

Comparison between Male and Female Elite Wrestlers: A Psychological Study

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Abstract

Anxiety is recognized one of the main factor that reduces athlete's performance in games and sports but its depend on the nature of anxiety, So many psychological studies and lot of researchers and their research evidences support that high levels of anxiety can have a deteriorating effect on an individual athlete or team performance. This research paper was carried out to examine possible significant differences in cognitive anxiety, somatic anxiety, and self confidence among elite male and female wrestlers. The present investigation was used to form the samples as twenty five (N=25) medalist (12 male and 13 female) randomly selected from different weight categories in All India interuniversity wrestling competition. All subject readily agreed to volunteer as subject for collection of data. For this purpose measuring instruments was used Competitive State Anxiety Inventory - 2 (CSAI-2) Test developed by Martine's et. al (1990) , after that collected data was analyzed by using t- test to find out the significance differences between male and female elite wrestlers on above mentioned sub- psychological variable and the level of significance was set at 0.05 level of confidence .The obtain result advocate that each sub-variable (cognitive anxiety, somatic anxiety, and self confidence) findings in contrast and that found insignificance difference among elite male and female elite wrestlers.

Keywords: cognitive anxiety, somatic anxiety and self confidence, elite wrestlers

1.1 Introduction

Wrestling is a time-honored combative sport that is treated as the oldest combative sport in most cultures all over the world. It can be traced back to the early history of human beings in ancient times, human being was dependent on his/her muscular strength, in confronting both natural forces and other humans. There was only primitive weaponry, as far as any existed. Wrestling was thus of primary importance in survival .It was a continuation of combat without weapons and it would be impossible to more accurately describe the challenges faced by a modern competitive wrestler. An athlete need not only muscular power, but also technical-tactical training and mental abilities. In the first modern Olympic Games in 1896 in Athens, wrestling was without weight categories. In order to let athletes compete against others with about the same physical status, weight categories were introduced for the first time at the Olympic Games in St. Louis (USA) in 1904 which have been continuously refined and are still undergoing change. A wrestling bout is a physical competition, against two competitors or opponent partner, who attempt to gain and maintain a position. Mainly it is perversely concede that psychological factor, psycho-physiological conditioning program and traditionally skill practices are of crucial importance in high-level combative sports. The origin of anxiety may be either psychic or somati or even both ,the most point in each case is the intensity of abating that trigger of psycho-chemical reaction in the body and creat a vicious circle, that is one of the greatest problem of modern trends in scientific knowledge ,culture conflict economic problem, industrialization all odd to the problem of an individual. Anxiety refers to that emotional state of mind where a fear or danger or loss surfing is a prominent feature. It generally arises as a result of fear of some thing unknown which creats tension and disturbe the mental faculty of a person . An inborn aspect of competitive athletics is the need for players to meet the demands of competition and to perform well under pressure (Craft et al., 2003). "The perception of a substantial imbalance between environmental demand

and response capabilities under conditions which a failure to meet demands is perceived as having important consequences will respond to increase levels of cognitive and somatic state anxiety” (Martens et al., 1990).

The concept of state anxiety were characterized by subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated with activation or arousal of the autonomic nervous system Spielberger (1966).A host of sports psychologist explored that the role of situational factors play in mediating state anxiety of athletes prior to competitions (Jones, Swain & Cale, 1991: Krane & William, 1994: Matheson & Mathes, 1991).Anxiety is a negative emotion which affects perceptions in sport competitions, and that leads to the majority of athletes to consider anxiety as debilitating towards performance, which may result in a decrease in performance (Weinberg and Gould, 1999; Raglin and Hanin, 2002).It is recognized as one of the main factors that reduces athletes’ performance in games and sports. so many studies , maximum researchers and their research reviews have found that high levels of anxiety can have a deteriorating effect on athletes’ or teams’ performance. In games and sports, state anxiety has three dimensional aspects e.i cognitive state anxiety, somatic (body) state anxiety and self-confidence. Cognitive state anxiety is the concern which individual cognized in the anticipation of threatening condition before and after the competitive situation. The concept of somatic state anxiety is the motion experiences when autonomic nervous system has been recharge or awakened before and after the competition. And self-confidence is an athlete's trust about whether their behavior can make success. State anxiety was considered to have significant influence on athlete's performance

