

A Comparative study of Impulsiveness, Anxiety and Aggression of Wrestlers Participating in University, State and National Level Tournaments

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1.0 Introduction

The performance of a player in a sports tournament is dependent on multiple parameters, and psychological fitness is one of the most important aspects. Although there are numerous psychological traits that govern the behaviour of a person, those important in sports field are personality types (introvert, extrovert or ambivert types), anxiety, aggression and impulsivity to name a few. Like any other sport the competition in wrestling is increasing day by day and it is expected that the wrestlers perform to be best of their abilities in all types of tournaments. Hence, any distortion in any of the above mentioned psychological factor may affect the performance of a player/wrestler. Hence, it is important to know the status of sportspersons with respect to the above mentioned attributed of psychological makeup of a person. Also this is important to make sure that a very well balanced psychological state of a wrestler can be ensured throughout the different types of tournaments. Since, impulsivity is considered as a main factor that affects decisions of an individual in a social gatherings, it is an important parameter as far as performance of a wrestler is considered. Moreover, the traits like aggression, personality types and anxiety are also important and need due attention in the research consisting the assessment of psychological status of wrestlers. In view of the above, this study has been conducted to assess and compare the impulsiveness, aggression, anxiety and personality types of wrestlers participating in University, State and National level tournaments.

2.0 Research Methodology

2.1 Design of the Study

A multi group research design was adopted for conducting the comparative study of impulsiveness, anxiety and aggression in wrestlers participating in University, State and National level tournaments.

2.2 Sampling method and sample size

Samples were selected by using stratified random sampling method. In all a total of 150 wrestlers (50 each participating in University, State and National level tournaments) were selected.

2.3 Selection of Tests (Tools used)

The data pertaining to impulsiveness of wrestlers was collected using impulsiveness Scale developed by Dr. S.N. Rai and Dr. Alka Sharma, while Anxiety was measured using Comprehensive Anxiety Test developed by Dr. R.L. Bharadwaj, Dr. H. Sharma and Dr. M. Bhargava. Furthermore, to determine Aggression, the Aggression Inventory developed by M.K. Sultania was used and Personality type of wrestlers was determined using the Introversion Extroversion Inventory developed by P. F. Aziz and Rekha Gupta. Data was collected using survey methodology and was collected at the places where tournaments were conducted.

2.4 Statistical Analysis of Data

The data characteristics like such as Frequency, Percentage, Mode, etc. were determined using SPSS 18.0 Software.

3.0 Statistical Analysis and Interpretation

3.1 Impulsiveness

Table 1: Impulsiveness of Wrestlers participating in different level tournaments

Level of Impulsiveness	University		State		National	
	Nos.	Per	No s.	Per	No s.	Per
Extremely High Impulsive	6	12.0	5	10.0	22	44.0
High Impulsive	24	48.0	21	42.0	7	14.0
Above Average Impulsive	7	14.0	6	12.0	7	14.0
Average/Moderate Impulsive	5	10.0	3	6.0	6	12.0
Below Average Impulsive	5	10.0	7	14.0	3	6.0
Low Impulsive	3	6.0	6	12.0	3	6.0
Extremely Low Impulsive	0	0.0	2	4.0	2	4.0
Total	50	100.0	50	100.0	50	100.0

Above **Table 1** presents results regarding assessment of impulsiveness the wrestlers.

- **University level Wrestlers:** Data shows that 12.0% wrestlers have extremely high level of impulsiveness while 48.0% wrestlers are highly impulsive in nature. However, 14.0%, 10.0% and 10.0% wrestler’s impulsiveness is of above average level, moderate and below average level respectively. Furthermore 6.0% wrestlers have low level of impulsiveness.
- **State level Wrestlers:** Study data shows that 10.0% wrestlers have extremely high level of impulsiveness while 42.0% wrestlers are highly impulsive in nature. However, 12.0%, 6.0% and 14.0% state level wrestler’s impulsiveness is of above average level, moderate and below average level respectively. Furthermore, 12.0% and 4.0% wrestlers level of impulsiveness is low and extremely low.
- **National level Wrestlers:** Results show that 44.0% wrestlers have extremely high level of impulsiveness while 14.0% wrestlers are highly impulsive in nature. However, 14.0%, 12.0% and 6.0% national level wrestler’s impulsiveness is of above average level, moderate and below average level

respectively. Furthermore 6.0% and 4.0% wrestlers level of impulsiveness is low and extremely low.

