CHAPTER-I

INTRODUCTION
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Sports play a vital role in our society. The theme of being alive is animated by the different colours of sports. The foetus of human stigmas are thus purged away with the flairs of sports. The excitement generated by the potentials of sports are so great that even the bed-ridden patients incline to jump up from their bets of fate. Momentarily, sports often give the soothing touch of healing to the morlorn hearts of the society.

Sports has taken the pivotal of human endeavour. Every façade of human endeavour revolves around this pivotal. Every aspect of human life has close relationship with sports atmosphere. Each and everyone devolves to sports activities at an angle or the other side of sports angle. The angles may be that of bliss and ecstasy or that of setting tears with the feelings of defeat.

Society without the wheels of sports is liable to be cranked out n the midway. The bearing of society is well greased with the balm of sports. It is this balm which gives the tendency of becoming oneness. The most important factor towards unity comes from the soul of sports.
There are, again, many negative attitudes in the sports arena. These attitudes at times try to break the equilibrium of the society. The feelings of defeat and frustration are some of the negative attitudes of sports. But these attitudes occupy only a mere reaction of the sports world. These shortcomings are hence automatically removed by the engulfing tendency of sports potentials.

With the pace of time the pace of sports has taken new strides. The discoveries of new ideas and concepts had paved better and better paths of sports. New machines and equipments had been developed for better adaptations to sports arena. New knowledge and ideas have truly changed the ambit of sports.

Amongst the various factors of human traits and legacies sports is regarded one of the most important legacies towards human development. With this legacy human society is forging ahead with fast strides. Although there is no finishing line for this race of development there is certainly a line for betterment of sports vicinity.
The most important zeal of sports lies in the heart and minds of the nation. The nation runs with the weapon of bliss along with different determinative forces like that of the political, economical and social factors.

The history of sports at Manipur, unlike some states of India, is quite clear and transparent. The traces of sports can be easily seen with the chronicles of Manipur history. There were many games and sports which were wide prevalent among the general public of Manipur since the beginning of the Christian era. There are games and sports at Manipur which are quite unique in character. It is also believed that the game of polo had its origin at Manipur.

Some renounce games and sports of the world have similar styles and forms with that of the primitive games and sports of Manipur. It may be due to the proliferation of history or it may be because of the nomadic influence with due course of time. The games like wrestling, tug-of-war, rugby etc. have been played by and large by the inhabitant of Manipur since time in immemorial. There are also certain games of Manipur which have very similar forms with the renounce games of the world either than those
which have been stated earlier. Such games are that of Manipuri Martial Arts, Manipuri Hockey and Manipuri Chess commonly known as "Kei-Yen" and "Machin-Manao". The development of sports in Manipur is mainly because of the aegis of the Manipur kings and their lineage. The kings of Manipur had taken special attentions to the games and sports. They had always adorned this aspect of life with blessings and encouragements. This may be the only reason for having preserved the primitive games and sports of Manipur. The new generation of Manipur is thus indebted to the various kings of Manipur and shall always owe their gratitudes to them.

With the changed of scenario, people of Manipur started slowly picking up the speed of race in the field of sports. Almost every games and sports of the world are being played at our soil these days. There had been many outstanding sports persons in Manipur in the recent past. Some sportspersons of Manipur had brought great laurels for our country in the sports arena. The contributions of Manipur to the country in the games and sports field have no bounds at all and it is expected to rise in the near future. People of Manipur have always devoted their lives for
bringing more and more laurels for the nation and it has been shown with the sports records of Manipur. The feeling of happiness and contentment lies in the various degrees of anxiety. Anxiety plays the greatest role in the sports arena. It is this anxiety which people regard as the important factor of sports excitement without anxiety the taste of sports are liable to be lost in the thin air. Only anxiety can preserve the taste of sports.

The causes of anxiety are varied in nature. It may come from incompetency, new exposures, frustrations, happiness etc. All these causes are again different in amplitude. The anxiety level caused by new exposures is comparatively low in comparison with the other causes. The most severe form of anxiety may be due to incompetency and frustration. Happiness on the other hand slightly boost up the anxiety level on the positive side of sports aspect but it may not be always true.

The individual and team sports persons may have different amplitudes of anxiety. Nobody is without anxiety in the field of games and sports. It is this important factor which affects the performance of sports persons in their understandings and
challenges at sports. Anxiety may be reduced or it may be increased with circumstances.