2.1 Methodology

Twenty five (N=25) Indian university male and female high performance wrestlers were selected. Keeping in mind the nature and purpose of study. All subject were categorized into two main section, in terms of male (n=12) and female (n=13) high performers, who were randomly selected from different weight categories in All India intervarsity wrestling competition. The elite Subject representing, those who had succeeded in getting first, second and third position in own respective weight categories. Researcher used the competitive state anxiety inventory-2 (CSAI-2) Test prepared by Martine’s et. al (1990) to measure the competitive anxiety level. This test consisting of a 27-item full scale comprised of three nine item subscales measuring cognitive anxiety, somatic anxiety, and self-confidence and each Subscale items were scored on a 4-point Likert type scale ranging from (1) "not at all" to (4) "very much so." Higher scores on each subscale denote higher levels of anxiety. An analysis of data independent group t-tests was used to compare the mean difference of pre-competitive state anxiety sub variable between male and female elite wrestlers by using the SPSS (Statistical Package for the Social Sciences) program. This test was chosen to find out the any significant difference among sub variable of state anxiety, which has been above mentioned. The level of significance was set at 0.05 level

3.1 Results and Discussion

The present study was designed to compare the cognitive anxiety, somatic anxiety and self confidence of male and female elite wrestlers.

Table 1. Independent Sample t-test of Cognitive Anxiety between Male and Female Elite Wrestlers (N=25)

Sub Variable	Group	N	Mean	S D	t	p
Cognitive Anxiety	Male	12	21.75	4.80	0.80	>.05
	Female	13	23.15	3.91		

Using the independent t-test, the above findings revealed that there was no significant difference exists between male and female elite wrestlers on the sub variable of cognitive anxiety. It is due to the fact that the obtain t-value = 0.80, $p > 0.05$ that denote the calculated t- value is less than tabulated value ($0.80 < 2.06$) at 0.05 level of significance and the mean score ($23.15 > 21.75$) of female was more than male wrestlers, which is presented in above Table 1

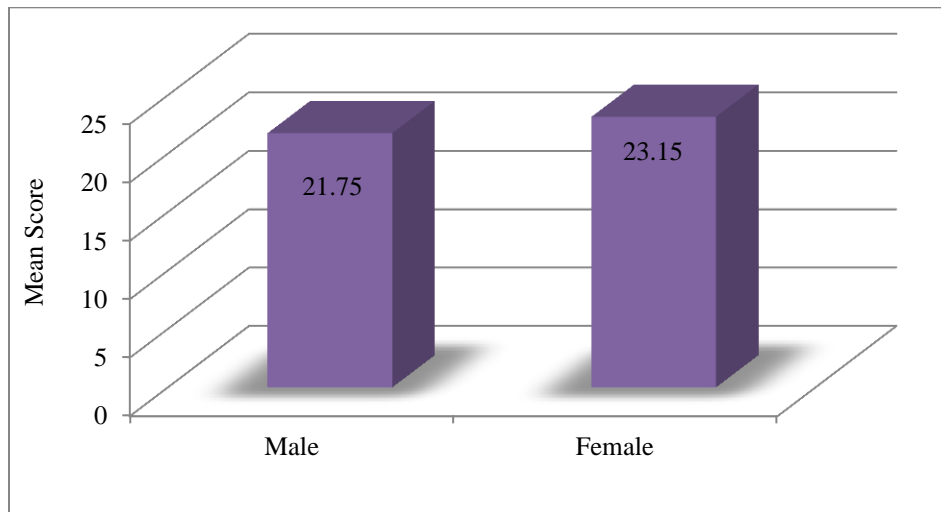


Figure 1. Showing mean score of cognitive anxiety

Table 2. Independent Sample t-test of Somatic Anxiety between Male and Female Elite Wrestlers (N=25)

Sub Variable	Group	N	Mean	S D	t	p
Somatic Anxiety	Male	12	21.41	2.84	0.83	<.05
	Female	13	20.23	4.12		

It has been depicted from the above Table 2 that there is no significant difference exist between male and female elite wrestlers with regard to somatic anxiety since, calculated t value is less than tabulated t- value $0.83 < 2.06$ (Table-2). But the mean score ($21.41 > 20.23$) of elite male was more than female wrestlers.

