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A COMPARATIVE STUDY OF SPORTS COMPETITION CONCERNS BETWEEN KABADDI AND VOLLEYBALL MALE PLAYERS OF JAIPUR DISTRICT

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ABSTRACT

The aim of this research is to examine the dynamic balance but also agility of Kabaddi as well as volleyball players, as well as their level of Sports Competition Anxiety. A total of one hundred male regional level players from the Jaipur District were chosen to take part in the competition. For the purposes of this research, two physical components, namely dynamic and fluid and agility, and one psychological component, sports competition anxiety, were utilised to compare Kabaddi and volleyball players in terms of performance. This study used the independent 't'-test to determine whether there was a statistically significant difference between both the state levels Kabaddi but also volleyball players each of the selected physically and mentally variables. The hypothesis was tested at the 0.05 level of significance to determine whether there was a significant difference between both the state level Kabaddi and rather volleyball players each of the selected physically and mentally variables. The results of the study in relation with dynamic balance as well as sports competition anxiety revealed a statistically significant difference among Kabaddi players but also volleyball players, whereas the findings in relation to agility revealed a statistically insignificant distinction between Kabaddi players as well as volleyball players.

Purpose

The purpose of this study was to compare dynamic balance and agility and Sports Competition Concerns between male Kabaddi and Volleyball players in the Jaipur region.

Method

A total of 100 male players from the Rajasthani districts of Jaipur (50 from Kabaddi and 50 from Volleyball) were chosen. It was decided to use Sports Competitive Anxiety as the variation for the present research. The Sports Competition Test (SCAT) developed by R. Martin in 1990 was used to assess the effectiveness of the measuring technique. It was decided to utilise descriptive analysis but also independent assessment to compare the Sports Competitiveness Concern among male Kabaddi and volleyball players at a significance level of 0.05 in order to make the comparison.

Results

Sports Competitive dynamic balance, agility and Anxiety Disorders There is no significant difference with the men's Kabaddi and Volleyball players of the Jaipur region.

Conclusion

On the basis of the findings it is concluded that other factors may influence outcomes such as: Small Sized Size and Indirect Response of Subjects.

Keywords: *Anxiety, Competitive Anxiety, Questionnaire, Mental Disorders*.

Introduction

Participating in any formal or informal race puts pressure on even a runner. This pressure can sometimes help to boost performance but it can also contribute to bad performance in some cases. The strain that has collected as a result of a forthcoming competition might cause anxiety, which can have a negative impact on both the physical and mental performance of the athlete. Anxiety is a mental but also

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physical disorder that manifests itself in a variety of ways, including cognitive, physical, emotional, and behavioural symptoms. When these drugs are combined, they produce an unpleasant sensation that is frequently accompanied with discomfort, fear, panic, or anxiety, among other things. Anxiety is a natural emotional condition that can occur more frequently if one does not receive the encouragement that is provided. As a result, it is distinguished from fear, which arises when a perceived threat is present. Aside from that, fear and anxiety are both associated with specific escape actions and behaviours, with anxiety being the result from seemingly uncontrollable or unavoidable threats. Numerous studies have demonstrated that psychological issues have an impact on sports performance (Crespo, 2002). Sport-specific psychological and physical elements play a vital part in defining one's level of performance in sports and athletics (Grange & Kerr, 2010; Schilling and Hyashi, 2001).

Anxiety is an emotional, affective, cognitive and behavioural condition characterised by somatic. Defining the root of the word anxiety 'worry or trouble'; anxiety can generate sense of anxiety, anxiety, discomfort as well as fear in the absence of presence of stress. Anxiety is regarded as a typical stress response. It can help a person handle a difficult situation through encouraging him to do so. If anxiety is extreme, it can be below the anxiety disorder stages. Significant side response to stress can include heart palpitations, weakness and stiffness of the muscles, tiredness, nausea, headache, breathlessness, stomach and headaches, immune system functioning and digestive system. External anxiety signs may involve pale skin, perspiration, temblor and papillary enlargement. Anxiety disorder can also be seen as fear or panic.

Competitive anxiousness promotes decline in performance. A significant degree of depression makes a sports person unfit for perform before, both during races. Excessive anxiety generates stress in the muscles, panic, failure to make decisions, relaxation, uncontrollability, tremor, nail biting, itchy skin, etc., and impairs the function. Many athletes who exercise or exercise can feel anxious on a working day. If worry, anxiety or fear interfere with the performance of your sports. Learning to employ a couple of principles from mind games may help you manage daily anxiety and lessen daytime moods.

