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**STUDY ON MEANS SCORES, STANDARD  
DEVIATIONS AND T-RATIO OF ANXIETY OF  
JUNIOR COLLEGE GIRLS AND HIGH SCHOOL  
BOYS KABADDI PLAYERS**

# Study On Means Scores, Standard Deviations and T-Ratio of Anxiety of Junior College Girls and High School Boys Kabaddi Players

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**Abstract:** With regards to anxiety of Junior College and .High School Kabaddi players they have obtained the mean values of 19.02 and 18.77 respectively, which are given in table 2.3 reveals that the significant difference was found out in ( $t=2.31, p < 0.05$ ) of Junior College girls and .High School boy's Kabaddi players. Junior College girls players having more anxious as compared to .High Schoolboy's Kabaddi players which means that .High Schoolplayers incur significantly less anxious.

**Key words;** Significant difference, Junior College girls, High School boys.

## INTRODUCTION

Sports performance has been found to be related to some personality variables. Extraversion and neuroticism are among the variables which influence sports performance in addition to many other personality variables. Extraversion has been found to be highly related or supportive to dominance and sociability in athletes and sports participants by Sperling (1942), Tillman (1964), Ruffer (1965), Whiting & Stembridge (1965), Wernet and Gottheil (1966), Bruner (1969), Kane (1970) and Ikegami (1970). Extraversion, according to Alderman (1974), is a construct evolving out of Jung's (1933) early designation of the two major attitudes of personality: the extraverted attitude, which orients the person to the external, objective world, and the introverted attitude, which orients one towards the inner, subjective world. Eysenck (1947) whose developboy'st of the two broad personality diboy'ssions of neuroticism-stability and extraversion-introversion provides the major underlying theoretical structure of this trait. He describes extraverted individuals as:

"Outgoing, impulsive, uninhibited, involved in group activities, sociable, friendly, craving exciteboy'st, and having many social contacts. They stick their necks out and take chances, act on the spur of the moboy'st, are optimistic, aggressive, lose their temper easily, laugh a great deal, and are unable to keep their feelings under control."

## REVIEW OF LITERATURE

Sharma and Shukla (1982) studied the personality characteristics of sportsboy's of individual and team sports. They reported that individual sports athletes were higher on these traits: conscientiousness, outgoing, super ego-strengt, vigorous and tough mind ness.

PD. Tomporowski (1984) studied that the effect of seven month aerobic type exercise program on physical fitness and intelligence of institutionalized adult metally retarded person were evaluated. Sixty-five subjects, matched on IQ, CA and sex, were assigned randomly to exercise (PF), attention control (AC) and. intervention control (C) groups. PF and AC group participated in 139 training sessions, three hours per day, five days per week. The exercise consisted of running/jogging, calisthenics and circuit training those in the AC groups received a special education program: the C group continued their normal institutional training programs. Cardiovascular efficiency improved in the PF group. The IQ and adaptive behaviour did not improve as a result of any treatboy'st. Even though standardized test reflected little change in adaptive behaviour of participants, subjective reports suggest PF training may serve as an effective habitation program for many institutionalized boy'sly retarded adults.

## MATERIAL AND METHOD

Table 1

Mean scores, standard deviations and t-ratio of anxiety of Junior College girls and .High Schoolboys Kabaddi players.

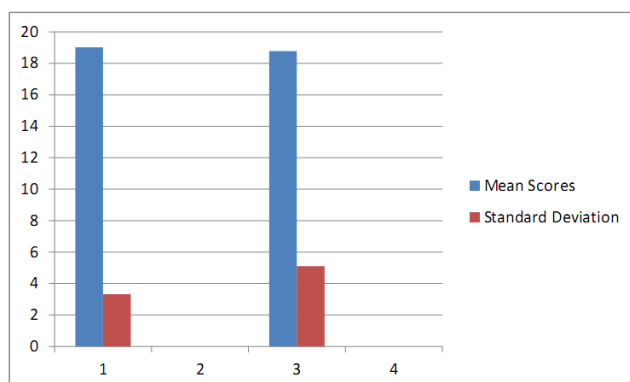
Kabaddi players	Number	Mean Scores	Standard Deviation	t-value
Junior College Girl's	59	19.02	3.32	2.31*
.High SchoolBoy's	79	18.77	5.11	

\*Significant at .05 levels

As per table 1 shows that the mean scores, standard deviation and t-ratio anxiety of Junior College girls and .High Schoolboy's Kabaddi players. With regards to anxiety of Junior College and .High School Kabaddi players they have obtained the mean values of 19.02 and 18.77 respectively, which are given in table 2.3 reveals that the significant difference was found out in ( $t= 2.31$ ,  $p < 0.05$ ) of Junior College girls and .High School boy's Kabaddi players. Junior College girls players having more anxious as compared to .High Schoolboy's Kabaddi players which means that .High School players incur significantly less anxious.

