The Relation between Anxiety and Sports Perfectionism of Kabaddi Players

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Abstract- Kabaddi is an indigenous folk game of India. Now in India it is considered as "National Game". To make it international, impetus is provided only very recently. To make a game popular and to rise it up to the international standard different rules should be framed, effective coaching should be provided, skills should be well developed and performance should be measured as well as increased. For this purpose research should be done. But till now very limited research has already been done. To bridge up the gap we are putting our best endeavour to launch a research project. The present study was carried out through descriptive survey method within ex-post-facto research design. Ninety four men Kabaddi players of the teams of different Indian Universities were considered as the sample of the present study. Data was collected from the Kabaddi players in course of Inter-University Kabaddi (Men) Tournament, held in the University of Kalyani during October 12-14, 2006. To measure perfectionism "Sport Multidimensional Perfectionism" Sport-MPS of Dunn, Causgrove Dunn & Syrotuikm (2002) was considered and for "Trait Anxiety" the scale devised by Spielberger, Gorsuch, Lushane, Vagg and Jacobs (1983) was taken. "Multiple Regression Analysis" was done. Here Trait Anxiety was taken as dependent variable and different facets of Sport-MPS [Personal Standards (P.S.), Concern Over Mistakes (COM), Perceived Parental Pressure (PPP) and Perceived Coach Pressure (PCP)] were considered as independent variables. The derived predictive equation was as follows: Trait Anxiety = 43.569 − 0.229 × Personal Standards (P.S.) + 0.325× Concern Over Mistakes (COM) + 0.065× Perceived Parental Pressure (PPP) − 0.203 × Perceived Coach Pressure (PCP). Personal Standards (P.S.) and Perceived Coach Pressure (PCP) decrease the Trait Anxiety. Whereas Over Mistakes (COM) and Perceived Parental Pressure (PPP) increase the Trait Anxiety of the Kabaddi players.

Index Terms- Test Anxiety, Perfectionism and Sport Multidimensional Perfectionism, Multiple Regression Analysis.

I. INTRODUCTION

Kabaddi is a folk game. Kabaddi is indigenous to India, and it is considered as our "National Game". To make it international, impetus is provided only very recently. To make a game popular and to rise it up to the international standard different rules should be framed, effective coaching should be provided, skills should be well developed and performance should be measured as well as increased. For this purpose research should be done. But till now very limited research has already been done. To bridge up the gap we are putting our best endeavour to launch a research project.

II. AIM OF THE RESEARCH PROBLEM

To make a game popular and to rise it up to the international standard different rules should be framed, effective coaching should be provided, skills should be well developed and performance should be measured as well as increased. For this purpose research should be done. But till now very limited research has already been done. To bridge up the gap we are putting our best endeavour to launch a research project.

III. METHODS

The present study will be carried out through descriptive survey method within ex-post-facto research design. The details regarding sample, tools, procedure of data collection and statistical technique are reported as under:

Sample: Ninety four men Kabaddi players of the teams of different Indian Universities was considered as the sample of the present study. Data was collected from the Kabaddi players in course of Inter-University Kabaddi (Men) Tournament, held in the University of Kalyani during October 12-14, 2006.

Tools: The following research tools will be used in the present study for data collection. By applying yardsticks of relevance, appropriateness, reliability, validity and suitability tools are selected. Brief descriptions of the tools are given hereunder. For measuring "Sport Multidimensional Perfectionism" Sport MPS of Dunn, Causgrove Dunn & Syrotuikm (2002) was considered and for "Trait Anxiety" the scale devised by Spielberger, Gorsuch, Lushane, Vagg and Jacobs (1983) was taken. **The Sport-MPS contains** 30 items and 4 subscales. The subscales are labelled Personal Standards (PS: 7 items), Concern Over Mistakes (COM: 8 items, Perceived Parental Pressure (PPP: 9 items), and Perceived Coach Pressure (PCP: 6 items,). The instrument is designed to measure how athletes view certain aspects of their competitive experiences in sport. Athletes rate the extent to which they agree with each of the 30 items using a 5-point Likert-type scale (1 = strongly disagree; 5 =strongly agree). Item scores are averaged within each subscale, with higher scores reflecting higher levels of perfectionism on each dimension.

The State-Trait Anxiety Inventory (STAI) was used as research tool. This inventory was designed by Spielberger, Gorsuch, Lushane, Vagg and Jacobs (1983) not only for the assessment of the anxiety loading of the individual but also for the distinction of two aspects of anxiety viz. state anxiety and trait anxiety. "State Anxiety" is conceptualised as a transitory level of anxiety, which is often situationally determined, and fluctuates with time and circumstances, whereas, "Trait Anxiety" is regarded as a latent predisposition, which is relatively stable and can be triggered by appropriate stimuli. This is considered as basic anxiety level.

