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Relationship of social stratification and competitive anxiety among kabaddi players of Punjab

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Abstract

The present study was aimed to investigate the relationship of social stratification (socio- economic) and competitive anxiety among male and female players of kabaddi of Punjab. To complete the research work of the researcher has selected fifty male and fifty female subjects from the different institutes of Punjab by using the purposive sampling technique. Findings pertaining to the study resolved with negative correlation in male and female kabaddi players between socioeconomic status and competitive anxiety. SPSS was used as a statistical tool to find out the correlation of the social stratification (socioeconomic) and competitive anxiety in male and female players of kabaddi of Punjab. Pearson correlation was used and level of significance level sets of 0.05 levels.

Keyword: Socioeconomic status and competitive anxiety.

Introduction

By the nature of the human being are competitive and ambitious for his to performance in sports. Not only every man, but every nation wants to show his best challenging opponent. Anxiety is a part of sports among all the athletes. In competitive sports, mental preparation of an athlete's or a team's is as much important. In modern competitive sports the athletes and team sports are prepared not only play the game, but also win the games and winning the game is not only depends upon the skills, tactics, physical fitness and knowledge of rules of game which bring victory but more important is the mental preparation. Anxiety is an unpleasant state of inner disorder, after accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. Anxiety is not the same as fear which a response to a real, which is a response to real or perceived immediate threat you would hard to find doesn't react in some way to immanent compete.

This is only possible through scientific, systematic and planned sports training as well. Anxiety is non-specific response of the body to the demand made upon it. When the problem present everyday life goes beyond our resources for coping with them.

The study of Anxiety in sport is of great interest to academics, researching, teaching sports sciences and to professionals who support and train sports performers. Situations of anxiety affect autonomic nervous system activity and hormonal responses. Anxiety is not a useful term for scientists because it is such a highly subjective phenomenon that it defies definition, but it plays a very important role in sports.



The main problem that research on the relationship between anxiety is encountered is that researchers have not adequately operationally has encountered. Instead, term such as stress, anxiety have been used interchangeably. Arousal can be considered to be a signal to the individual the response to the stressful state and characterized by psychological sings. Anxiety is a state when an individual doubt hi or her ability to cope with the situation that lead to the stress. Another important point to discuss is the difference between trait anxiety and state anxiety. Trait Anxiety is a personality variable, which predisposes us to perceive certain situations as threatening. Trait anxiety refers to a general level of stress that is characteristic of an individual, that is, a trait related to personality. State anxiety is an emotional response, Often temporary which exists in relation to particular situations.

In today life anxiety is present in every individual. Instead of finding a permanent solution, one is running towards the temporal happiness. Coaches are not inferior if this thing.

Not only is uncontrolled anxiety is harming the bodies of an athlete it is also due to the overuse of alcohol, and drug abuse which place an individual at greater risk, health wise. Many people take –up sports, mainly for fun and enjoyment. However, little known that sports do experience its fair share of anxiety as well. Anxiety has reportedly been the cause of many poor performances among the athletes and sportsmen. Both physical and psychological anxiety affects performance of athletes. Physical and psychological anxiety on the athletes and students there are similarities among them. They are capable to perform the task at the various levels of Anxiety.

The feeling of anxiety. Aggression in sports also a serious issue aggression is a learned behavior and that spot may be teaching people to be more aggressive. Anxiety is a negative emotional state in which feeling of nervousness; worry and apprehension are associated with activation or arousal of the body. Anxiety is a vague form of fear of the failure of the competition. Athletes worries about the result of the competition. Jones (1995a) commented on measurement and design advances; Burton (1998) outlined the development of measures of the state response; Smith et al. (1998) discussed the re-conceptualization of trait anxiety in sport.

Significance of the Study:

After studying the review of related literature and considering the objective and hypotheses of the study, will help us to find the competitive anxiety level of the player's role of the economic condition of which whether its effects on the competitive anxiety of players. The study will also help to find the competitive anxiety level among male and female kabaddi players of Punjab with relation to socioeconomic



conditions. How the socioeconomic status in male and female affects the anxiety level of the players.

Material and methods

The study is Descriptive in nature. The present status of anxiety and socioeconomic variable (Social Stratification) has been studied between male and female Kabaddi players of the different institutes of Punjab. The researcher has described the methodology used for the selection of subjects, collection of data and the statistical tool used for the analysis of data.

Tools Used

1. To collect the data of the athlete of competitive Anxiety, Competitive anxiety test (CSAI-2) was used. This test was constructed by Rainer Martens, Damon Burton, Robin S. Vealey, Linda A. Bump, Daniel E. Smith.
2. To collect the data of social stratification Socioeconomic status scale was used by Rajbir Singh, Radhey Shyam and Satish Kumar constructed in 2006.

Result Analysis

For the final result of the study SPSS was used for Mean, Standard deviation to saw co-relation between the socioeconomic status and competitive anxiety of male and female players of kabaddi of Punjab.

Table: 1

Relationship of socioeconomic status and competitive anxiety of female players of kabaddi of Punjab

Descriptive statics					
	Mean	Std. Deviation	N	df	r
Economic level of players	119.34	10.80554	50	48	0.219
Anxiety Level	66.34	5.5018	50	48	

Tabulated value at df 48= 0.304

Significant at 0.05 level.

The table no. 1 shows Relationship between socioeconomic status and competitive anxiety of female kabaddi player of Punjab the means score 119.34 and 66.34 of socioeconomic status and anxiety level, respectively, whereas standard deviation 10.80 and 5.50 the 'r' value 0.219 is less than the tabular value



0.304 shows an insignificant correlation between socioeconomic status and anxiety level of the female kabaddi player. Which means there is no correlation between socioeconomic status and anxiety level of the female kabaddi player.

Table: 2

Relationship of socioeconomic status and competitive anxiety of male players of kabaddi of Punjab

Descriptive Statistics					
	Mean	Std. Deviation	N	df	r
Economic level of players	115.92	11.68784	50	48	-0.127
Anxiety level	64.58	4.1605	50	48	

Tabulated value of $df = 48 = 0.304$

* Significant at 0.05 level

The table no. 2 shows Relationship between socioeconomic status and competitive anxiety of male kabaddi player of Punjab the means score 115.92 and 64.58 of socioeconomic status and anxiety levels, respectively, whereas standard deviation 11.78 and 4.16 the 'r' value -0.127 is less than the tabular value 0.304 shows an insignificant correlation between socioeconomic status and anxiety level of the female kabaddi player.

Which means there is no correlation between socioeconomic status and anxiety level of the female kabaddi player.

Discussion and conclusion

On the basis of above mentioned analysis, it can be concluded that there is no relationship between socioeconomic status and anxiety of male and female sports person of Punjab. The result revealed that high and low socioeconomic status and anxiety are two separate variables and cannot have any positive and negative Co-relation but a level of anxiety is essential for its excellence in sport.



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