5.1 Summary

The participation of the students increased year by year and the number of events as well. The individual or team sport performance purports that an inverse relationship exists between psychopathology and sport performance. In the field of sports, there are many situations which produce anxiety-ridden behavior that has many implications for the players.

These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear or worry. The player’s anxiety is more related to the subsequent result of the game. Anxiety affects a sports players’ performance in physiological, cognitive and behavioral ways. If you suffer from anxiety before an important athletic competition, your sports performance will be affected.

Statement of the problem:

The researcher was active sportsmen during his sport career and has represented national competition in Amravati University. Thus, he has great interest in the field of games and sports. While going through the related literatures and newspapers he found that in various games and sports some psychological factors such as, fear, aggression, stress etc. affect largely on sports performance of sports players. In modern competitive sports players are also interacting with the fear, anxiety, stress and threats before various levels of competition. When players and athletes are exposed to continual stress, threats and fear it directly interact to their sports performance in particular game. Keeping in mind the aforesaid facts, researcher planned to carry out this problem stated as under; “A study of the Anxiety level of interuniversity players of various games in Maharashtra”.

Objectives of the study:

1. The objective of the study was to find out the anxiety level of Maharashtra interuniversity players in various games participating from Maharashtra state.
2. To compare the level of anxiety between the inter-university players of various games.
3. To find out the level of anxiety in male and female of Inter-university players in different game.
6. To compare the anxiety level between the male and female of Inter-university players.
7. To examine anxiety level between the pre and post-game of inter-university players of various games.

**Significance of the study:**
1. This study might be helpful to players, coaches, anxiety in sport director to know the level of anxiety of interuniversity players.
2. The present study might be helpful to the Inter-university players to know their actual level of anxiety before and after the competition.
3. The present study might be helpful to know the coaches and players to adapt the solution for the treatment of anxiety.
4. The study also might be helpful to know the coaches which interuniversity players are more anxious before and after the competition.

**Hypothesis**
For this study the following hypotheses were made
1. It was hypothesized that players would be anxious towards competition.
2. It was hypothesized that the players of various games, anxiety level would be differ according to their performance.
3. The anxiety level of female players would be more than the male players.
4. It was also hypothesized that pre-game anxiety of the players would be more than the post-game.

**Delimitations**
The study was delimited to the following aspects.
1. The authenticity of the data depends upon the honesty of the selected Subjects.
2. No motivational techniques were used to collect data which might have effect on the results.
3. Religious and environmental factors was not considered.
4. Socio-economic status of the selected subjects was considered.

Limitations

1. The study was limited to measure anxiety level only.
2. The study was limited to both male and female players of Maharashtra Inter University (Ashwamedh tournament).
3. The age of the subject was ranging from 17 to 28 years.
4. The study was limited to the players of Maharashtra Universities who participated in interuniversity Ashwamedh tournament in the session 2012-2013 and 2013-2014.
5. The study was limited to the game Kabaddi, Kho-Kho, Athletic, Volleyball and Basketball.
6. The study was limited to the players of quarter final match in each game.

Review of literatures:

The present study explored the anxiety level of Inter-University players of various games, researcher surveys of related literatures to defining problem. In every research, review of related literature has its own importance. For this purpose the abstracting research surveys, journals, published as well as unpublished Ph.D. thesis, research quarterly very carefully.

Methodology:

A research design is the logical and systematic planning and direction of a piece of research. Research procedure is the most essential for any research work; sources of data, sampling procedure, administration of questionnaire and collection of data is very important.

For the present study, the researcher selected the subjects from Inter-University Ashwamedh tournament held at Maharashtra.

To estimate the anxiety level of Inter-University players of various games, the researcher selected 870 (eight hundred seventy) subjects randomly consisting of 522 male and 348 female players from five different games those who participated in Inter-University Ashwamedh tournament at Maharashtra in the year 2012-2013. Out of 522 male subjects consisting 192, 108, 54, 72 and 96 players from Athletics, Kho-Kho, Kabaddi Volleyball, Basketball respectively and out of 348 female subjects
consisting 128, 72, 36, 48 and 64 players from Athletics, Kho-Kho, Kabaddi Volleyball, Basketball respectively from pre quarter final match of tournament in each game. Their age ranges varied from 18 to 28 years.

**Tools for data collection:**

This study was conducted with a purpose to determine the anxiety level of Inter-University players of various games, some relevant information was necessary for interpreting the responses. For the collection of relevant information Sport Competition Anxiety Test (SCAT) questionnaires developed by Rainer Marten were used for both the male and female players to assess the pre and post competitive anxiety.

In responding to Sport Competition Anxiety scale, subjects were instructed to indicate how they generally feel by rating the frequency of their feeling of anxiety on the five point scale- (1) Extremely low (2) Low (3) Normal (4) High (5) Extremely high. The questionnaire contained a number of statements which were related to Sport Competition Anxiety and indicated how a person generally feels.

