure 1.



**Figure1 Trait anxiety between kabaddia players and Kho kho players**

**DISCUSSION AND CONCLUSIONS**

It is evident from the findings that there is no significant found in between ht trait anxiety of kabaddi players and kho kho players this could be the attributed to the fact that the subjects of the study had same level of performance variables that is the maximum strength and explosive strength.

Though there has been statistically no difference seen in the trait anxiety pattern between kabaddi players and kho kho players it was hypothesized but if we look at the mean score it is evident that the kabaddi

players were more anxious in comparison to kho kho players as it is required this conforms the stability pattern in the kabaddi players prior to competition.

kabaddi players and kho kho players belongs the same level of strength events which requires almost similar level of trait anxiety for winning a medal could be the another reason for the insignificant difference the insignificant difference may be due to the fact that other anxiety there might be many other factors which contribute to the performance of kabaddi and Kho kho. Like physical fitness components, motivation aggression and competition experience etc.

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