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also predicts that if there is low physiological arousal present in the
days leading up to an important event, cognitive anxiety will
enhance the athlete's performance in relation to the baseline data that
can be taken from his training session (see left face, fig. 3), (Parfitt,
1988). Additionally, Hardy (1990) goes on to state that the model will
predict either positive or negative effects of physiological arousal
upon performance when there is an elevation in cognitive anxiety.
This depends upon how high the cognitive anxiety is at the time. This
can be demonstrated by bisecting through fig. 3, parallel to the
physiological arousal by performance plane.
CHAPTER - III

Methodology

Aim of the study:
The present study was aimed at to measure the Aggression, Anxiety and self confidence of vegetarian and Non-vegetarian Male and Female (18-21Year and 22-25Year) Inter University Players.

Objectives of the study:

- To Measure the Aggression of vegetarian and Non-vegetarian Male and Female (18-21Year and 22-25Year) Inter university Players.

- To Measure the Anxiety of vegetarian and Non-vegetarian Male and Female (18-21Year and 22-25Year) Inter university Players.

- To Measure the Self confidence of vegetarian and Non-vegetarian male and female (18-21Year and 22-25Year) inter university Players.
Hypothesis:

- Inter University Male Non-Vegitarian Players are significantly more Anxiety than the Inter University Male Vegitarian Players.

- Inter University Female Non-Vegitarian Players are significantly more Anxiety than the Inter University Female Vegitarian Players.

- Inter University 18-21 year Male Players are significantly more Anxiety than the Inter University 22-25 year Male Players.

- Inter University 18-21 year Female Players are significantly more Anxiety than the Inter University 22-25 year Female Players.

- Inter University Male Players are significantly more Anxiety than the Inter University Female Players.

- Inter University Male Non-Vegitarian Players are significantly more Aggression than the Inter University Male Vegitarian Players.

- Inter University Female Non-Vegitarian Players are significantly more Aggression than the Inter University Female Vegitarian Players.
Inter University 18-21 year Male Players are significantly more Aggression than the Inter University 22-25 year Male Players.

Inter University 18-21 year Female Players are significantly more Aggression than the Inter University 22-25 year Female Players.

Inter University Male Players are significantly more Aggression than the Inter University Female Players.

Inter University Male Vegetarian Players are significantly more Self Confidence than the Inter University Male Non-Vegitarian Players.

Inter University Female Vegetarian Players are significantly more Self Confidence than the Inter University Female Non-Vegitarian Players.

Inter University 22-25 year Male Players are significantly more Self Confidence than the Inter University 18-21 year Male Players.

Inter University 22-25 year Female Players are significantly more Self Confidence than the Inter University 18-21 year Female Players.

Inter University Male Vegetarian Players and Inter University Male Non-Vegitarian Players will not differ significantly in term of their scores on Self Confidence.
Sample

Effective sample consisted of 400 of Male and Female (18-21 years and 22-25 years) Inter University Vegetarian Kabaddi Players and Inter University Non-Vegetarian Players, from Maharashtra State.

Tools

Dr. G.C. Pati (1976) Aggression Scale :

This test is developed and standardized by Dr. G.C. Pati the test consisted of 16 Items. The subjects were required to respond to each item in terms of ‘seldom’, ‘sometimes’ OR ‘frequently’. The reliability coefficient of the test was found 0.82 with Spearman Brown formula. The validity coefficient was found 0.71.

SINHA’S COMPREHENSIVE ANXIETY TEST (SCAT) :-

This test is developed and standardized by A.K.P. Sinha and L.N.K. Sinha. The test consisted of 90 Items. The subjects were required to respond to each item in terms of ‘YES’ OR ‘NO’. The reliability coefficient of the test was found 0.92 with Spearman Brown formula. The validity coefficient was found 0.62.
L.N.Dube and Archana Dube’s Self Confidence Scale (SCT):

This test is developed and standardized by L.N.Dube and Archana Dube. The test consisted of 90 items. The subjects were required to respond to each item in terms of ‘Positive’ OR ‘Negative’. The reliability coefficient of the test was found 0.88 with Spearman Brown formula. The validity coefficient was found 0.76.

Procedures of data collection

Each of the three instruments could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test or scale, through informal talk appropriate rapport form.

Following the instructions and procedure suggested by the author of the scale and tests. the test was administered and field copies of each test was collected. Following the same procedure, the whole data were collected.
Variable

Independent variable-
1. Age
2. Sex

Dependent variable-
1. Aggression.
2. Anxiety.
3. Self Confidence.