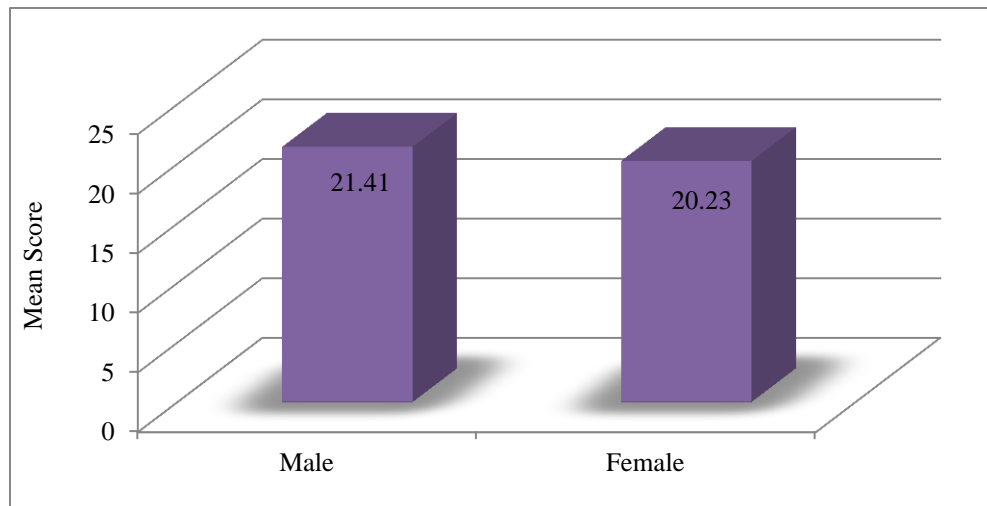


Figure 2. Showing mean score of somatic anxiety

Table 3. Independent Sample t-test of self confidence between Male and Female Elite Wrestlers (N=25)

Sub Variable	Group	N	Mean	S D	t	p
Self Confidence	Male	12	27.66	2.80	0.10	<.05
	Female	13	27.53	3.38		

It has been observe from above table, that obtain t value is less than tabulated t-value ($0.103 < 2.06$) so, there is no significant difference exist between male and female elite wrestlers on the variable of self confidence. But the mean score ($27.66 > 27.53$) of elite male was more than female wrestlers, which is negligible.

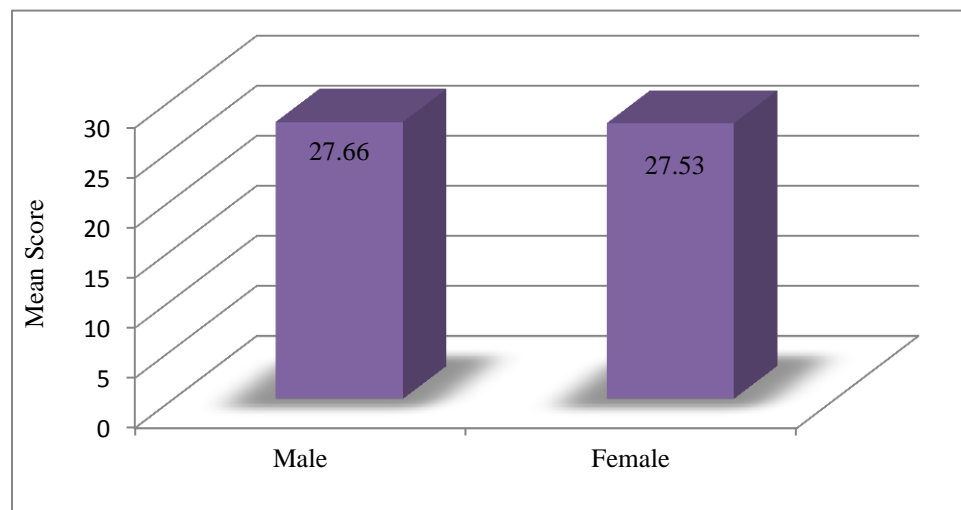


Figure 3. Showing mean score of self-confidence

4.1 Conclusion

The present study established between male and female elite condition of wrestlers. The result of the present study revealed that there is no significance difference found the each sub dimension of state anxiety (somatic anxiety, cognitive anxiety and self confidence) among elite male and female wrestlers. This result is supported by the findings of many other researchers such as Finken, Berg et. al. (1992), Matheson and Mathews (1991) Singh et al. (1986), Swain Austin, Jones, and Graham (1991) and a number of research has shown that there is no significant difference in the level of anxiety between male and female athletes (Hammermeister and Burton, 2001; Seeley, Storey, Wagner, Walker and Watts, 2005; Ramella-DeLuca, 2003; Ampongan, 2001). Therefore, this research article can also determine the level of anxiety between genders. Sharma, R (2011) conduct a study and support that there was no gender difference in pre-competitive somatic anxiety

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