

Comparison of Competitive State Anxiety between National and State Level Kabaddi Men Players in Tamil Nadu

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Abstract

Introduction: Kabaddi, a team sport gaining national prominence in India, requires not only physical prowess but also mental fortitude. This study investigates the psychological aspects of competition anxiety among Kabaddi players. It explores potential differences in cognitive anxiety, somatic anxiety, and self-confidence between national and state-level players in Tamil Nadu.

Methodology: Sixty male Kabaddi players (aged 15-25) participating in various state-level tournaments were selected. The Competitive State Anxiety Inventory-2 (CSAI-2) measured their cognitive anxiety levels.

Results: The study revealed significant differences between national and state-level players in all three areas. National-level players displayed lower levels of both cognitive and somatic anxiety compared to their state-level counterparts. Additionally, national-level players exhibited higher self-confidence.

Conclusions: These findings suggest a correlation between achievement level and mental well-being in Kabaddi. National-level players demonstrated better management of competition anxiety and a more confident approach.

Keywords: Kabaddi, Competition Anxiety, Cognitive Anxiety, Somatic Anxiety, Self-Confidence, Achievement Level.

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Introduction

Kabaddi is an Indian team sport, which is energetic and age-old, has seen a rise in popularity recently throughout the country. Rugby and wrestling are combined in the physically demanding outdoor game of kabaddi. It takes courage, skill, agility, stamina, presence of mind, and presence of mind to overcome an opponent or capture a raider (Kumar, 2000). Defined by its blend of strategic raiding and robust defense, Kabaddi demands not only exceptional physical prowess but also a keen mental edge. Athletes face the pressure of high-stakes competition, requiring them to navigate the complexities of emotions like anxiety while maintaining peak self-confidence. This study investigates the psychological landscape of Kabaddi players, specifically focusing on the potential differences in cognitive anxiety, somatic anxiety, and self-confidence between national and state-level male players in Tamil Nadu.

Anxiety is the state of mind in which the individual responds with discomfort to some event that has occurred or is going to occur. The person's worries about events, their occurrence and consequences, in general are the sources of anxiety however the anxiety however the anxiety can be either somatic anxiety, it refers to the mental aspects of anxiety, encompassing worry, apprehension, and self-doubt. It can negatively impact concentration and lead to intrusive thoughts during competition or cognitive anxiety means manifests physically, presenting symptoms like increased heart rate, sweating, and muscle tension. While some level of physical arousal can enhance performance, excessive somatic anxiety can lead to fatigue, decreased reaction time, and difficulty executing technical skills in nature (Bell, 1983).

Does a sporting event affect one's self-confidence? According to the studies, it varies. According to Lochbaum et al. (2022), confidence and performance are more closely related in short-

duration sports than in longer-duration sports and in individual sports than in team sports. Self-confidence, on the other hand, is a critical psychological asset in competitive sports like Kabaddi. It refers to an athlete's belief in their abilities and their capacity to perform successfully. High self-confidence fosters resilience, allowing players to bounce back from mistakes and maintain a positive mindset under pressure. During a Kabaddi match, a player with high self-confidence would be more likely to approach raids strategically, unafraid of challenges, and exhibit decisive actions during defense.

Kabaddi presents a unique blend of physical exertion and mental acumen. Unlike sports with a continuous flow of action, Kabaddi involves alternating periods of intense activity (raids and tackles) with brief pauses. These pauses can be breeding grounds for heightened anxiety as players anticipate their next move or analyze the opponent's strategy. Additionally, the nature of the raid demands split-second decision-making and the ability to maintain composure under pressure. This constant interplay between physical exertion and mental focus makes Kabaddi an ideal sport to investigate the interplay of anxiety and self-confidence in athletes.

Tamil Nadu has a rich Kabaddi tradition, nurturing some of India's most talented players. State-level tournaments act as a stepping stone towards national-level competitions. These state-level players represent a pool of talented athletes striving to reach the pinnacle of Kabaddi. Understanding their experience provides valuable insights into the psychological demands faced by aspiring Kabaddi athletes.

While research on sports psychology has grown significantly, limited investigations have explored the psychological aspects of Kabaddi players, particularly in India. Existing studies have primarily focused on physiological responses or physical training techniques. This study aims to bridge this gap by examining the psychological experience of Kabaddi players in Tamil Nadu. By comparing cognitive anxiety, somatic anxiety, and self-confidence levels between national and state-level players, this research seeks to unveil potential correlations between achievement level and mental well-being in Kabaddi.

