

## To Assess How Anxiety, Aggression Influence On College Level Boys In Compact Sports Like Boxing, Taekwondo, Wrestling, Judo

Dr. D.J. Asath Ali Khan<sup>1</sup> & D. Jiju<sup>2</sup>

<sup>1</sup>Assistant Professor, Department of Physical Education and Sports Sciences, SRM Institute of Science and Technology, College of Science and Humanities, Kattankulathur, Chengalpattu, Tamilnadu, India.

<sup>2</sup>M.Phil Research Scholar, Department of Physical Education and Sports Sciences, SRM Institute of Science and Technology, College of Science and Humanities, Kattankulathur, Chengalpattu, Tamilnadu, India. jijudamodharan@gmail.com

### ABSTRACT:

The purpose of the study was to find out the assess how anxiety, aggression influence on college level boys in compact sports like boxing, taekwondo, wrestling, judo. The study was delimited to the sports like Judo, Wrestling, Taekwondo and boxing of Kerala State. The age group of the participants was ranged from 16-24 years. The selected dependent variables namely such as anxiety and aggression. The subjects were selected from four different disciplines namely Judo, Wrestling, Taekwondo and boxing of Kerala State. 50 women judo players, 50 boys wrestlers, 50 boys boxers, 50 boys taekwondo players were selected as subjects for data collection. The data's were collected from them with the help of The Sport Competition Anxiety Test by Martens, Aggression Questionnaire by Buss & Perry. Descriptive statistics, which help to describe a data distribution, such as mean and standard deviation of the scores were calculated for summarizing the collected raw data. In all the statistical tests, the level of significance was fixed at 0.05 levels. There was a significant difference among Boxing, Wrestling, Taekwondo and Judo on the variable "Anxiety". Wrestlers have significantly higher level of "Anxiety" when compared with Boxing, Taekwondo and Judo. Taekwondo players having less anxiety level when compared to the other three groups.

### Keywords:

Anxiety, Aggression, Compact Sports.

Article Received: 01march 2021, Revised: 05march 2021, Accepted: 18 march 2021

## INTRODUCTION

Anxiety in sport is most common in competitive sports environments and could also be termed competitive stress. A lack of consensus makes it difficult to clearly define anxiety and stress in sport, but one definition, proposed by sport psychology consultant Dr. Graham Jones in the book "Sport Psychology: A Self-Help Guide," is that it's "the result of an interaction between the individual and the environment ... an emotional response to the demands placed upon the individual by the environment." An athlete suffering symptoms of anxiety will inevitably underachieve. The physical and psychological effects experienced will have a negative impact on performance, and continued exposure can lead to burnout, often prompted by growing feelings of dissatisfaction, which can develop into a decision to leave sport completely. The results of a 2009 study published in the online sports psychology journal Athletic Insight highlight the correlation between competitive trait anxiety and burnout in young athletes.

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behavior directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment" (Baron & Richardson, 1994). Most people view aggression as a negative psychological characteristic, however some sport psychologists agree that aggression can improve performance (Widmeyer & Birch, 1984). This is called an assertive behavior (Bredemeier, 1994), where a player will play within the rules of the sport at a very high intensity, but will have no intention to harm an opponent. In sport, aggression has been defined into two categories: hostile aggression and instrumental aggression (Silva, 1983). Hostile aggression is when the main aim is to cause harm or injury to your opponent. Instrumental aggression is when the main aim is achieve a goal by using aggression. For example a rugby player using aggression to tackle his opponent to win the ball. The player is not using his aggression to hurt the opponent but rather to win the ball back. Coulomb and Pfister (1998) conducted a study

looking at aggression in high-level sport. They found that experienced athletes used more instrumental aggression in which they used to their advantage and that hostile aggression was less frequently used. Experienced athletes used self-control to help them with their aggression. It can be seen that aggression comes from a variety of sources and it is important to understand where these sources stem from. Sport stressors allow us to understand what causes an athlete to become frustrated which can lead to aggression and a decline in performance.

### Methods:

The purpose of the study was to find out the assess how anxiety, aggression influence on college level boys in compact sports like boxing, taekwondo, wrestling, judo. The study was

delimited to the sports like Judo, Wrestling, Taekwondo and boxing of Kerala State. The age group of the participants was ranged from 16-24 years. The selected dependent variables namely such as anxiety and aggression. The subjects were selected from four different disciplines namely Judo, Wrestling, Taekwondo and boxing of Kerala State. 50 women judo players, 50 boys wrestlers, 50 boys boxers, 50 boys taekwondo players were selected as subjects for data collection. The data's were collected from them with the help of The Sport Competition Anxiety Test by Martens, Aggression Questionnaire by Buss & Perry. Descriptive statistics, which help to describe a data distribution, such as mean and standard deviation of the scores were calculated for summarizing the collected raw data. In all the statistical tests, the level of significance was fixed at 0.05 levels.

**Table - I**

### DESCRIPTIVE STATISTICS OF THE VARIABLE 'ANXIETY' OF SELECTED GROUPS

Group	N	Mean	Std. Deviation	95% Confidence Interval for Mean		Minimum	Maximum
				Lower Bound	Upper Bound		
Boxing	50	22.70	3.54	21.6919	23.7081	15.00	29.00
Wrestling	50	25.16	3.10	24.2773	26.0427	20.00	33.00
Taekwondo	50	19.56	4.33	18.3283	20.7917	10.00	33.00
Judo	50	23.24	3.21	22.3275	24.1525	15.00	29.00

<b>Total</b>	200	22.66	4.08	22.0951	23.2349	10.00	33.00
--------------	-----	-------	------	---------	---------	-------	-------

It is evident from table-4.1 that observed mean and standard deviation (SD) of the variable 'Anxiety' of Boxing were 22.7 and 3.54 respectively; mean and standard deviation (SD) of Wrestling were 25.16 and 3.10 respectively; and mean, standard deviation (SD) of Taekwondo

were 19.56 and 4.33 respectively; and mean, standard deviation (SD) of Judo were 23.24 and 3.21 respectively. Boxing, Taekwondo and Judo players have average level of anxiety whereas Wrestlers have "high level of anxiety".