Administration of questionnaire also important to collect the necessary information to assess the anxiety level of Inter-University players of various games. The researcher tried to collect information for assessment of anxiety level (before and after the match) of selected subjects through the questionnaire of Sport Competition Anxiety Test (SCAT). The researcher visited personally and distributed the questionnaires to 870 (eight hundred seventy) subjects consisting of 522 male and 348 female players in five different games (Volleyball, Basketball, Athletic, Kho-Kho, and Kabaddi) those who participated in Inter-University Ashwamedh tournament in Maharashtra and explained the procedure for filling questionnaire without taking the help of others. The data were collected one hour before and after the competition of pre quarter final match of tournament in each game. To obtain scores for the sport competitive anxiety scale simply add the weighted scores for the items.

Finally the researcher collected 1740 questionnaires (before match 870 and after match 870 questionnaires) from both the male and female in Inter-University players.
**Statistical analysis:**

All the data pertaining to the present study were examined by employing ‘t’ test to find out whether any significance difference between the mean score of pre and post game anxiety for both the groups of male and female. The data were examined by employed Chi-square ($\chi^2$) statistical technique to see the significant result and to see the comparison of data percentage statistical techniques through consequent tables and graphs.

5.2 **Conclusions:**

The present study has certain limitations that need to be taken into account when considering the study and its contributions. Since the level of anxiety before and after the competition is not related to the athletes’ performance, this study merely focused on the level of anxiety pre and post competitions only.

The results from the various approaches used in this the researcher has come to the following conclusions

The finding of table -7 concluded that the calculated ‘t’ value is 5.35 which was greater than that of tabulated value of 1.97 at 0.05 level of confidence. However, the difference between the pre and post game anxiety of male athletes are found significant. It can be said that pre game anxiety of male athletes was significantly higher in comparison to post game anxiety level.

In case of female the finding of table -10 reveals that the calculated ‘t’ value is 2.61 which was greater than that of tabulated value of 1.97 at 0.05 level of confidence. However, the difference between the pre and post game anxiety of female athletes are found significant. It can be said that pre game anxiety of female athletes was significantly higher in comparison to post game anxiety level.

Evidence the findings from table-13 highlighted that mean differences between the pre and post game anxiety of male Kho-Kho players are found significant. The calculated ‘t’ value 3.42 which was found greater than that of tabulated value 1.98 at 0.05 level of significance. It can be said that pre game anxiety of male Kho-Kho players was significantly higher in comparison to post game anxiety level.

A good deal of research has shown that exposure therapy is effective for reducing negative affective symptoms associated with specific psychopathology. Moreover, in vivo exposure therapy has been found to have greater efficacy phobias
(e.g., acrophobia, fear of driving, claustrophobia, aviophobia, and arachnophobia). Exposure to emotional situations and prolonged rehearsal result in the regular activation of cerebral metabolism in brain areas associated with inhibition of maladaptive associative processes.

Identical neural circuits have been found to be involved in emotion regulation across affective disorders. Systematic and controlled therapeutic exposure to phobic stimuli may enhance emotional regulation through adjustments of inhibitory processes on the amygdala by the medial prefrontal cortex during exposure and structural changes in the hippocampus after successful therapy.

The unique ability of virtual environments to match exposure to the needs of various clinical application areas has been recognized by a number of researchers interested in exposure interventions. Recent quantitative reviews of virtual reality exposure therapy have concluded that virtual reality exposure has good potential as a treatment approach for anxiety and several specific phobias.

In case of female the findings concerning table-16 interpreted that the calculated ‘t’ value is 3.83 which was higher than that of tabulated value of 1.99 at 0.05 (71) level of confidence. It is indicated that there was significant different between the mean scores of pre and post game anxiety of female Kho-Kho players. The findings show the pre game anxiety of female athletes was more as compared to post game anxiety level.

The result interpreted from table-19 indicates that there was significant difference between the pre and post game anxiety level of male Kabaddi players. The calculated ‘t’ value 2.13 which was found greater than that of tabulated value 2.01 require to be significant at 0.05 (53) level of significance. It can be said that pre game anxiety of male Kabaddi players was significantly higher in comparison to post game anxiety level.

In case of female the finding regarding the table-22 the calculated ‘t’ value is 2.92 which is greater than that of tabulated ‘t’ value 3.42 which was found greater than that of tabulated value 2.02 require to be significant at 0.05 (35) level of significance. It was found that pre game anxiety of female Kabaddi players was significantly higher in comparison to post game anxiety level.

Evidence the findings from table-25 highlighted calculated ‘t’ value 2.99 which was found higher than that of tabulated value 1.99 require to be significant at
It was found that there was significant difference between the pre and post game anxiety level of male Volleyball players. It was indicated that pre game anxiety of male Volleyball players was significantly higher in comparison to post game anxiety level.

