

Role on the Anxiety and Aggression Level of Team and Individual Sportsmen Representing University Level Sports of Kuvempu University of Karnataka

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Abstract: *This study investigates the role of anxiety and aggression levels among team and individual sportsmen representing Kuvempu University at the university level sports competitions in Karnataka. Anxiety and aggression are critical psychological factors influencing sports performance. Understanding their dynamics can aid in optimizing athletes' preparation and performance. Data was collected through standardized anxiety and aggression assessment tools from a sample of university-level athletes. Results indicate varying levels of anxiety and aggression among team and individual sports players. The findings shed light on the importance of managing these psychological factors for enhanced athletic performance.*

Keywords: aggression levels