Analysis of Sports Competition Anxiety, EGO and Task Orientation among Calicut, MG and Kerala University Men Kho-Kho Players

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Abstract – The aim of the investigation was to find out the relationship between anxiety, and ego of inter university Kho-Kho players. For the study 36 subjects were selected using purposive random sampling method from Calicut, MG, and Kerala university Kho-Kho players from inter university Kho-Kho tournament which was held at annamalai university. 12 players were randomly selected from each University. Sports competition anxiety questionnaire were issued to the subjects and questions were explained as per there state local language for avoiding the data error. Four kinds of psychological parameter data were collected from each subject which is sports competition anxiety and ego. Collected were used for analysing one way anova in spss 20th version.

Result: psychological parameters such as anxiety, ego and task orientation showing significant difference.

Keyword – Anxiety, Ego, Task Oerntation

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INTRODUCTION

Many psychological factors affects sports performance, from that some selected variable are mentioned during this paper. Anxiety and its special effects on sports performance stay one in every of the most analysis areas in sports scientific discipline. Anxiety is outlined as associate dis like emotional expertise that may develop probably threatening, appraising things considering that athletes in competitive sports ought to perform well stressed, sporting competitions are often thought of as probably threating appraising things and so will presumably elicit heightened levels of tension.

OBJECTIVE

The analysis examines the selected Psychological parameters among Calicut, MG and Kerala university Kho-Kho players. The parameters include sports competition anxiety, ego and task orientation may influvance the performance of above said inter university Kho-Kho players.

HYPOTHESIS

There would be a significant difference men inter university Kho-Kho players among Calicut, MG and Kerala universities. The psychological parameters like Anxiety and Ego might influence the performance of above mentioned university Kho-Kho Players

METHOD

For this research totally 36 subjects were randomly selected from Calicut, MG and Kerala Universities who participated in South zone inter university Kho-Kho tournament held at Annamalai University. 12 players were selected from each University using purposive random sampling method the qualitative data were collected through questionnaires. The investigators explained the meaning in there state local language for minimizing the data error. In this analysis two kinds of psychological factors data were collected which are sports competition anxiety, ego and task orientation. The collected data were analysed with ANOVA with degrees of freedom 2 and 33 significant at 0.05 levels

Calicut, Mg, and Kerala University men Kho-Kho players Mean and standard deviation on the variables of anxiety and Ego

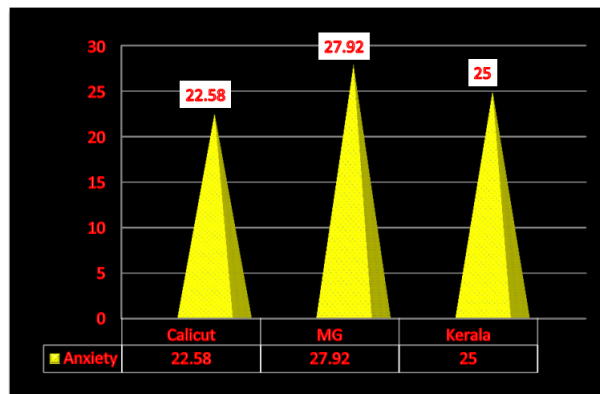| Group		Mean	Std. Deviation
Anxiety	Calicut	22.58	1.83
	MG	27.92	3.65
	Kerala	25	3.07
Ego	Calicut	2.74	.91
	MG	2.9	.21
	Kerala	2.89	.41
Task	Calicut	2.71	.978
	MG	3.82	.635
	Kerala	3.55	.516

From above table the mean values on anxiety of Calicut, MG and Kerala University are 22. 58, 27.92 and 25 respectively. Among 3 universities Mg University shows higher mean value. Mean values on ego of Calicut, MG and Kerala University are 2.74, 2.9 and 2.89 respectively. Kerala University shows higher mean value among the three universities. In case of task orientation mean values are 2.71, 3.82 and 3.55. MG University showing better mean value than the other two inter university Kho-Kho teams

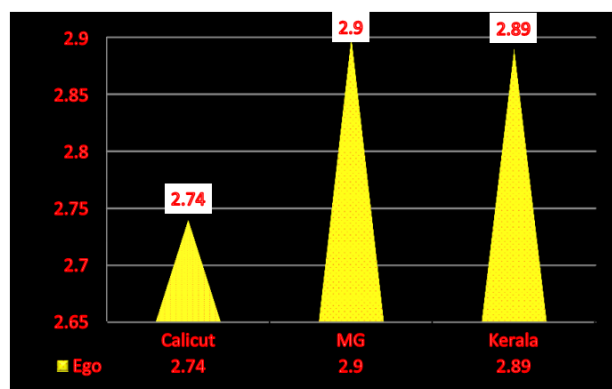**Calicut, MG and Kerala university men's Kho-Khoplayer's significant values on Sports competition anxiety and ego**

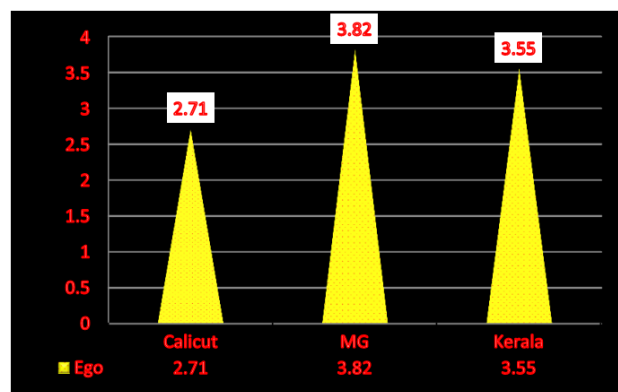|	Sov	Sum of square	Df	Mean Square	F Ratio	Sig
Anxiety	B	171.167	2	85.583	9.81	0.000
	W	287.833	33	8.722		
Ego	B	.281	2	.141	0.407	.669
	W	11.423	33	.346		
Task	B	7.971	2	3.985	7.35	.002
	W	17.899	33	.542		

Significant level at 0.05*

In this table between the group and within the group p value of anxiety is 0.000 which is lesser than 0.05 level of significance. So there is a significant change exist between the three groups. In the case of ego the calculated p value 0. 669 is higher than 0.05 level of significance. Hence there is no significant difference between three groups. P value of task orientation is 0.002 is lesser than 0.05 level so there is a significant difference occur among the three groups

Graphical representation on anxiety means value among Calicut, MG and Kerala University

Graphical representations on Ego mean values among Calicut, MG and Kerala University

Graphical representations on Task orientation mean values among Calicut, MG and Kerala University

CONCLUSION

It will conclude that, selected Calicut, MG and Kerala men university Kho-Kho players on selected psychological parameters such as anxiety, ego and task orientation, anxiety and task orientation showing significant difference. Significant value of anxiety is 0.000 is lesser than 0.05. Psychological parameters build the players changes their actions, skills, thoughts, feelings. Motor skills and psychological skills have an identical role in the life of an elite

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player to help to progress their performance and achieve their goals.

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