In case of female the result interpreted from table-28 indicates that the calculated ‘t’ value is 2.24 which is greater than that of tabulated value of 2.01 at 0.05 level of significance. However, the difference between the pre and post game anxiety scores of female Volleyball players is found significant. It was found that the pre game anxiety of female Volleyball players was more as compared to post game anxiety.

The finding regarding the table-31 reveals that the calculated ‘t’ value 2.96 which was found greater than that of tabulated value 1.98 require to be significant at 0.05 (95) level of confidence. There was significant difference between the pre and post game anxiety level of male Basketball players. It can be said that pre game anxiety of male Basketball players was significantly higher in comparison to post game anxiety level.

In case of female the findings concerning table-34 highlighted that the calculated ‘t’ value is 11.12 which was greater than that of tabulated value of 1.99 at 0.05 (63) level of confidence. It was found that there was significant difference between the pre and post game anxiety of female Basketball players. It was concluded that the pre game anxiety of female Basketball players was more as compared to post game anxiety level.

Evidence the findings from table-37 highlighted the players of volleyball and athletics pre competitive anxiety were higher and in case of post competitive anxiety the players of volleyball and basketball were higher than the players of other games. It was also indicated that kho-kho players are low anxiety in pre and post test competition. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of male athletes in all five games.

The findings concerning table-40 interpreted that the pre competitive anxiety of female volleyball players was higher than the players of other games. In case of post competitive anxiety the players of athletics was higher than the players of other games. It was also seemed that basketball players are low anxiety in pre and post test competition than the other players. Above table reveals that pre competitive anxiety was higher than the post competitive anxiety of female in all the five games.
The result interpreted from table-43 indicate that the calculated ‘t’ value is 9.89 which was greater than that of tabulated value of 1.95 at 0.05 (521) level of confidence. It was indicated that there was significant difference found between the overall mean scores of pre and post game anxiety of male players. It was concluded that the overall mean of pre game anxiety of male players was higher as compared to post game anxiety level.

In case of female the results from the table-46 showed the calculated ‘t’ value is 5.75 which was greater than that of tabulated value of 1.96 at 0.05 (347) level of confidence. Therefore, significant difference found between the overall mean scores of pre and post game anxiety of female players. It was concluded that the overall mean of pre game anxiety of female players was higher as compared to post game anxiety level.

The finding regarding the table-52 revealed that the pre and post game anxiety level of male athletes in respect to extremely low, low, normal, high and extremely high categories, the percentage are 6.25 % & 12%, 13.54% & 23%, 23.96% & 30%, 21.88% & 45% and 34.38% & 34% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male athletes.

In case of female the result interpreted from table-58 indicate that the pre and post game anxiety level of female athletes in respect to extremely low, low, normal, high and extremely high categories, the percentage are 3.13 %, 7.81%, 23.44%, 29.69% , 35.94% and 29.69 %, 32.81%, 18.75%, 10.94% and 7.81% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female athletes.

The results from the table-64 highlighted that the pre and post game anxiety level of male kho-kho players in respect to extremely low, low, normal, high and extremely high categories, the percentage are 1.85 % & 20.4%, 7.41% & 31.48%, 20.37% & 16.76%, 24.07% & 16.76% and 46.30% & 11.11% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male kho-kho players.

In case of female the findings concerning table-70 showed that the pre and post game anxiety level of female kho-kho players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00% & 25.00%,
8.33% & 33.33%, 16.67% & 13.89%, 25.00% & 16.76% and 50.00% & 11.11% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female kho-kho players.

Results of the table-76 interpreted that the pre and post game anxiety level of male kabaddi players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00 % & 25.93%, 3.70% & 33.33%, 14.81% & 11.11%, 25.93% & 11.11% and 55.56% & 18.52% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male kabaddi players.

In case of female the finding regarding the table-82 highlighted that pre game anxiety level of female kabaddi players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00 % & 27.78%, 0.00% & 33.33%, 16.67% & 11.11%, 27.78% & 11.11% and 55.56% & 16.76% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female kabaddi players.

The result interpreted from table-88 indicated that the percentage of pre and post game anxiety level of male volleyball players in respect to ‘extremely low’ 2.78 % &33.33%,, ‘low’ 8.33% & 27.78%,, ‘normal’ 25.00% & 16.76%,, ‘high’30.56% &13.89% and ‘extremely high’33.33% & 8.33% categories respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male volleyball players.

In case of female the results of table-94 revealed that the pre and post game anxiety level of female volleyball players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00 %, 4.17%, 29.17%, 29.17%, 37.50% and 25.00 %, 20.83%, 25.00%, 20.83%, 8.33% respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female volleyball players.