Mean scores of anxiety of high schools and .High School boy's Kabaddi players are presented graphically in figure.1

**Figure1: Showing mean scores and standard deviation of anxiety of Junior College girls and Junior College boys Kabaddi players.**



**Table 3**

**Mean scores, standard deviations and t-ratio of anxiety of Junior College boys and .High School Girl's Kabaddi players.**

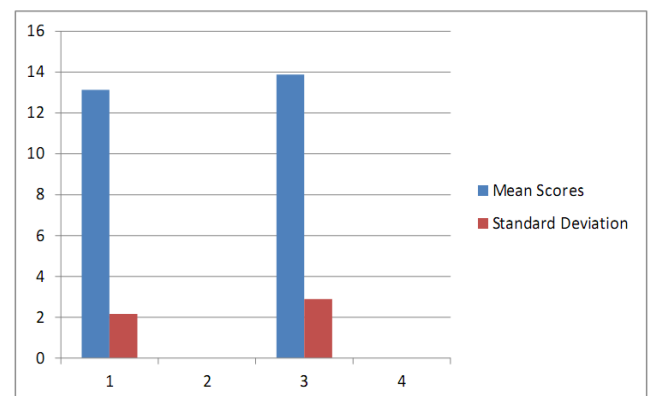
Kabaddi players	Number	Mean Scores	Standard Deviation	t-value
Junior College Boy's	91	13.13	2.17	2.30 *
.High SchoolGirl's	71	13.88	2.89	

As per table 3 shows that the mean scores, standard deviation and t-ratio of anxiety of Junior College boys and .High SchoolBoy's Kabaddi players.

With regards to anxiety of Junior College boys and .High SchoolBoy's Kabaddi players they have obtained the mean values of 13.13 and 13.88 respectively, which are given in table 2.4 reveals that the significant difference was found out in ( $t=2.30$ ,  $p < 0.05$ ) Kabaddi players. Highschool boysKabaddi players having less anxious as compared to .High SchoolBoy's Kabaddi players which means that .High School Kabaddi players incur significantly more anxious.

Mean scores of anxiety of Junior College boys and .High SchoolBoy's Kabaddi players are presented graphically in figure. 4

**Figure- 4: Showing mean scores and standard deviation of anxiety Junior College boys and Junior College Girl's Kabaddi players**



## CONCLUSION

The present study deals with the anxiety between Junior College and .High School Kabaddi Players. The age ranged of Junior College Kabaddi Players was 15 to 17 years and .High School Kabaddi players was 18 to 19 year. The data was collected with the help of SCAT anxiety inventory.

In this study total 300 Kabaddi Players were selected; out of 150 Junior College Kabaddi players. The data was treated statistically by employing "t test to determine the significant difference of personality characteristics between Junior College and .High School Kabaddi Players.

The mean (S.Ds.) age of Junior College Kabaddi players was 16.0 (2.89). Their weight was 51.13 (17.34) Kg. and their height was 156.02 (6.11) cm. Meanwhile the mean (S.Ds.) age of .High School Kabaddi players was 23.11 (6.66), their weight was 68.22 (11.09) kg and their height was 172 (12.44) cm.

It had been hypothesized there would be no significant difference of anxiety of Junior College and .High School Kabaddi players. The results of the study revealed that (Table-2.1) statistically significant difference of anxiety was found ( $t = 6.30$ ,  $P < 0.05$ ) between Junior College and .High School Kabaddi players. Junior College Kabaddi players was found to have got less extrovert tendency as compared to .High School Kabaddi players, which means that .High School Kabaddi players incur significant more anxious as compared to Junior College Kabaddi players. This results have failed to reject the null hypothesis of the study. Thus, the hypothesis was not accepted.

It had been hypothesized there would be no significant difference of anxiety of Junior College boys and .High School Kabaddi players. The results of the study revealed that (Table-2.2) statistically significant difference of anxiety was found ( $t = 2.87$ ,  $P < .05$ ) between Junior College and .High School Kabaddi players. Junior College Kabaddi players was found to have got less anxious as compared to .High School Kabaddi players, which means that .High School Kabaddi players incur significant more anxious as compared to Junior College Kabaddi players. This results have failed to reject the null hypothesis of the study. Thus, the hypothesis was not accepted.

It had been hypothesized there would be no significant difference of anxiety of Junior College girls and .High Schoolboy's Kabaddi players. The results of the study revealed that (Table-2.3) statistically significant difference of anxiety was found ( $t = 2.31$ ,  $P < .05$ ) between Junior College girls and .High School boy's Kabaddi players. Junior College girls Kabaddi players was found to have got more less anxious as compared to .High Schoolboy's Kabaddi players, which means that .High Schoolboy's Kabaddi players incur significant more anxious tendency as compared to Junior College girls Kabaddi players. This result has failed to reject the null hypothesis of the study. Thus, the hypothesis was not accepted. It had been hypothesized there would be no significant difference of anxiety of Junior College girls and .High Schoolboy's Kabaddi players.

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