

# RELATIONSHIP BETWEEN SELECTED PSYCHOLOGICAL VARIABLES AND PERFORMANCE OF MALE WRESTLERS

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**Abstract:** The aim of this research is to know the Performance of male Wrestlers of different weight categories and also found the relationship of Performance of male Wrestlers with psychological variables that is sports aggression and sports competition anxiety. One Hundred eight male wrestlers drawn from different training centre of Karnataka State are selected as subjects on purposive sampling technique. The subjects are regular participants in different wrestling championships from national level. The age of the subjects were ranged from 16-20 years. To know the sports aggression among the wrestlers, Sports Aggression Inventory developed by Anand and Prem Shankar Shukla) and to identify the sports competition anxiety Sports Competition Anxiety Test (SCAT) by Reiner and Martin were utilized. The Performance of wrestlers was considered dependent variable and sports aggression, sports competitive anxiety were considered as independent variables. One-way analysis of variance (ANOVA) was used to know the significant differences among the groups and further the Scheffe's Post Hoc test was used to identify the paired mean differences statistically. Further Coefficient of Correlation was used to find out the relationship between variables. From the ANOVA results it was concluded that there was a significant difference in Performance of Wrestlers of different weight categories. The heavy weight (M=8.424) wrestlers had better performance when compared with middle weight (M=8.330) and lower weight categories wrestlers (M=7.472). The correlation also found significant positive relationship of Sports Aggression and negative relationship of Sports Competitive Anxiety with Performance of male wrestlers. The players who had higher sports aggression and less competition anxiety had higher the performance of Wrestlers. The data also revealed that awareness about sports aggression and competition anxiety and its positive/negative effects and also control process and practices such as meditation, yoga. Psychotherapy is most important to overcome and face anxiety and aggression in sports participation.

**Index Terms** - Performance, Competition Anxiety, Sports Aggression, Male Wrestlers.

## 1. INTRODUCTION

Wrestling is one of the oldest combat sports, disputed since the ancient Greek Olympic Games. This combat sports discipline has caught the attention of scientists since 1943 which is the date that matches the appearance of the first scientific research dealing with wrestling. Wrestling is a combat sport involving grappling-type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. The sport can either be genuinely competitive or sportive entertainment (see professional wrestling). Wrestling comes in different types such as folkstyle, freestyle, Greco-Roman, catch, submission, judo, sambo and others.

Psychology is "a science of human behaviour in relation to particular sports situation a According to RN. Singer:" Sports Psychology is encompassing scholarly educational and practical activities associated with the understanding and influencing of selected behaviour of people in athletics, social education, vigorous recreational activities and exercise" Sports psychology being the newest sport science what needs to be taught and trained during practice and competition is the major determinant of difference at higher levels of performance has been accepted. There is adequate evidence to the effect that players participating in contact sports such as boxing, wrestling, judo etc. are more aggressive than those participating in non-contact sports. Hence, in these days, psychological training of the players and players had attracted greater attention An athlete suffering symptoms of anxiety will inevitably underachieve. The physical and psychological effects experienced will have a negative impact on performance. Anxiety in sport is most common in competitive sports environments and could also be termed competitive stress. Anxiety applies an assortment of athletic performance. These impacts fluctuate dependent on sport, sexual orientation and level of understanding.

In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behavior directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment" (Baron & Richardson, 1994). Sports psychology is all about sports behavior especially with muscle-minded interactions, that influences and their outcomes in the context of sport which is basically a form of active reaction. But which has turned intensely competitive on account of the growing Olympics well over a century.

Khan et al (2017) to identify the effect of anxiety on sports performance of players and concluded that anxiety negatively affects the overall sports performance of a player. Thakur (2016) compared the anxiety and aggression level between male and female players and results revealed that the male players were more aggressive whereas female players were more anxious. Singh (2016) compared aggression between individual and team game players and found significant difference in the level of aggression between individual game players and team game players. In this paper, the researcher compared performance of Wrestlers of different weight categories and also found relationship of Performance of Wrestlers with psychological variables of Sports Aggression and Sports Competition Anxiety.

Experienced athletes used self-control to help them with their aggression. It can be seen that aggression comes from a variety of sources and it is important to understand where these sources stem from. Sport stressors allow us to understand what causes an athlete to become frustrated which can lead to aggression and a decline in performance.

## 2. PURPOSE AND OBJECTIVE:

The intention of this research is to compare the Performance of wrestlers of different weight categories and also examine its relationship with psychological variables that is sports aggression and sports competition anxiety.

## 3. STATEMENT OF HYPOTHESES

1. There was no significant difference in the Performance of male Wrestlers of different weight categories (Low, Middle and Heavy weight categories).
2. There was no significant relationship between Sports Aggression and Performance of male Wrestlers.
3. There was no significant relationship between Sports Competition Anxiety and Performance of male Wrestlers.