STAI is a self-evaluation questionnaire. Both of the two parts of the inventory contains 20 items each. Items of this scale have been constructed in reverse- and non-reverse-keyed format,

and instructions are given asking participants to rate their agreement with a statement on 4-point "Likert type scale".

Procedure for Data Collection: The relevant data on different constructs was collected by administering the above-mentioned tools on the subjects under the study in accordance with the directions provided in the respective manuals of the tools.

Statistical Techniques: The relationships among the variables were found out by computing Pearson's product-moment correlation coefficient and multiple regression equation was framed.

IV. Result
Table – 1: Descriptive Statistics

Variable	Total No. of Item	Maximum Score	Mean	Std. Deviation	N
Trait Anxiety	20	20×4 = 80	43.33	5.562	490
Personal Standards (P.S.)	7	7×5= 35	23.49	4.593	490
Concern Over Mistakes (COM)	8	8×5=40	23.45	5.548	490
Perceived Parental Pressure (PPP)	9	9×5=45	28.33	4.921	490
Perceived Coach Pressure (PCP)	6	6×5=30	18.33	3.814	490

Table - 2: Variables Entered in Multiple Regression Analysis
(Trait Anxiety as Dependent Variable)

Dependent Variable	Variables Entered	Method
Trait Anxiety	Personal Standards (P.S.), Concern Over Mistakes (COM), Perceived Parental Pressure (PPP) and Perceived Coach Pressure (PCP)	Enter

Table - 3: Model Summary in Multiple Regression Analysis
(Trait Anxiety as Dependent Variable)

Model	R	R^2	Adjusted R^2	Std. Error of the Estimate
1	.125[a]	.016	.014	5.524
2	.253[b]	.064	.060	5.393
3	.286[c]	.082	.076	5.346
4	.305[d]	.093	.085	5.319

[a] Predictors: (Constant), PCP
[b] Predictors: (Constant), PCP, COM
[c] Predictors: (Constant), PCP, COM, P.S.

d Predictors: (Constant), PCP, COM, P.S., PPP

Table - 4: ANOVA in Multiple Regression Analysis
(Trait Anxiety as Dependent Variable)

Model		Sum of Squares	Mean Square	F	Sig.
1	Regression	235.477	235.477	7.716	.006[a]
	Residual	14892.278	30.517		
	Total	15127.755			
2	Regression	965.752	482.876	16.605	.000[b]
	Residual	14162.004	29.080		
	Total	15127.755			
3	Regression	1239.188	413.063	14.454	.000[c]
	Residual	13888.567	28.577		
	Total	15127.755			
4	Regression	1405.394	351.349	12.418	.000[d]
	Residual	13722.361	28.294		
	Total	15127.755			

[a] Predictors: (Constant), PCP
[b] Predictors: (Constant), PCP, COM
[c] Predictors: (Constant), PCP, COM, P.S.
[d] Predictors: (Constant), PCP, COM, P.S., PPP

Table - 5: Coefficients of Multiple Regression Analysis
(Trait Anxiety as Dependent Variable)

Model	Dependent Variables and Constant	Un-standardized Coefficients		Standardized Coefficients	t	Significant
		B	Std. Error	β		
1	(Constant)	46.662	1.226		38.051	0.000
	PCP	-0.182	0.065	-0.125	-2.778	0.006
2	(Constant)	44.170	1.296		34.075	0.000
	PCP	-0.375	0.075	-0.257	-5.024	0.000
	COM	0.257	0.051	0.257	5.011	0.000
3	(Constant)	45.798	1.389		32.980	0.000
	PCP	-0.267	0.082	-0.183	-3.265	0.001
	COM	0.324	0.055	0.323	5.863	0.000
	P.S.	-0.220	0.071	-0.182	-3.093	0.002
4	(Constant)	44.088	1.552		28.415	0.000
	PCP	-0.322	0.085	-0.221	-3.813	0.000
	COM	0.294	0.056	0.293	5.215	0.000
	P.S.	-0.256	0.072	-0.211	-3.533	0.000
	PPP	0.150	0.062	0.133	2.424	0.016

Regression Equation for Model – 4:
Trait Anxiety = 44.088 – 0.322 × Perceived Coach Pressure (PCP) + 0.294 × Concern Over Mistakes (COM) – 0.256 × Personal Standards (P.S.) + 0.150 × Perceived Parental Pressure (PPP)

IV. DISCUSSION AND CONCLUSION

[A] When Personal Standards (P.S.) increases Trait anxiety Decreases

[B] When Concern Over Mistakes (COM) increases Trait anxiety also increases

[C] When Perceived Parental Pressure (PPP) increases Trait anxiety also increases

[D] When Perceived Coach Pressure (PCP) increases Trait anxiety decreases

To control trait Anxiety Concern Over Mistakes (COM) and Perceived Parental Pressure (PPP) should be controlled; whereas Personal Standards (P.S.) and Perceived Coach Pressure (PCP) should be increased.

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