Comparison of anxiety between professional players of pankration and kickboxing

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Abstract

The purpose of present study was comparison of anxiety between professional players of pankration and kickboxing. The subject of this study were 66 players in Fars and Mazandaran city in Iran, 33 players were pankration and 33 players were kickboxing. Players fulfilled anxiety questionnaire of Beck (BAI). The questionnaire, reliability was (89%), its validity was 0.79, and contained 21 questions, with 5 scale of likert’s, the anxiety score was higher in professional kickboxing players (PKP) than professional players of pankration (PPP). but there is no significant in two groups. (p≥0.05)

Keywords: Anxiety; pankration; kickboxing

1. Introduction

Helping coaches to improve their skills, they want to understand the feeling of players in during training and competition, the relationship between exercise and anxiety has been extensively examined over the 15 years. the level of anxiety and stress often have so many difference between losers and winners (Jarvis, 1966) new researches have indicated that brain chemical system will change as anxiety.

(Gen, 2006) furthermore researches indicate that combined sessions of aerobic and resistance exercise are associated reductions of anxiety level (Hal, Koch, & Raglin, 2002) Although Aerobic voluntary exercise have been shown to reduce general anxiety, and may also reduce the sensitivity of anxiety (Joshua & Broman, 2004) anxiety to professional players of pankration and kickboxing can reduce their skills, so the purpose of present study was comparison of anxiety between professional players of pankration and kickboxing.

2. Material and method

From 150 players professional of Iran, who had nominated 33 (PPP) and 33 (PKP) were selected randomly 2 city Fars and Mazandaran of participate in the study.

Student fulfilled anxiety; Beck questionnaire included 21 questions with 5 likert scale, (PPP) and (PKP) groups had high intensity exercises, (3 days a week 6 hours),
Measurement was just based on Beck questionnaire; all data were analyzed using SPSS version 16 software, descriptive statistics including mean, standard deviation, frequency and percentage.

3. Result

Finding of this study (table 1) indicate a significant difference total score of anxiety in two groups. (PPP) and (PKP), (p≥0.05), and total anxiety of (PKP) is higher than (PPP), but there is no significant difference between two group.

<table>
<thead>
<tr>
<th>Group Statistics</th>
<th>Subjects</th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total anxiety</td>
<td>Pankration(PPP)</td>
<td>33</td>
<td>6.878</td>
<td>5.5776</td>
<td>0.64</td>
</tr>
<tr>
<td></td>
<td>Kickboxing(PKP)</td>
<td>33</td>
<td>6.212</td>
<td>6.0454</td>
<td></td>
</tr>
</tbody>
</table>

4. Discussion

The result of our study shows the comparison between (PPP) and (PKP) in Iran, the total score of anxiety were higher in (PKP) than (PPP). But there is no significant of two groups. exercise may be efficient in reducing the symptoms of anxiety in some volunteers in the short or long term. In this study, It is probably the break time of (PKP) were more different than (PPP) and a bit different skills furthermore the different rules can increase anxiety in these groups during competition, this kind of exercise is not appropriate solution for reduction of anxiety and even in some cases can increase anxiety.

Investigations are supportive of the anti-depressant, anti-anxiety and mood enhancing effects of exercise programs. (Byrne, 1993) On the other hand acute physical activity, noncultic meditation, and a quiet rest session are equally effective in reducing state anxiety. (Morgan, 1987). Anxiety and depression scores have different predictive effects on mortality in patients referred for exercise testing. These effects are independent of a highly effective physical risk index, suggesting that psychological screening of cardiology patients might improve risk stratification. (Herrmann, -Driehorst, Buss, & Rüger, 2000). In fact the focus of this research is comparison of anxiety in professional athletes between (PKP) and (PPP) but since there is a different rules in competition, these sports can effect on increasing anxiety.

References