## 4. METHODOLOGY

### Method

Descriptive Survey Method was followed for the present investigation.

### Selection of Samples

One hundred eight male wrestlers drawn from different training centre of Karnataka State are selected as subjects on purposive sampling technique. The age of the subjects were ranged from 16-20 years.

### Selection of Variables

The following criterion variables selected for the study

Variables	Tests	Criterion Measure
<b>Dependent Variable</b>		
1. Performance	Coaches Rated Scale	In scores
<b>Independent Variable</b>		
Psychological Variables		
Sports Aggression	Sports Aggression Inventory developed by Anand and Prem Shankar Shukla)	In Scores
Sports Competition Anxiety	Sports Competition Anxiety Test (SCAT) by Reiner and Martin	In Scores

### Statistical Procedure

The Coefficient of Correlation was utilized to find out the relationship between Performance of Wrestlers and their selected psychological variables. One-way ANOVA Statistical technique was used to find out the significant differences in the Performance of male Wrestlers among different weight categories along with Scheffe's Post Hoc Test. The level of significance was fixed at 0.05 level.

## 5. RESULTS AND DISCUSSION

## ANOVA RESULTS

The One-way ANOVA (F test) results on Performance scores of male Wrestlers with different weight categories (Lower, Middle and Heavy Weight categories) The result on the Performance of male Wrestlers among different weight categories that is lower, middle and Heavy Weight categories are presented in Table-4.35.

**Table-1:** Descriptive Data on Performance (in Scores) scores.

Variable	Group	N	Mean	Standard Deviation	Std. Error
Performance	Low Weight Category	30	7.472	0.626	0.114
	Middle Weight Category	50	8.330	0.571	0.080
	Heavy Weight Category	28	8.424	0.516	0.097

Table-1 shows descriptive statistics on Performance (measured in scores) of male wrestlers of different weight categories. The Performance of Wrestlers from different weight categories that is wrestlers belonging to low weight category and the mean, standard deviation and standard error were 7.472, 0.626 and 0.114 respectively Likewise Wrestlers belonging to middle weight category and the mean, standard deviation and std. error were 8.330, 0.571 and 0.080 respectively and lastly Wrestlers belonging to Heavy Weight Category and the mean, standard deviation and std. error were 8.424, 0.516 and 0.097 respectively.

**Table-1(A):** Computation of Analysis of Variance on Performance

Source of Variance	Sum of Squares	df	Mean Square	F Value	Sig.
Between Groups	17.399	2	8.700	26.404*	0.000
Within Groups	34.596	105	0.329		
Total	51.995	107			

Table F-ratio at 0.05 level of confidence for 2 and 105 (df) =3.09

\* Significant at 0.05 level.

The table-1(A) illustrates the computation of One-way Analysis of Variance on Performance scores of male Wrestlers of different weight categories. The calculated value of 26.404 related to Performance is greater than the table value of 3.09 at 0.05 level of confidence. The table concludes that there was a significant difference in Performance of Wrestlers of different weight categories. Further, Scheffe's post-hoc test was calculated in order to obtain a detailed knowing of superiority of weight category over the other weight categories and the results are presented in the following table-4.35(c).

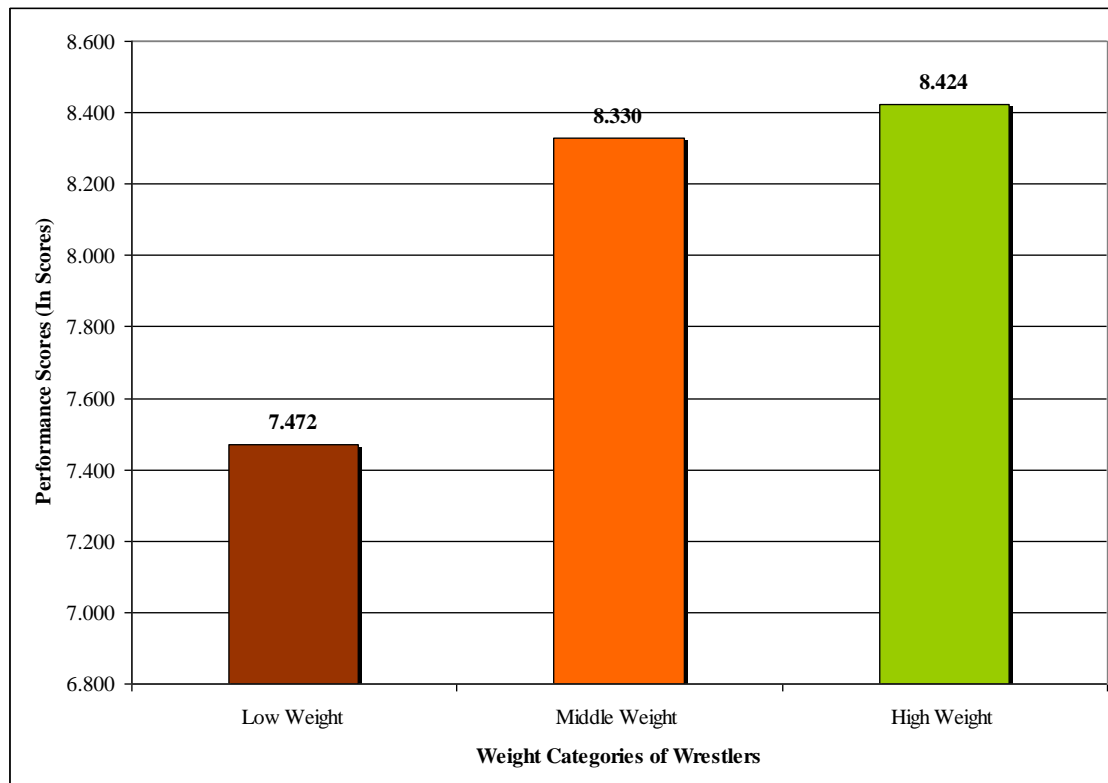
**Table-1(B):** Scheffe's Post Hoc Result on Performance (in Scores)