Table-II

## DESCRIPTIVE STATISTICS OF THE VARIABLE 'AGGRESSION' OF SELECTED GROUPS

Group	N	Mean	Std. Deviation	95% Confidence Interval for Mean		Minimum	Maximum
				Lower Bound	Upper Bound		
<b>Boxers</b>	50	89.22	7.84	86.9894	91.4506	68.00	107.00
<b>Wrestling</b>	50	90.32	8.57	87.8844	92.7556	74.00	117.00
<b>Taekwondo</b>	50	86.34	14.92	82.0983	90.5817	52.00	119.00
<b>Judo</b>	50	87.42	8.58	84.9806	89.8594	64.00	106.00
<b>Total</b>	200	88.32	10.42	86.8716	89.7784	52.00	119.00

It is evident from table-4.2 that observed mean and standard deviation (SD) of the variable 'Aggression' of Boxers were 89.22 and 7.84 respectively; mean and standard deviation (SD) of Wrestling were 90.32 and 8.57 respectively; and

mean, standard deviation (SD) of Taekwondo were 86.34 and 14.92 respectively; and mean, standard deviation (SD) of Judo were 87.42 and 8.58 respectively.

Finally irrespective of all the groups the mean and standard deviation (SD) of variable 'Aggression' is 88.32 and 10.42 respectively.

### Discussion of Findings:

The purpose of the study was to assess how anxiety and aggression influence on college level boys in combat sports of Kerala State. And the purpose of the study was to know whether there is a significant difference in variables like Anxiety and Aggression level among Boxers, Taekwondo, Wrestlers, Judo players. And also to know whether there is any relationship between the variables like Anxiety and Aggression.

The investigator selected 200 boys from different combat sports, 50 judo players, 50 wrestlers, 50 boxers, 50 taekwondo players from Kerala State. The age of the subject ranges between 16-24 years. The Sport Competition Anxiety Test Questionnaire by Martens (1977) commonly known as just the SCAT test, is a self-reporting questionnaire about anxiety, Mental toughness questionnaire by Alan Goldberg was used to assess the level of mental toughness of the players and Aggression Questionnaire by Buss and Perry was used to assess the aggression level of the players. As the study related to the Anxiety, Aggression and Mental toughness, there were a significant difference in two variables (Anxiety and Mental toughness) and there was no significant differences in one variables (Aggression) among women Boxers, Taekwondo, Wrestlers and Judo in variable of Anxiety.

When the result of variable 'Anxiety' was analysed, it was found that there is a significant difference between the Boxers, Taekwondo, Wrestlers and Judo. The mean and standard deviation (SD) of Boxers were 22.7 and 3.54 respectively; mean and standard deviation (SD) of Wrestling were 25.16 and 3.10 respectively; and mean, standard deviation (SD) of Taekwondo were 19.56 and 4.33 respectively; and mean, standard deviation (SD) of Judo were 23.24 and 3.21 respectively. Boxers, Taekwondo and Judo players have average level of anxiety whereas Wrestlers have "high level of anxiety".

When the result of variable 'Aggression' was analysed, it was found that there is no significant difference between the Boxers,

Taekwondo, Wrestlers and Judo. The mean and standard deviation (SD) of Boxers were 89.22 and 7.84 respectively; mean and standard deviation (SD) of Wrestling were 90.32 and 8.57 respectively; and mean, standard deviation (SD) of Taekwondo were 86.34 and 14.92 respectively; and mean, standard deviation (SD) of Judo were 87.42 and 8.58 respectively.

### Conclusion:

There was a significant difference among Boxing, Wrestling, Taekwondo and Judo on the variable "Anxiety". Wrestlers have significantly higher level of "Anxiety" when compared with Boxing, Taekwondo and Judo. Taekwondo players having less anxiety level when compared to the other three groups.

**Author Contributions:** AAK and J designed the concept and conducted the study complete the raw data, does statistical analysis, generate the results and drafted the manuscripts. All authors have read and agreed to the published version of the manuscript.

**Funding:** The research received no funding or support from any of the agencies

**Conflicts of Interest:** The authors declare no conflict of interest.

**Ethical approval:** Not applicable

**Availability of data:** All available data has been presented in the study.

**Acknowledgments:** Authors wish to thank Dr.R.Mohanakrishnan, Associate Director of Sports, HOD, Department of Physical Education and Sports Sciences, College of Science and Humanities, Kattankulathur, Chengalpattu, Tamilnadu, India for his support towards research.

### Reference:

1. Burke.D.Grandjean, patriacia, A.Laylor and jay weiner (2002) 'confidence, concentration, and competitive performance of elite athletes: A natural experiment on Olympic gymnastics'. Journal of sports and exercise psychology, 24, 320-327.

2. Burton, D. (1988), Re-examining the elusive performance relationship. *Journal of sports and exercise psychology*, 10, 45-61.
3. Chris Englert and Alex Bertrams (2012) "Anxiety, Ego Depletion, and Sports Performance". *Journal of Sport and Exercise Psychology*, 34(5),580-99.
4. Govindasamy K. Effect of Pranayama with Meditation on Selected Psychological Variables Among school Girls. *Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance*. 2018 Mar 3:209-11.
5. Fredrick. M, Christina and Ryan M. Rechard (1995) "self-determination in sports." *International journal of sports psychology*, 26, 5-23.