

A Comparative Study of Anxiety Between Inter - College level Male Folk Dancers and Kabaddi Players

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The intention of the study was to collate the Anxiety between male partakers of Kabaddi (NS and PS) and Folk dancers (bhangra and luddi) of inter college level. In all competitive physical activities it is required that anxiety level should be moderate. The actual purpose of the study is to compare the difference of general anxiety when the nature of moments or physical activities (dance and sports) is different but the level of training is same. Most of the learning and training situations are same. Certain factors like rest, sleep, dietary habits, routine of practice is beyond the control of investigator so are considered as the limitations The subjects for this study were 50 whereas 25 each from Kabaddi and Dance team and age ranged from 19 to 25 years were purposive selected from Moga and Ferozepur district. Subjects were randomly selected from different colleges affiliated to Punjab University Chandigarh. For the Acquisition of Anxiety questionnaire developed by A.K.P Sinha and L.N.K. Sinha (2010) was used. The independent t- test was used to analyze data. Results indicated that there is a significant difference between both groups. Folk dancers have shown low anxiety level as compare to kabaddi players.

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Introduction

The American Psychological Association (APA) characterizes uneasiness as "a feeling described by sentiments of strain, stressed contemplations and physical changes like expanded pulse." Knowing the distinction between typical sentiments of uneasiness and a tension issue requiring restorative consideration can enable an individual to recognize and treat the condition.

At the point when an individual faces conceivably destructive or stressing triggers, sentiments of nervousness are typical as well as vital for survival. Since the most punctual long stretches of mankind, the methodology of predators and approaching risk sets off alerts in the body and permits sly activity. These alerts become recognizable as a raised heartbeat, perspiring, and expanded affectability to environment. The risk causes a surge of adrenalin, a hormone and synthetic emissary in the cerebrum, which thusly triggers these on edge responses in a procedure called the "battle or-flight" reaction. This gets ready people to physically stand up to or escape any potential dangers to security.

For some, individuals, running from bigger creatures and unavoidable risk are a less squeezing worry than it would have been for early people. Tensions currently rotate around work, cash, family life, wellbeing, and other pivotal issues that request an individual's consideration without fundamentally requiring the 'battle or-flight' response.

The apprehensive inclination before a significant life occasion or during a troublesome circumstance is a characteristic reverberation of the first 'battle or-flight' response. It can in any case be basic to survival – tension about being hit by a vehicle when intersection the road, for instance, implies that an individual will intuitively look the two different ways to maintain a strategic distance from risk. The length or seriousness of an on edge feeling can once in a while be out of extent to the first trigger, or stressor. Physical side effects, for example, expanded circulatory strain and sickness, may likewise create. These reactions move past tension into an uneasiness issue.

The APA depicts an individual with nervousness issue as "having repeating meddlesome musings or concerns." Once uneasiness arrives at the phase of confusion, it can meddle with day by day. State anxiety

On be considered to be more situational in nature and is often associated with arousal of the autonomic nervous system that anxiety can be thought of as a world view that an individual uses when coping with situation in his or her environment (Spielberger,1966). Researchers based found that, Competitive state anxiety is higher for amateur athletes in individual sports compared with athletes in team sports (Simon & Martens.1977). Several researchers including Singer (1972) & Tutko (1977) have found supporting evidence for the inverted 'U' hypothesis, measuring the effect of anxiety on the performance of athletes.

Explained by (Coakley, 1994) "Competition is a social process that occurs when reward are given to people on the basis of how their performance compare with the performance of other doing the same task or participating on the same event". According to (Robert S Weinberg and Daniel Gould,2007) "Anxiety is a negative emotional state in which feeling of nervousness, worry, and apprehension is associated with activation or arousal of the body. Our ability to obtain independent measure of cognitive and somatic state anxiety has greatly enhanced our knowledge about the athletic situation. One of the factors that are believed to significantly influence the qualities of the athletic experience is the level of state anxiety during the time leading up to competition. Sometimes, anxiety may be helpful in tasks that require strength or powers but in some other events, a high level of anxiety may be injurious.

Manley and Wilson (1980). This examination proposes to research how tension is identified with the move understanding and to an individual's inventive conduct inside that experience. Various presumptions in regards to the creation, extemporization, organization, and execution of move have revolved around the relationship of uneasiness to the move understanding. These suppositions point to tension as being basic in the imaginative conduct of artists and similar to a fundamental element for good execution. Others recommend that the move experience is a vehicle of articulation which diminishes pressure or uneasiness. (See Barron 1972:96–97 and Leith 1972:246.) This exploratory examination takes a gander at the inventive potential that an individual brings to a reproduced studio synthesis session. The examination likewise researches the relationship of this imaginative potential to artists'

Self-announced nervousness and their innovativeness in playing out the arrangement.