Wrestlers belonging to different weight categories			Mean Difference
Low Weight	Middle Weight	Heavy Weight	
7.472	8.330		0.858*
	8.330	8.424	0.094
7.472		8.424	0.952*

\*Significant at 0.05 level.

The table-1(B) presented in Table-1(A) about pair wise comparison of Performance among male Wrestlers of different weight categories. The outcome shows that there was significant difference in the Performance between low weight and middle weight category wrestlers (MD=0.858), and likewise low weight and Heavy Weight Category wrestlers (MD=0.952) which was greater than the critical difference, but there was no significant difference in the performance between middle weight and heavy weight category Wrestlers (MD=0.094;) which was lesser than the critical difference..

It was found that there was a significant difference in the Performance between low weight and middle weight category wrestlers and low weight and Heavy Weight Category wrestlers. This indicates that Wrestlers belonging to heavy weight category (M=8.424) had better Performance when compared with Wrestlers belonging to middle weight (M=8.330) and lower weight categories (M=7.472). The graphical representation for the same has been shown in Fig.1.



**Fig.1:** Comparison of mean scores of Performance of Wrestlers among different weight categories.

## 5.2 CORRELATION RESULTS

The relationship of selected Psychological Variables with Performance of male Wrestlers was ascertained by coefficient of correlation. The result is presented in Table-2.

**Table-2**

Table shows relationship of Psychological Variables (Sports Aggression and Sports Competition Anxiety) and Performance of Male Wrestlers. (N=108, df=106).

Variable	Mean	Standard Deviation	'r' value	Level. of Sig.
Psychological Variables				
1. Sports Aggression	9.500	4.407	0.342*	0.000
2. Sports Competitive Anxiety	18.796	5.741	-0.341*	0.000
Performance of Wrestlers	8.116	0.697		

\* Significant at 0.05 level.

The table-2 demonstrates correlation results related to Psychological variables of Sports Aggression and Sports Competitive Anxiety with performance variable of male wrestlers. The obtained 'r' values of 0.342 and -0.341 were greater than table value of 0.195 at 0.05 level which shows significant positive relationship of Sports Aggression and negative relationship of Sports Competitive Anxiety with performance variable of male wrestlers. Hence, the stated null hypothesis is **rejected** for the said variables and alternative hypothesis has been formulated that, there was a significant positive relationship of Psychological variables of Sports Aggression and Sports Competitive Anxiety with performance variable of male wrestlers. The players who had better Sports Aggression and Anxiety had higher the performance of Wrestlers and vice versa.

## 6. FINDINGS OF THE STUDY

The findings of the study:

1. There was a significant difference in Performance of Wrestlers of different weight categories. The performance of Wrestlers who have heavy weight category had better when compared with middle and lower weight categories wrestlers.
2. There was a significant positive relationship between Sports Aggression and Performance of male Wrestlers.
3. There was a significant positive relationship between Sports Competition Anxiety and Performance of male Wrestlers.

## 7. CONCLUSION

From the ANOVA results it was concluded that there was a significant difference in Performance of Wrestlers of different weight categories. The heavy weight (M=8.424) wrestlers had better performance when compared with middle weight (M=8.330) and lower weight categories wrestlers (M=7.472). The correlation also found significant positive relationship of Sports Aggression and negative relationship of Sports Competitive Anxiety with Performance of male wrestlers. The players who had higher sports aggression and less competition anxiety had higher the performance of Wrestlers. The data also revealed that awareness about sports aggression and competition anxiety and its positive/negative effects and also control process and practices such as meditation, yoga. Psychotherapy is most important to overcome and face anxiety and aggression in sports participation.



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