Methodology

To compare the level of cognitive anxiety, somatic anxiety & self-confidence based on their level of achievement among kabaddi men players in Tamilnadu, 60 men kabaddi players (N=60) were selected from various clubs in Tamilnadu state who participated in various state level tournaments held in Tamilnadu during the period of July to September 2023. The age of the subjects selected ranged from 15 to 25 years. The research scholar reviewed the available literature pertaining to the psychological variables from books, journals, periodicals, magazines and research papers. Taking into consideration feasibility of researcher, availability of instrument and the relevance of the variables of the present study the following variables were selected.

Independent Variables

1. Cognitive anxiety
2. Somatic anxiety
3. Self confidence

Table 1: Selection of Test Items and Criterion Measures

S. No	Variables	Test Item	Unit of Measurements
1.	Cognitive anxiety	CSAI-2 (Martens <i>et al.</i> , 1983)	Scores
2.	Somatic anxiety		
3.	Self confidence		

Statistical Procedure

To find the difference between competitive state anxiety among national and state level kabaddi men players, independent "t" test was applied. Statistical analysis was done for the raw scores and Mean Difference and standard Deviation was found and was represented through graph.

Table 2: Computation of 'T' Ratio between National and State Level Men Kabaddi Players on Cognitive Anxiety

Groups	Mean	SD	Mean difference	ΣDM	't'
National players group	22.40	3.63			
State players group	24.70	4.59	2.30	1.07	2.15*

*level of significance was fixed at 0.05 & df value as 58.

Table-1 shows that the mean value of cognitive anxiety between national and state players group were 22.40 and 24.70 respectively.

The obtained "t" ratio value of 2.15 was greater than the required table value of 2.00 for significant at 0.05 level of confidence. The result of these study showed that there was a significant difference between the national and state players group on cognitive anxiety.

The mean value of national and state players group on cognitive anxiety were graphically represented in figure 1

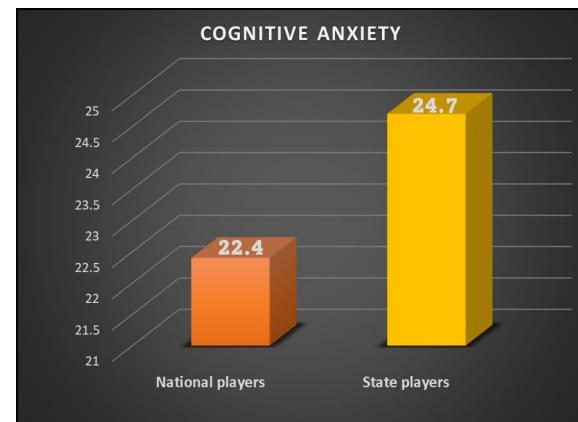


Fig 1: Bar Diagram Shows Mean Difference Between National and State Level Men Kabaddi Players on Cognitive Anxiety

Table 3: Computation of 't' ratio between the test scores of national players group and state players group on somatic anxiety

Groups	Mean	SD	Mean difference	ΣDM	't'
National players group	23.30	4.50	2.30	1.07	2.16*
State players group	25.57	3.58			

*level of significance was fixed as 0.05 & df value as 58.

Table-2 shows that the mean value of somatic anxiety between national players group and state players group were 23.30 and 25.57 respectively.

The obtained “t” ratio value of 2.16 was greater than the required table value of 2.00 for significant at 0.05 level of confidence. The result of these study showed that there was a significant difference between the national players group and state players group on somatic anxiety.

The mean value of national players group and state players group on somatic anxiety were graphically represented in figure 2.

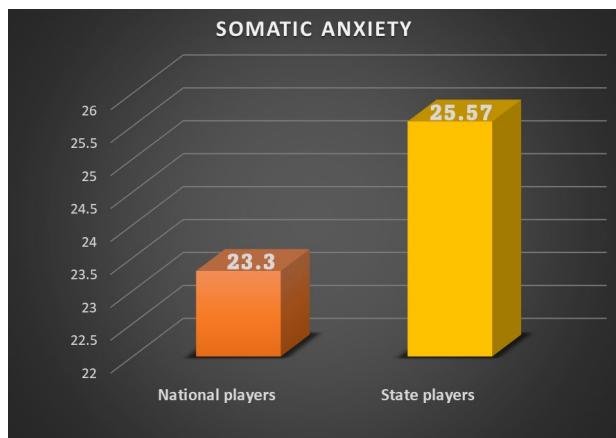


Fig 2: Bar Diagram Shows Mean Difference between National Players Group and State Players Group on Somatic Anxiety

Table 4: Computation of ‘t’ ratio between the test scores of national players group and state players group on self confidence

Groups	Mean	SD	Mean difference	ΣDM	‘t’
National players group	23.77	3.77			
State players group	21.10	5.46	2.67	1.21	2.20*

*level of significance was fixed as 0.05 & df value as 58.

