

A Brief Comparison of Anxiety Trait of State Level and National Level Body Builders

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Abstract: *An athlete's performance might be negatively impacted by sport-related anxiety. In conclusion, sport-related anxiety can: reduce sport performance during practice and competitions, raise the risk of injury, delay and obstruct injury recovery and the return to sport process and increase the chance of reinjure during post-rehabilitation practice and tournaments.[1] This study investigated the relation between state level and national level bodybuilders anxiety trait. In this present examination was to look at the anxiety trait of Maharashtra states state level and national level bodybuilders. The examination done on 80 samples comprising of 40 state level and 40 national level bodybuilders whose age group is 18 to 22 years. In this examination the item anxiety screening test of mental health America (MHA) used as a test tool for anxiety trait in this examination t-test is applied for the testing hypothesis or compares the anxiety trait of state level and national level bodybuilders. This study is used for bodybuilding coaches and player for improving knowledge about bodybuilder's anxiety trait.*

Keywords: Personality Factors, Anxiety Trait, Body Building, State Level, National Level, Body Builders

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