

BADNESS CONCERN AGAINST KHO-KHO PLAYERS OF JAIPUR DISTRICT

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ABSTRACT

The purpose of this study was to compare the concerns of the Kabaddi and Kho-Kho players in the Jaipur region. For the purpose of the study, 40 male players, 20 players Kabaddi and Kho-Kho each were selected as titles. The academic years range from 15-20 years randomly selected in the Jaipur region. A list of questions about sports competition (SCAT) concerns by Reiner Martens used in the study. The questionnaire completes all the randomly selected topics. Differences between groups were assessed using t-test cancellation samples. The significance level was at a level of 0.05. The results showed that there was a significant difference between the Kabaddi and Kho-kho players in the selected competition concerns. The current paper focuses on comparing the level of anxiety between women including Kho-Kho and Kabaddi players. Anxiety is one of the biggest problems of today's trends in scientific knowledge. Cultural, economic, and industrial conflicts add to a woman's plight, thus increasing the level of anxiety. Anxiety is one of the major barriers to good performance. Worse, the effects of anxiety make a person so tied in knots and in the best possible stress improves performance by making each person aware. An obsessive-compulsive person with a high level of brain function and emotional neuromuscular disorders many eventually end up leading that person to a stage of fatigue and possibly psychological problems. Anxiety reduction can be caused by regular participation in sports and sports, success, increased physical fitness, motor skills, skills and strategies. The analysis was performed with the help of both primary sources through structured queries and secondary sources through books, journals and online and translating data collected through the ANOVA process. In addition, the paper also covers types of anxiety, the role of sports in maintaining mental health and strategies to reduce the level of anxiety among female athletes. Ultimately, it provides a solution and a good end to maintaining physical fitness.

Keywords: *Competitive Concerns, Kabaddi, Kho-Kho, Players, ANOVA.*

Introduction

Sport is a competitive institutionalized activity that involves strenuous effort or the use of complex physical skills by participants through a combination of internal satisfaction that goes hand in hand with the work itself and the external rewards earned by participating. Women by nature, very competitive and aspiring to work have always strived to jump high and fast, to run fast and to show great strength and ability. Physical fitness plays a role in the emphasis on extra work. There is a decent amount of artistic detail in the tangible benefits of martial arts training; the psychological and social consequences are very clear. The results of long-term art training are still being investigated, and there have been many interesting studies. Most of the studies that have been done are similar in showing that martial arts training often results in better mental and social improvement. Anxiety is a complex emotional state characterized by general fear or premature binding, often accompanied by tension. It is related to fear and panic and is often associated with failure, it can be a realistic expectation. It must create relationships between people and social conditions. Feelings of rejection and insecurity are often part of anxiety. Competitive anxiety Anxiety created in the game, a competitive situation. It is a period of anxiety that occurs as a result of a competitive environment.

Today sports are now a respected national phenomenon and sports have been studied by various sciences. People are naturally competitive and want to succeed in sports. All women are in a race to show their greatness by challenging others. This challenge therefore rejuvenates, motivates and

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motivates all athletes to sweat and fight, to run fast, to jump high, to jump forward and to show great strength, endurance and skill in the current competitive sports world. Praise can only be achieved by putting their talents into relevant sports and sports, as well as by scientific, organized and organized sports training. Since the first modern Olympic Games, human performance has attracted the attention of a wider segment of the population. In addition to the athlete, there is a growing scientific awareness among coaches and investigators Athletic records are being followed by more and more people, and the details are carefully kept by various sports officials and the media as well. For the athlete, achieving high performance is one of the factors that make competition competitive. The growth in size, complexity and number of research laboratories has given impetus to athletic research. Details are now available on every sport, and the elite athlete has been featured in various scientific journals. Ultimately it will benefit the actor to have the knowledge with which to support the performance aspects and training methods, as well as to help explain the success of certain competitive standards. In terms of Olympic performance standards, Tanner noted that a lack of proper fitness could make it difficult for an athlete to reach that level of success. The most productive courses are usually for top athletes at national and international levels. In theory we can expect the most successful to have the right structures in line with their work ethic; therefore, examining the differences between these structures and functions will enhance our understanding of the importance of physical and mental aspects.