Table-3 shows that the mean value of self-confidence between national players group and state players group were 23.77 and 21.10 respectively.

The obtained “t” ratio value of 2.20 was greater than the required table value of 2.00 for significant at 0.05 level of confidence. The result of these study showed that there was a significant difference between the national players group and state players group on self-confidence.

The mean value of national players group and state players group on self-confidence were graphically represented in figure 3.



Fig 3: Bar Diagram Shows Mean Difference Between National Players Group And State Players Group On Self Confidence Anxiety

Discussion of Findings

Many types of research showed that performance in a competition depends on how athletes can control their anxiety levels. The athlete needs an optimal level of anxiety to perform well (Wagstaff, 2014; Martinent et al., 2015; Kopp and Jekauc, 2018). Confidence has been consistently associated with positive affect, whereas a lack of confidence has been associated with anxiety, depression, and dissatisfaction. (Martens et al., 1990) According to Vealey and Campbell (1988), subsequent levels of sports confidence influence an athlete’s thoughts, feelings, and behaviors, which determine sporting performance. Self-confidence would be directly related to performance whereas there is a complex relationship between anxiety and performance. Anxiety consists of two subcomponents: cognitive and somatic anxiety, which influence performance.

In the present study the researcher hypothesised that there will be a significant different between anxiety among national and state level men kabaddi players. The findings of the study show that there is significant difference between national players group and state players group in anxiety. The result of the study is in consonance with research done by the Parnabas *et al.* (2013) on the topic “The Relationship between Cognitive and Somatic Anxiety on Performance of Student-Athletes of Universiti Malaysia Perlis (UNIMAP)”, published in Horizon Research Publishing. The findings further states that cognitive anxiety level of national level players is lower than that of state level players which is in consonance with the research work done by Vealey and Campbell (1988). The somatic anxiety level of national level player is lower than that of state level players which is in consonance with the research work done by Mercader-Rubio *et al.* (2023). The self-confidence of national level player is higher than that of state level players which is in consonance with the research work done by (Smith and Bar-Eli, 2007).

Results

The results revealed significant differences ($p<0.05$) between the two groups in all three areas:

- **Cognitive Anxiety:** National-level players displayed a lower mean score (22.40) compared to state-level players (24.70). This suggests that national-level players experienced less worry, apprehension, and self-doubt during competition.
- **Somatic Anxiety:** National-level players again exhibited a lower mean score (23.30) on somatic anxiety compared to state-level players (25.57). This indicates that national-level players experienced fewer physical symptoms of anxiety, such as increased heart rate, sweating, and muscle tension.
- **Self-Confidence:** National-level players demonstrated a higher mean score (23.77) on self-confidence compared to state-level players (21.10). This signifies that national-level players possessed a greater belief in their abilities and capacity to perform successfully.

These findings support the hypothesis that national and state-level Kabaddi players differ in their psychological experiences. National-level players appear to manage competition anxiety more effectively and exhibit higher self-confidence compared to their state-level counterparts.

Recommendations

In the light of the result of this study, it is recommended that,

1. Conduct similar studies with a larger sample size to strengthen the generalizability of the results.

2. Investigate players from different age groups (e.g., youth, junior, senior) to explore potential developmental trends in anxiety and self-confidence.
3. Expand the scope to include athletes from other sports and genders to provide a broader understanding of psychological factors in athletic performance.
4. Integrate mental training programs into Kabaddi training regimens, specifically focusing on anxiety management and self-confidence building techniques.

Encourage athletes to develop personal strategies for coping with competition anxiety, such as visualization, relaxation techniques, and positive self-talk.

Conclusions

National-level players displayed lower levels of both cognitive and somatic anxiety compared to state-level players. This suggests that national-level athletes experience less worry, apprehension, and physical symptoms of anxiety during competition. These findings align with previous research in sports psychology, which highlights the importance of managing anxiety for optimal performance. Furthermore, national-level players exhibited higher self-confidence compared to state-level players. This suggests that athletes who have reached the national level possess a stronger belief in their abilities and a more positive outlook under pressure. This finding aligns with research demonstrating the link between self-confidence and positive performance outcomes.

In conclusion, this study suggests a correlation between achievement level and mental well-being in Kabaddi. National-level players, compared to their state-level counterparts, appear to demonstrate better management of competition anxiety and a more confident approach. These findings offer valuable insights for athletes, coaches, sports psychologists, and sports administrators.

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