

A Cross Sectional Study Of Impulsiveness, Aggression And Anxiety Of Wrestlers Participating In Different Level Tournaments

Sanjay Kumar Suryanath Singh Yadav

Dr. Kuljeet Kaur Gill

Asst. Director

Phy.Edu. N.H. College, Bramhapuri

1.0 Introduction

The psychological fitness plays a very big role in the development and performance of the sportsperson. As a personality factors all i.e. impulsivity, anxiety and aggression have both positive as well as negative impacts. However, the balance in these attributes can help the sportspersons in improving their performance. It has been reported that impulsivity is a key construct in many social decisions and sports like wrestling is not an exception. Furthermore, anxiety is an emotion that is difficult to define and even more difficult to reliably detect in performance but the importance of anxiety as a powerful influence in contemporary life as well as in sports has been identified by many coaches. In addition to this the relationship between sport and aggression has been studied extensively for decades, yet majority of investigators still have only an incomplete understanding of the link between the two. However, recent research indicates that participation in sports is likely to increase an individual's aggression. Sport psychologists distinguish between hostile and instrumental aggression. Research shows that angry feelings and angry behavior, the precursor to hostile aggression, can be modified through anger management training. Hence, in the backdrop of above information, this study has been carried out to know the impulsiveness, aggression and anxiety in the wrestlers participating in different level tournaments.

2.0 Research Methodology

2.1 Design of the Study

A multiple group design was adopted for comparative assessment of impulsiveness, anxiety and aggression in wrestlers participated in different level tournament.

2.2 Sample

Sample selection was carried out following stratified random sampling method of sample selection. For the present study total 150 wrestlers were selected.

2.3 Selection of Tests (Tools used)

Keeping in view the availability and suitability of tests, the following tests were used to collect data:

- Manual for impulsiveness Scale developed by Dr. S.N. Rai and Dr. Alka Sharma was used
- To measure Anxiety the Comprehensive Anxiety Test (CA-Test) developed by Dr. R.L. Bharadwaj, Dr. H. Sharma and Dr. M. Bhargava was used.
- To study Aggression, the Aggression Inventory (AI) developed by M.K. Sultania was be used.

2.4 Collection of Data

Researcher took permission from the authority for filing up the tests from selected wrestlers. All wrestlers were gathered in a class room. Researcher explained them regarding impulsiveness, anxiety and aggression. Instructions were given to wrestlers about filling the questionnaire and then they were asked to complete questionnaire. All the test copies were collected after completion. The data was collected by visiting the places where tournaments were organized.

2.5 Statistical Technique Employed and Significance Level

The data characteristics (descriptive statistics) such as Frequency, Percentage, Mode, etc. were determined using SPSS 18.0 Software. To compare the scores obtained with respect to impulsiveness, anxiety and aggression of wrestlers, Chi-square (χ^2) test was employed. The significance level chosen was 0.05 (or equivalently, 5%).

3.0 Statistical Analysis and Interpretation

3.1 Impulsiveness Levels of Wrestlers

Table 1: Information pertaining to the Impulsiveness of Wrestlers

SN	Level of Impulsiveness	No. of Wrestlers	Percentage
1	Extremely High Impulsive	29	19.4
2	High Impulsive	57	38.0
3	Above Average Impulsive	23	15.4
4	Average/Moderate Impulsive	19	12.6
5	Below Average Impulsive	12	8.0
6	Low Impulsive	6	4.0
7	Extremely Low Impulsive	4	2.6
8	Total	150	100.0

Chi Square Test	91.635
df	6
P	<0.05

Above **Table 1** presents information pertaining to impulsiveness level of the wrestlers participating in different level tournaments. Study data shows that 19.4% wrestlers have extremely high level of impulsiveness while 38.0% wrestlers are highly impulsive in nature. However 15.4%, 12.6% and 8.0% wrestlers impulsiveness is of above average level, moderate and below average level respectively. Furthermore 4.0% and 2.6% wrestlers level of impulsiveness is low and extremely low respectively.

3.2 Anxiety levels of Wrestlers

Table 2 : Information pertaining to the Anxiety level of wrestlers

S N	Anxiety Level	No. of Wrestlers	Percentage
1	Very High or Saturated	60	40
2	High	30	20
3	Average (Normal)	20	13.3
4	Low	16	10.7
5	Very Low	24	16
6	Total	150	100

Chi Square Test	41.067
df	4
P	<0.05

Above **Table 2** presents information pertaining to anxiety level of the wrestlers participating in different level tournaments. Study data shows that 40.0% wrestlers have extremely high level of anxiety however 20.0% wrestlers have high level of anxiety. Furthermore 13.3% wrestlers have average level of anxiety while 10.7% and 16% wrestlers have low and very low level of anxiety respectively.

3.3 Aggression Level of Wrestlers

Table 3: Information pertaining to the level of aggression among wrestlers

Aggression Level	Number of Wrestlers	Percentage
Low	18	12.0
Moderate	60	40.0
High	72	48.0
Total	150	100

Chi Square Test	32.16
df	2
P	<0.05

Above **Table 3** presents information pertaining to aggression level of the wrestlers participating in different level tournaments. Study data shows that 12.0% wrestlers aggression level is low while 40.0% wrestlers have moderate aggression level. Furthermore 48.0% wrestlers are highly aggressive in nature.

4.0 Conclusions

4.1 Impulsiveness Levels of Wrestlers

- On the basis of study results it is evident that most of the <0.05 wrestlers are highly impulsive in nature.

4.2 Anxiety levels of Wrestlers

- On the basis of study results it is evident that most of the <0.05 wrestlers have very high level of anxiety.

4.3 Aggression Level of Wrestlers

- On the basis of study results it is evident that most of the <0.05 wrestlers are highly aggressive.

5.0 Bibliography

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