Macintyre and Homel (1997). This examination is worried about the job of physical plan includes in advancing jamming in dance club, and with the connection among swarming and animosity. It quantifies benefactor densities, swarming, supporter practices and hostility levels in 36 two hour visits to six dance club in Surfers Paradise, Queensland, AUS. It was discovered that the more packed settings would in general be the more fierce, and in these high-chance foundations swarming expanded more quickly with supporter thickness than in okay scenes. Swarming seemed to emerge incompletely from wrong person on foot stream examples brought about by poor area of passage and leave entryways, move floors, bars and bathrooms. Swarming was factually identified with watched forceful occurrences, in any event, when controls were presented for benefactor drinking rehearses, levels of male intoxication and staff collaborations with supporters. It is contended that engineering rules for authorized premises ought to be delivered to limit the dangers of unintended contacts prompting forceful occurrences in new or revamp scenes. Also, plan and its potential consequences for packing ought to be fused into the model utilized by authorities to set supporter limits for singular scenes, and ordinary investigations ought to be done to guarantee that these breaking points are not surpassed.

Graham et al., (2011). Consistence inspired animosity commonly appears as undesirable social suggestions, outsider intercession to stop clashes or staff rule authorization. Aversion procedures incorporate keeping the assailant's attention on consistence to abstain from inciting complaint and personality thought processes which are probably going to heighten animosity. Complaint thought processes are normally evoked by seen bad behavior and, in this manner, aversion should concentrate on taking out wellsprings of complaints and receiving approaches/practices to determine complaints calmly. Social character thought processes are endemic to many drinking foundations particularly among male supporters and staff. Aversion includes decreasing character signals in the earth, enlisting staff who don't have personality concerns, and preparing staff to abstain from inciting character concerns. Hostility inspired by fun/energy regularly includes

Low-level animosity where acceleration can be averted by staying away from complaints and assaults on personality.

A person who is learning how to tackle different and difficult situations during his training phase knows that there will be times when he will face difficult situations in normal life also and definitely he will handle that situations easily with calm mind . A sportsperson knows how to handle defeat and thus, treats success and failure equally. Researcher observes that during training period of folk dances participants undergoing almost same procedure of learning like gaining fitness, team work, facing competitive situations, under pressure performances same as kabaddi players. The dances of Punjab range from very high energy to slow and reserved moments. There are specific styles of energetic moments, gestures and postures similar to sports events. The investigator found that training for both, kabaddi players and Dancers is almost in systematic and scientific form and surely there will be a significant role of anxiety level in both the categories. Purpose of the study is to investigate and find the difference of general anxiety between both categories that are dancers and kabaddi players.

Methodology and Results

For this study 25 Kabaddi male players and 25 male folk dancers of Punjab were randomly selected to serve as subjects of the study. Those who had participated in Panjab University inter college level competition. Age of the subjects ranged between 19-25 years. In this study Anxiety Test (SCAT by A.K.P Sinha and L.N.K. Sinha) was used to measure comprehensive Anxiety.

Before administering the test, the procedure of the questionnaire and the purpose of the test were briefly explained. This test was consist 90 statements. These statements were concerned with behavior and temperament of individuals. Two alternate responses (yes or no) were given against each statement. Subjects had to read each question carefully put their views as cross (x) on either yes or no responses. Total score of responses for yes option was considered as anxiety score. There was no time limit but subjects were asked to finish as early as possible. They had to respond all the statements without any hesitation.

Statistical procedure

Mean, Standard Deviation and Independent t-test was applied to find the significance of difference between two different groups. The level of Significance was set at 0.05.

Result

The raw data on competitive anxiety was subjects to appropriate statistical analysis and results of both sections are presented in Table

Table

Group	N	Mean	S.D	„t“
Folk Dancers	25	19	1.35	4.78
Kabaddi players	25	20.96	1.56	

„T“ at 0.05 (df = 48 = 2.01)

From Table no. 1, we found that the Kabaddi players have more anxiety level (Mean = 20.96, S.D = 1.56) then folk dancers (Mean = 19, S.D = 1.35). The calculated „t“ value is 4.78 Which is greater than the tabulated value, So there is a significant difference found at 0.05 level.

Findings and Discussion

All competitors are bearing anxious situations during, before and after their activities definitely. Usually they are doing mental training which includes how to handle stress, uneasiness and difficult situations. This study represents normal anxiety level for both groups according to table of percentile (P50) equivalents of test score. Folk Dancers have shown low anxiety level as compared to kabaddi player and in other words we can say that highly significant difference has been found among both groups. The study will contribute towards the promotion of folk dancer’s performance as well as kabaddi team performance. It may help the physical educationist and dance directors to develop sound training program with highly monitored psychological factors before-during-after competition like anxiety etc. Study may reflect on

Knowledge about psychological behavior of different type of competitors, the study will help in further research.

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