3.2 Anxiety

Table 2: Anxiety of Wrestlers participating in different level tournaments

Anxiety Level	University		State		National	
	No s.	Per	No s.	Per	No s.	Per
Very High or Saturated	13	26.0	19	38.0	27	54.0
High	25	50.0	14	28.0	10	20.0
Average (Normal)	6	12.0	10	20.0	5	10.0
Low	6	12.0	7	14.0	5	10.0
Very Low	0	0.0	0	0.0	3	6.0
Total	50	100.0	50	100.0	50	100.0

Table 2 presents results pertaining to assessment of anxiety amongst the wrestlers.

- **University level Wrestlers:** Study data shows that 26.0% wrestlers have extremely high level of anxiety however 50.0% wrestlers have high level of anxiety. Furthermore 12.0% each wrestlers have average level and low level of anxiety respectively.
- **State level Wrestlers:** Study data shows that 38.0% wrestlers have extremely high level of anxiety however 28.0% wrestlers have high level of anxiety. Furthermore 20.0% and 14% wrestlers have average level and low level of anxiety respectively.
- **National level Wrestlers:** Study data shows that 54.0% wrestlers have extremely high level of anxiety however 20.0% wrestlers have high level of anxiety. Furthermore 10.0%, 10.0% and 6.0% wrestlers have average level, low level and very low level of anxiety respectively.

3.3 Aggression

Table 3: Overall Aggression of wrestlers participating in different level tournaments

Level	Mea n	± SD	Mi n	Ma x	F' ratio	P
Univer sity	27.9	± 2.8	23	41	4.869	<0.05
State	37.8	± 3.7	29	50		
National	42.2	± 5.1	34	56		

SD: Standard deviation; **Min:** Minimum; **Max:** Maximum

Above **Table 3** presents information pertaining to overall aggression of the wrestlers participating in different level tournaments. Study data shows that overall aggression score of university level wrestlers is 27.9± 2.8 while overall aggression score of state level wrestlers is 37.8± 3.7. Furthermore overall aggression score of national level wrestlers is 42.2± 5.1.

3.4 Personality Types of Wrestlers

Table 4: Personality types of wrestlers participating in different level tournaments

Personality types	Univer sity		State		National	
	No s.	Per	No s.	Per	No s.	Per
Introvert	27	54.0	28	56.0	31	62.0
Ambivert	9	18.0	12	24.0	7	14.0
Extrovert	14	28.0	10	20.0	12	24.0
Total	50	100.0	50	100.0	50	100.0

Above **Table 4** presents information pertaining to personality type of the wrestlers.

- **University level Wrestlers:** Study data shows that 54.0% wrestlers have introvert personality while 18.0% wrestlers are ambiverts. However, 28.0% wrestlers have extrovert personality.
- **State level Wrestlers:** Study data shows that 56.0% wrestlers have introvert personality while 24.0% wrestlers have ambivert personality. However, 20.0% wrestlers have extrovert personality.
- **National level Wrestlers:** Study data shows that 62.0% wrestlers have introvert

personality while 14.0% wrestlers have ambivert personality. However, 24.0% wrestlers have extrovert personality.

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. In addition to this most of the university level wrestlers and state level wrestlers are highly impulsive in nature while most of the national level wrestlers are extremely high 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. In addition to this most of the university level wrestlers have high level of anxiety while most of the state level and national level wrestlers have extremely high level of anxiety.

4.3 Aggression Level of Wrestlers

- In view of the study results it is evident that there is (P<0.05) significant difference in the overall aggression score of wrestlers participating in different level tournaments. However overall aggression is higher among the wrestlers participating in national level tournaments.

4.4 Personality Types of Wrestlers

- On the basis of study results it is evident that most of the university, state and national level wrestlers have introvert personality.

5.0 Bibliography

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