Pre Competition Anxiety Level among Wrestlers in Different Age Groups

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Abstract*: The purpose of the study was to compare the anxiety level among wrestlers in different age groups of different female students from different schools of Amravati District. The study was conducted on 60 female students as subjects and 20 subjects were selected from each category i.e., 20 from under 14 age group, 20 from under 17 age group, and 20 from under 19 age group, through simple random sampling method. The level of significance was set at 0.05 and ANOVA was applied to compare the difference between the groups. It was hypothesized that there was significant difference of anxiety level among wrestlers in different categories.*

Keywords: Anxiety Level and Age Groups

I. INTRODUCTION

The relationship between anxiety and level of performance in various sports has been the subject of many studies. If athletes/players do not have sufficient coping skills to deal appropriately with these situations, they will be exposed to risks of poor performance, failure, and even serious injury. Competitive anxiety can affect athletes' feelings, thus it can impair athletes/player, performance and function. Researchers have depicted that competitive anxiety for young participants was higher in individual sports than team sports, and also higher in individual combat sports in comparison to individual non-combat sports. Physiological responses due to anxiety, such as palpitation, hyperpnea, hand-sweating, muscles stiffness, and etc are common in individuals like wrestlers and/ or athletes as compared to those playing in team games like cricket or volley ball.

Scholars have found a significant negative correlation between competitive anxiety and performance in individuals as compared to those who are playing in team games. It is most commonly seen that the highest level of competitive anxiety is found in individuals participating in individual games and the lowest is seen among those playing in team games. It is a proven fact that increase in competitive anxiety may result in reduction of academic achievement and athletic performance of students. The theory of anxiety put forwarded by some of the sport research scholars suggests that cognitive anxiety has a negative relationship with fulfillment, level of experience, and changes in anxiety level at different times influencing the athletes' performance in individuals as compared to those who are playing in team games. One of the most important issues which has attracted the attention of sport specialists and psychologists is to identify effective factors influencing anxiety and tension control before a competition so that in individual sport rather than team sports performance can be facilitated. It is believed that the emergence of negative thoughts and anxiety about performance, competition environment and competition results in athletes participating in individual sports rather than in team sports are of important indications of cognitive anxiety and it is seen that somatic anxiety appears in the form of pale skin, an increase in heartbeat and turmoil that makes athletes to show negative reactions. Hence, coaches/instructors and officials should consider sport competition anxiety among athletes/ players before and during competition.

II. METHODOLOGY

The subjects for this study were selected from different schools of Amravati District. A total of 60 subjects were selected, 20 from each category i.e., 20 from under 14 , 20 from under 17, 20 from under 19 age group. The level of

significance was set at 0.05 and ANOVA was applied to compare the different between the groups. It was hypothesized that there was significant difference of anxiety level among wrestlers in different age groups.

III. RESULTS

The results pertaining to the study are present in the following tables.

Table- 1 Mean value of anxiety level among wrestlers in different age groups

Age Groups	Mean
14	17.75
17	23.00
19	24.75

Table 1 reveals that anxiety level among wrestlers in different age groups. The above data indicate that under 19 age group have better anxiety level because the mean value of under 19 age group is greater than other two age groups. The difference in the anxiety level of different age group players is shown below graphically.

There is mean difference in anxiety level among wrestlers in different age groups. Whether it is significant or not it can be shown by using special statistical technique 'F' test (ANOVA).

Graph I Graphical representation of anxiety level among wrestlers in different age groups
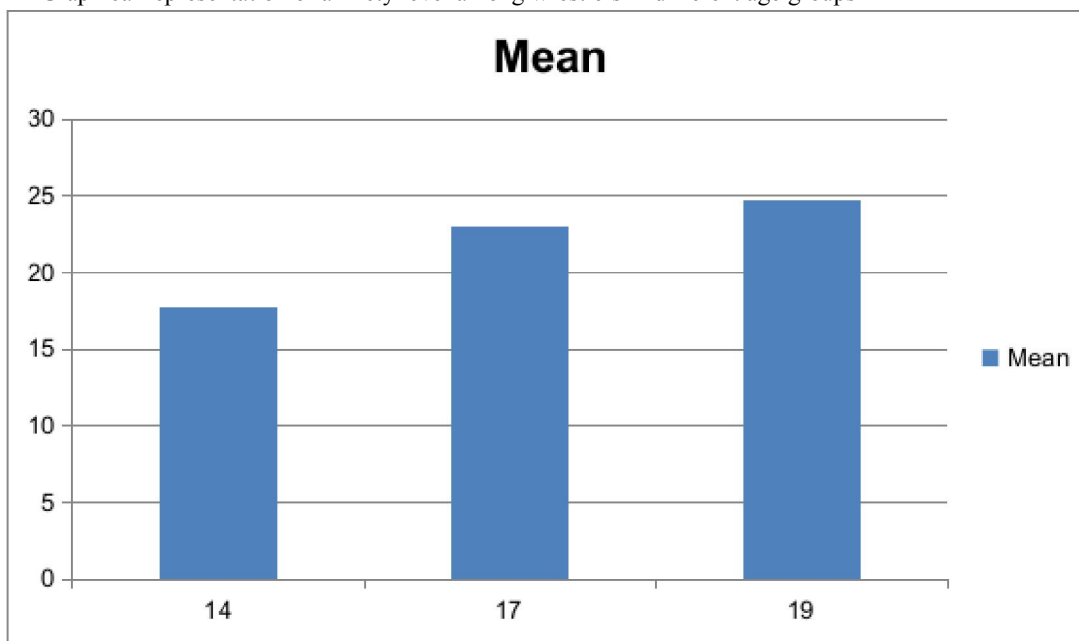

Table- 2 Showing one way analysis of variance (ANOVA) in anxiety level among wrestlers in different age groups

Source of variance	Df	Sum of squares	Mean square	F calculated	F tabulated
Between groups	K-1 3-1=2	798.33	265.415		
Within groups	N-K 60-3=57	267.5	4.693	56.556	3.15

Table- 2 reveals that 'F' at degree of freedom between groups (df_b) is shown by the formula K-1 where 'K' is number of groups which are 3 so it becomes 3-1=2.

'F' at degree of freedom within group (df_w) is shown by the formula N-K, where 'N' is total number of subjects in all groups and 'K' is number of groups which becomes 60-3=57. So 'F' test at 2 and 57 is 3.15 which is called tabulated 'F'.

In the given table the value of tabulated 'F' is 3.15 and the value of calculated 'F' is 56.566 which is greater than tabulated 'F' at 0.05 level of significance so it is said that there is significant difference in anxiety level among wrestlers in different age groups, hence the researchers hypothesis is accepted.

IV. FINDINGS

The findings in study shows, that there was significant difference in the anxiety level among wrestlers in different age groups. Which means the researcher hypothesis is accepted because in the beginning the researcher hypothesis that there will be significant difference in the anxiety level among wrestlers in different age groups.

V. CONCLUSION

The researcher initially pre assumed that there will be a significant difference in the anxiety level among wrestlers in different age groups of various students of different schools of Amravati district   and after the statistical analysis interpretation of data it was found that there is significant difference in the anxiety level among wrestlers in different age groups of various students of different schools of Amravati district because the calculated 'f' is greater than tabulated 'f' at 0.05 level of significance. Hence the researchers pre assumed have been accepted.

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