Anxiety is a state of mind where the reaction of the person concerned to the set of problems or tasks do tend to respond with a different attitude rather than the persons usual form of response. Anxiety, thus, tends a person to respond with the problem with a lesser capability. It is a sort of worryness or nervousness about the events, their occurrences and consequences. The degree of anxiety is different from person to person. A person with higher proficiency has the lesser degree of anxiety than a person of low proficiency for sort, it can be assumed that anxiety has a correlation with confidence. Lack of confidence naturally tends to increase the amplitude of anxiety for every person.

The degree of anxiety differs from situation to situation, where the nervous felt before the actual task begin and the nervousness felt during the task is on and after the competition of the task do have a wide difference. This anxiety is again depending on the person so concerned.
Anxiety can be either somatic or cognitive in nature. The symptoms of somatic anxiety comprises of mental worries, fears, nervousness and diffidences. The set of mind is disturbed by anxiety and destroys the equilibrium of confidence. A person is thus, put into an emotional situation. The greater the disturbance the greater the diffidence is. Anxiety, thus, plays a very crucial and emotional role in everyone's life.

There are forces of anxiety which forces are generally known as motivating anxiety. This force of anxiety sometimes makes people to strive harder and gradually emulate the performances of people on certain occasions. Those people who try to avail of this force put themselves into rigorous efforts and consequently pave the way for success for themselves. This may be the force which tend to reduce the degree of anxiety of skilled persons. This force again in return enriched the skill of those persons.

On the other hand anxiety may root-up the potentials of certain people. This force of anxiety which people generally called as the negative motivator of anxiety usually interferes with the productive thinking of people. anxiety changes the metabolism of human mind and body. Whenever a person gets anxious his rate
of heart beat increases. The functions of other organs of his body also change. His breathing becomes more rapid and the consumption of oxygen increases. It also further raises the blood pressure. Human behaviour is suddenly changed with sudden experience of anxiety. It sometimes causes a person to tremble slightly, to engage with nervous activities like wriggling legs and stiring at objects with fixed eyes. The most severe form of anxiety is insomnia, the state of sleeplessness, and restlessness.

Anxiety is a state of human nervousness or yearning. This is a state of being worried or concerned. Anxiety of the future worry, nervousness, tenseness and desire. The future anxiety caused by the desire to win and the anxiety caused by defeats have different degrees of anxiety.

Anxiety plays a paramount role in sport. It is the challenge to sports participation which produce anxiety. How an athlete handles the anxiety determines how successful he would be. The degree of anxiety also varies with a number of different conditions. Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports, because in the competitive sports, participants are expected to win and great demands are made
upon them to succeed. The study of the effect of anxiety on sports performance has become a major topic of interest to sports psychologists in recent years. The degree of perceived anxieties is an important variable to be considered in the performance of an individual.

Modern perspectives of anxiety have ranged from the ideas of eminent writers who defined anxiety as a response to perceive danger or stress. The contemporary attempts of psychologists to alter patterns of anxious behaviour by adjusting the Chemistry of the brain needs special attention. It is from both personality theorists and psycho-analysis that psychologists have obtained tools with which to carry out research and to help athletes adjust emotionally to stress imposed by competitive sport. Cognitively anxiety is a level given to feelings by the individual as the result of some event which may consists of an impending situation, an insult from another person, a physical threat by another and even though about threatening situations and conditions. In the late 1960s, it was believed by the psychologists that anxiety was an inborn trait and hence a personality factor. However, social psychologists did not agree with such an assertion because they
thought that the ways in which individuals feel and behave wherein response to specific situations and reflected significant swings of mood.

Anxiety for the future worry seems to be the most acute problem. The yearning to win gives the greatest anxiety to human being. There is no greater anxiety than longing to win and desiring to defeat the opponents.

The biggest obstacle often felt by the sports persons in the world of games and sports is that of anxiety. In Manipur the sports persons are often hit with the blows of anxiety. It is felt by each and everyone. Prior to the actual competition begins the sportspersons are often strangulated with over anxiousness. But it slowly decreases the tenseness with the actual challenges are on. During the challenge the tenseness slackness and it ceases at the end of the challenge. This phenomenon persists for almost all the sports persons of Manipur. The scenario may have a different picture with certain exceptions. At the conclusion of every games and sports the anxiety level reduces at almost the minimum. But this may not happen on every occasion, as the conclusion of a challenge may be the begging of another challenge.
The banality in sports changes the overall aspects of anxiety. In Manipur, in the recent past, the sportspersons were exposed to this aspect of anxiety. There may be reasons for such state of atmospheres in the world of sports at Manipur. The comparative figure of anxiety between the individuals and the teams are expected to have different results. The balance of imperturbable behaviour remains unseen till date, as no such scale exists to measure and to calculate the real picture of anxiety.