Psychology

The word psychology comes from the Greek word psycho, meaning mind or soul and wood means science. So the term psychology is the science of the mind and the soul. Psychology studies the natural sciences of the human mind and soul. Psychology is the study of human nature scientifically and rather than creating a situation. Psychology plays a major role in sports and is strongly associated with psychological factors. Sports psychology is defined as the scientific study of human behavior in sports. As an alternative to sports and exercise science, sports Psychology can be applied to a variety of physical activity skills and exercise programs, such as corporate fitness, exercise and fitness programs designed for health and traditional physical education and competitive sports.

Anxiety

Anxiety is a concept that is widely talked about by players and coaches. Professionals involved in sports performance need to know the symptoms associated with anxiety. Once construction is done it can be wise to deal with anxiety-related problems. There are two distinct aspects of anxiety. One factor stems from feature anxiety. Behavioral anxiety is linked to inherent instincts. For example, having a tendency to throw before an important race. The second form of concern is related to the state, which is specific to a particular situation. For example, an artist may feel awkward when he throws a free throw in basketball. Related to these factors are the two mechanisms identified as somatic (physical sensations) and mental (psychological) anxiety. Players can suffer from both types of processes or especially from each other.

Anxiety in sports activities is widespread because of the reality here, as now with this, a person who opposes the background of great physical and mental burdens in studies and competitions, is constantly confronted with the workings of too many human uniforms of environmental influences. For this reason in sports before any other, practice requirements have been given to performance diagnostic tasks and to control pre-competition conditions for athletes, their mental preparation, characterized by varying levels of status anxiety, adequate or inadequate for job requirements. The ability to cope with stress is one of the most important aspects of a sport. Each athlete must learn to deal with the anxiety involved in his or her work. The various behaviors that express concern are different and are often difficult to see as a response to anxiety. What the player can do about anxiety varies similarly.

Methodology

Samples of the current study consisting of 40 athletes (20 Kabaddi and Kho-kho players) between the ages of 15 and 20 taking part in various competitions. Accepted method and procedure for subject selection, sample and lesson design, flexible selection i.e. concern. The present study uses a questionnaire method.

Research Tools: Anxiety level assessment was performed using a sports competition Anxiety Questionnaire (SCAT) test by Renier Martin.

Statistical Technique: Comparing the concerns of the Kabaddi and Kho-kho players in the Jaipur region. Independent 't' used. The significance level was chosen to be 0.05.

Results: The data collected was expanded using the mathematical process of testing and the results are presented in the following tables:

Table 1: Competitive Anxiety of Kabaddi and Kho-kho Players

S.No.	Game	Sample size	Mean \pm standard deviation	't' value
1.	Kabaddi	20	13.6 \pm 2.21	4.30
2.	Kho-kho	20	12.3 \pm 2.28	

*Significant at 0.05 level

The table above shows the stated value, standard deviation and 't' value of competition concerns. The table also showed that $t_{0.05}(2, 38) = 4.30$ was calculated for both groups. Which is higher than the set $t_{0.05}(2, 38) = 1.6859$. It emphasizes that there is a significant difference between the concerns of the Kabaddi players and the Kho-kho players of the Jaipur region. It can therefore be concluded that the concerns of both the Kabaddi and Kho-kho players are different.

Discussion

Anxiety is a humbling feeling of fear and weight gain. Sports concerns can be affected by the appropriate competitive environment and the independent competitive environment. Although a state of anxiety is temporary, its timing is very important and often high levels of anxiety are seen by people when they should not be present. The selected number of Kabaddi players selected has shown that the number is higher than the Kho-kho players.

Conclusion

Based on the findings of the study, that there is a correlation between the competitive aspects of the competition between all the Kabaddi and Kho-kho players. There is a marked difference between the Kabaddi and the Kho-kho players in the Jaipur region.

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