Because of their nervousness, athletes are unable to perform to their full potential. As a result, its performance during competition is negatively harmed, and they are rarely victorious (Papanikolaou, et al. 2008). In their studies of the relationship among anxiety and learning, some researchers, notably Singer (1980) and Cratty (1979), found that "performance increases with increasing levels" of arousal, whereas a rise in arousal induces functional degradation. For many years, scholars have been interested in the relationship between anxiety and work (Craft, et al. 2003; Parfitt and Pates, 1999). Anxiety levels are lower in more experienced players than they are in less experienced players, according to scientific evidence. According to Roguli et al. (2006), volleyball is a game that involves challenging but accurate motor function, and psychological elements play a large part in competition, separating successful from failed teams. Volleyball provides chances for the strength development, endurance, quickness, agility, and neuromuscular skills, as well as the ability to take rapid action, in addition to a variety of specific educational outcomes. To reach the highest level of skill performance from each player, a volleyball training programme is required. This programme must increase muscle flexibility, strength, power, and agility, all of which should be integrated to achieve the highest level of skill performance from each player. (Olson, 2005)

FIFA World Cup football is by far the most ubiquitous and widely practised sport on the planet. This game is constantly played and closely monitored by a large number of people from all over the world who have a strong interest in the sport. Fitness training for a soccer player is indeed a psychophysical adaption process that allows one to begin doing activities involving a ball on the basis of that training. The frequent repetition of tasks that arise during training and contests not only aids in the development of motor abilities and the mastery of energetic processes, but it also aids in the formation of specific bonds between the participants. During a football game, one of the distinguishing characteristics of the physical activities involved is that a player exerts efforts that frequently push him or her to the limits of their psychophysical ability. (Rethacker, 1984**)**

Specific fitness, in addition to psychological soundness, technically & tactical efficiency, and intellectual soundness, is extremely crucial for achieving peak performance in any sport or activity. The amount and types of endurance required for different sports vary depending on the demand the nature of the sport itself. The fitness level required for large-area activities such as football, rugby, and hockey was different from the fitness level required for small-area games such as volleyball, basketball, handball, kho-kho, and so on. As a result, the question arises as to whether there is any difference in the physical and psychological aspects of volleyball as well as football players. The present effort was devised by the

researchers in order to obtain an answer. They were particularly interested in comparing two particular physical fitness indicators, namely agility and dynamic balance, for two different sports, namely volleyball and football. Football and ice hockey are two of the most widely played large-area games of all time today. The games (football and volleyball) differ in terms of the amount of the playing area required for the fields to be laid out, but the movements done by the players in each game necessitated the development of a high degree of motor potentialities. It is true that the movement pattern executed by volley balers differs in several ways from the movement pattern executed by football players. However, both games necessitated a high level of physical fitness as well as psychological stability. Between state level players of the two games, researchers were looking to see if there was a difference in a couple of motor qualities (agility, dynamic balance) and psychological qualities (anxiety) between them.

Purpose of the Study

The purpose of this study was to compare Sports Competition Concerns between male Kabaddi and Volleyball players in the Jaipur region.

Materials and Methods

Lesson Topics

The participants in the current study were 100 male players in Kabaddi (50) **as well as Volleyball (50).** The average age of players between both the ages of 17 and 19 is 17 years old. This group of athletes have competed in a variety of state-level competitions in the Jaipur District of Rajasthan during the 2018-2019 school year.

Selection of Variables

For this study the following physical and physiological variables was chosen:

- **Physical Components**
  - Dynamic Balance
  - Agility
- **Psychological Components**
  - Sports Competition Anxiety

Measurement Methods

The Sports Competitive Anxiety Test (SCAT) study conducted by R. Martin in 1990 was employed for this purpose. Five incorrect questions were included in the SCAT questionnaire, for a total of 15 questions on the test. Each question has three possible answers: odd, occasionally, and frequently. We used R.Martin's answer sheet, Sports Competitiveness Anxiety (SCAT) 1990, to determine how many points each topic was worth.

Statistical Analysis

It was decided to utilise descriptive statistical analysis and independent assessment to compare the Sports Competitive Concern between male Kabaddi and volleyball players at a 0.05 level of significance in order to make the comparison. The data analysis was carried out with the help of the SPSS 16.0 programme.

Effect and Discussion

Table 1: Comparison and Descriptive Comparison Table of Contributors for Competitive Concerns

Players	N	M	SD	t-value
Kabaddi	50	20.45	3.954	1.49
Volleyball	50	19.38	3.113	

Tabulated t-value 0.05(98) =1.97

Because the calculated t-value (1.49) was smaller than the set t-value (1.97), it was revealed in Table 1 that there was no statistically significant difference between the rates employed by the Competitiveness Concerns of the two Kabaddi teams and the male volleyball players in the Jaipur region.

In this figure, the quoted numbers among male players in the sports of Kabaddi and volleyball are represented graphically to illustrate the competitive issues in these sports. For example, as depicted in Figure 1, the stated average for Kabaddi male players (20.45) is lower than the average for Volleyball male players, which was higher (19.38). Accordingly, it has been discovered that male Kabaddi players have greater levels of Competition Concern as male Volleyball players.

Conclusion

On the basis of the current data analysis, the following findings have been reached:

- It was discovered that there were no statistically significant differences between the male's Kabaddi or volleyball players in the Jaipur Rajasthan male season in regards of Sports Competitiveness.
- On a more basic level, it can be observed that the men's volleyball players were less concerned about their sport than the men's Kabaddi players. The research team discovered that competition worries vary depending on the player's level of experience and the quantity of players in various tournaments during their investigation.

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