The extrapunitive behaviour experienced by both the individual and team sportspersons of Manipur requires careful observation in order to relinquish its severity. Individuals' aggressiveness are often referred to as intropunitive behaviours. All these aspects are grounds of victory and failure. There may be some games and sports where the players are encouraged to adopt aggressive behaviours. But there are also certain games and sports where the behaviour requires to be at levity.

It is quite difficult to state whether the individual players and the team players have similar degree of anxiety. This aspect of behaviour may be ascertained to the most satisfaction by direct discussion and inquiry. Certain theories do exist for the task. The
present study also look forward to these accepted tools and methods for the end of analysis. The researcher had been drawn towards this aspect of sports and this inevitably lead him to the present work of research. Some types of questionnaires are apparent for the work. The individual sportspersons are targeted to give their reactions and opinions with the set of a questionnaire. It may be easier for the individuals to give their responses singularly than the team sports persons collectively. As the team sportspersons are comprised of individuals. The teams tend to have varied responses rather than unified versions. But it is not impossible to acquire the required query despite of fluctuations. The saying that the majority carry the vote always hold good.

The yearning to win in games and sports always prevails in the orbit of sports. In Manipur, too, the sports persons are exposed to this orbit of sports like the other states. The aspiration of winning has been always checked by the powerful force in the guise of anxiety. The study may be of a great value for purging the state of anxiety and thus enhance the stability of sports potentials by and large.
The study has been confined to only five years, beginning from 1995 to 2000. The span of study period has been thus limited with the hope of arriving at the best conclusion.

Purpose of the Study

The main purpose of the study was to find out "A Comparative Study of Anxiety between Teams and Individual Players of Manipur State".

Statement of the Problem

The purpose of the study was to find out the degrees of anxieties experienced by both the individual and team sportspersons of Manipur at three different stages of sports such as prior to the actual play, during the progress of the play and after the conclusion of the play over the period of five years beginning from 1995 to 2000 A.D.

Hypothesis

It was hypothesized that the consequential results of anxiety before the actual play took place, during the process of play and at the end of the play might have a correlative aspects between the
individual sports persons and team sports persons of Manipur during the past five years, beginning from 1995 to 2000 A.D.

Delimitation

1. The study was delimited for a specific period of five years, starting from 1995 to 2000.
2. The study was delimited to the State level and National level sportspersons of Manipur.

Limitation

1. The study was limited to the anxiety caused to the state level and national level sports persons of Manipur.
2. The study was limited to the post-game, during the game and just before/after the game and the consequential anxieties.

Significance of the study

The most disturbing factor to every sports person is anxiety. When the brain function of a sportsperson functions efficiently the problems which are due to the pressures and thwarting put a less failing over the sportsperson and thus the anxiety grade unconsciously comes down. It is important to understand the
causes of anxiety for every sportsperson. It is, therefore, summarized that this study may make advantageous contribution in the following manner:

1. The results may assist to find out the causes of anxiety to the sports persons of Manipur.

2. The study may further assist in finding out the degree of anxiety felt by the individual sportspersons and the team sports persons of Manipur.

3. The results of this study may assist the individual sports persons and team sports persons in coping with anxieties before the final countdown, during the challenge and at the aftermath of the challenge.

4. The study may give a highlight over the scenario of sports at Manipur with respect to success and failure caused by tensions.

5. The results of this study may help the coaches, selectors and experts to know about the anxiety and the impinging factors felt by sportspersons of Manipur.
6. The results of this study may also help the coaches and trainees to coach and train the various sportspersons of Manipur in future.

7. The results of the study also may help the various individual sportspersons and various team sportspersons to minimize the tensions before the competition, during the competition and after the competition.

Definition and Explanation of Terms

Anxiety: Anxiety is a state of emotional and physical disturbance induced in a person by real or imagined threat. In psychiatry, the term refers to disturbance caused by threats that are only apparent to the individuals and cause him to behave in a way that is not relevant to the true situation.¹ (Encyclopedia American 1966 ed. S.V. “Anxiety”)

Anxiety is uneasiness and feeling of foreboding often felt when a person is about to embark on a hazardous venture. It is often accompanied by a strong desire to excel² (Singh, SNIPES Journal, p.41).

¹ Encyclopedia American 1996 ed. S.V. “Anxiety”.
² Singh, SNIPES Journal, p.41.
Anxiety is a state of mind in which the individual responds with discomfort to some event that has occurred or is going to occur. The problems, worries about events, their occurrences and consequences in general are the sources of anxiety. However, anxiety can be somatic or cognitive in nature. The symptoms of somatic anxiety comprises mental worries and fear.\textsuperscript{3}