
ORIGINAL ARTICLE

A STUDY TO COMPARE LEVEL OF COMPETITIVE SPORT ANXIETY BETWEEN INDIA AND SRI LANKA PLAYERS

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ABSTRACT

Focused game tension is normal in each diversion; Anxiety is the condition of uneasiness and dread to misfortune amid aggressive occasions. Aggressive game tension influences player's capacity to perform well amid rivalry. The point of this investigation was to break down the dimension of games Competition uneasiness of India and Sri Lanka players amid the Asian title played at Indore April 2016. For this examination 15 players were taken as subject from both the groups' age assemble between 15 to 30 years. To gauge the challenge related uneasiness SPORTS COMPETITIVE ANXIETY TEST (SCAT) was utilized. Poll was conveyed before the challenge. Dimension of critical was set at. 05. Means, standard deviation and Independent t-test was utilized to dissect the information. The consequence of the examination uncovered that there is an immaterial distinction among Indian and the Sri Lankan players. The Indian players had higher nervousness scores than the Sri Lankan players. Discoveries may help mentors' comprehension of the dimension to which focused games nervousness exists amid rivalry.

KEYWORDS: kho, Sports Competition Anxiety.

INTRODUCTION

Uneasiness is activated by distressing improvement and shows itself in a person's absence of versatility on physiological, conduct, and subjective dimensions. Along these lines, it additionally impedes athletic execution [1]. The nervousness experienced can likewise influence a person's general dimension of self-assurance. Focused game tension is regularly found in youthful competitors. Nervousness is a negative reaction that happens when players undermine their capacities to deal with specific conditions [2]. By and large aggressive nervousness is a consequence of a person's slant of pressure, strain and disappointment. It is related with sharp fervor of the programmed sensory system [3]. Tension has been a focal idea for game brain science and has gotten an immense measure of examination in view of its impact on execution. Uneasiness assumes a vital job in the obtaining of engine abilities and in addition athletic execution. Tension can either increment or decline execution. By and large, there are two sorts of tension that are state nervousness and attribute uneasiness. State uneasiness included sentiment of worry, strain, dread, and increment in physiological excitement. This is a quick passionate state reaction to explicit circumstance [4]. Achievement and disappointment in focused recreations and sports rely upon arrangement of feelings. Players may feel stressed, strained, pushed and fear before or amid a challenge. Vulnerability causes uneasiness in players. The noteworthiness of the occasion, dimension of rivalry and group add to player's nervousness [5]. Aggressive uneasiness is the inclination to decide hostile circumstances and make a move appropriately with sentiments of stress, weight and apprehension [6]. The focused uneasiness in a split second quickens just before the challenge and all

of a sudden decelerates after the challenge [7]. For the most part, there are two sorts of tension that are state nervousness and quality uneasiness. State uneasiness included sentiment of trepidation, strain, dread, and increment in physiological excitement. This is a quick passionate state reaction to explicit circumstance [8].

Methodology:

For the present examination the reason for existing was to analyze Sport Anxiety among Sri Lanka and India Kho players.

Selection of subjects:

For the present investigation thirty male kho players were chosen as subject, 15 from India and 15 from Sri Lanka Kho Teams. The age of the subject was extended from 15 to 30 years.

Tools and data collection:

Sports Competition Anxiety Test (SCAT) created by Rainer Marten's. SCAT poll was utilized to gather information. Institutionalized survey consists 15 Multiple Choice Questions, to reduce reaction predisposition towards the genuine test things five deceptive inquiries were added to the poll.

Scoring of the questionnaire:

The appropriate response of survey was from three choices barely ever, now and then, and regularly that convey 1, 2, and 3 stamps individually. The ten test things which taken for the scoring intention was 2, 3, 5,8,9,12,14, and 15 as recommended by Rainer Marten.

Collection of Data:

For this investigation Data was gathered from India and Sri Lanka groups' amid Asian kho title held at Indore (Madhya Pradesh) in April 2016. Guidelines were given before filled the polls. The subjects were told not to contemplate too long over any announcement and they are free to react every one of the announcements.

FINDINGS:

So as to investigate the information of the examination clear measurements was connected and for looking at the Competitive Sport Anxiety Test Asian kho title players. Independent't' - test was utilized. The dimension of essentialness for t' test was set at. 05.

Information relating to Competitive Sports Anxiety of India and Sri Lanka Kho players are introduced in Table 1

DISCUSSION AND CONCLUSION

Each diversion have an alternate dimension of weight on the players amid match circumstance instead of training sessions, uneasiness is such sort of dread to lose the match. So as to gauge the dimension of aggressive game tension the aftereffect of India and Sri Lanka kho players demonstrated that there was unimportant contrast among India and Sri Lanka players. The mean score of the Sri Lanka kho players was minimal low than the India players. Hence it might be closed as India's players have higher tension methods dread to lose more than Sri Lanka's players. Yet, in connection to the match execution amid rivalry Indian players were far hitter then Sri Lankan Players that demonstrates dread to lose at some point rouse the players to play getting it done.

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