The findings concerning table-100 indicated that the percentage of pre and post game anxiety level of male basketball players in respect to ‘extremely low’2.08 % & 31.25%,, ‘low’12.50% & 35.42%,, ‘normal’18.75% & 14.58%, ‘high’27.08% & 10.42% and ‘extremely high’39.58% & 8.33% categories respectively. It was concluded that pre competitive anxiety was higher than the post competitive anxiety of Inter-University male basketball players.
In case of female the results from the table-106 interpreted that the pre and post game anxiety level of female basketball players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 0.00% & 28.13%, 12.50% & 31.25%, 21.88% & 18.75%, 31.25% & 12.50% and 34.38% & 9.38% respectively. It was clearly found that pre competitive anxiety was higher than the post competitive anxiety of Inter-University female basketball players.

The findings regarding table 108 highlighted that the pre and post game anxiety level of overall players in respect to ‘extremely low’, ‘low’, ‘normal’, ‘high’ and ‘extremely high’ categories, the percentage are 2.53% & 26.12%, 9.20% & 31.49%, 21.61% & 17.24%, 26.44% & 13.56% and 40.23% & 11.49% respectively. It was clearly stated that pre competitive anxiety was higher than the post competitive anxiety of Inter-University players in overall game.

The result interpreted from table-109 stated that the calculated ‘t’ values are 5.33 and 3.93 which were greater than that of tabulated value of 1.92 at 0.05 level of confidence. It was indicated that the overall mean scores of pre and post game anxiety among the male and female players differ significantly. It was concluded that pre game and post game anxiety of male players was higher as compared to female players.

The findings regarding the table-110 interpreted that the computed \( \chi^2 \) value of 22.494 was greater than the tabulated value of \( \chi^2 .05(4) = 9.49 \). It might be indicated that significant difference was found between the pre and post game anxiety of male athletes in different categories of anxiety level. It was concluded that pre game anxiety of male athletes was higher in comparison to post game anxiety level.

In case of female it is evident from table-111 that computed \( \chi^2 \) value of 41.051 was greater than the tabulated value of \( \chi^2 .05(4) = 9.49 \). It was found that significant difference was found between the pre and post game anxiety of female athletes in different categories of anxiety level. It was clearly stated that pre game anxiety of female athletes was higher in comparison to post game anxiety level.

The findings from table-112 highlighted the computed \( \chi^2 \) value of 30.906 was greater than the tabulated value of \( \chi^2 .05(4) = 9.49 \). It was found that significant difference was found between the pre and post game anxiety of male kho-kho players in different categories of anxiety level. It was concluded that pre game
anxiety of male kho-kho players was higher in comparison to post game anxiety level.

In case of female the result interpreted from table-113 showed that the computed $\chi^2$ value of 24.00 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It was found that significant difference was found between the pre and post game anxiety of female kho-kho players in different categories of anxiety level. It was concluded that pre game anxiety of female kho-kho players was higher in comparison to post game anxiety level.

The findings regarding the table-114 revealed that the computed $\chi^2$ value of 20.143 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It was found that significant difference was found between the pre and post game anxiety of male kabaddi players in different categories of anxiety level. It was concluded that pre game anxiety of male kabaddi players was higher in comparison to post game anxiety level.

In case of female it is evident from table-115 that the computed $\chi^2$ value of 16.255 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It is clearly said that significant difference was found between the pre and post game anxiety of female kabaddi players in different categories of anxiety level. It was clearly stated that pre game anxiety of female kabaddi players was higher in comparison to post game anxiety level.

The findings concerning the table-116 indicated that the computed $\chi^2$ value of 21.327 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It indicated that significant difference was found between the pre and post game anxiety of male volleyball players in different categories of anxiety level. It was clearly found that pre game anxiety of male volleyball players was higher in comparison to post game anxiety level.

In case of female the result interpreted from table-117 stated the computed $\chi^2$ value of 13.531 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It was found that significant difference was found between the pre and post game anxiety of female volleyball players in different categories of anxiety level. It was concluded that pre game anxiety of female volleyball players was higher in comparison to post game anxiety level.

The findings regarding table-118 showed that the computed $\chi^2$ value of 31.099 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It clearly found that
significant difference was found between the pre and post game anxiety of male basketball players in different categories of anxiety level. It was concluded that pre game anxiety of male basketball players was higher in comparison to post game anxiety level.

In case of female it is evident from table-119 that the computed $\chi^2$ value of 18.791 was greater than the tabulated value of $\chi^2 .05(4) = 9.49$. It revealed that significant difference was found between the pre and post game anxiety of female basketball players in different categories of anxiety level. It was clearly found that pre game anxiety of female basketball players was higher in comparison to post game anxiety level.

Finally the findings of the study showed that there was significant difference between the pre and post game anxiety of male players in respect to all five different games. Pre game anxiety was higher in comparison to post game anxiety level.

It was also revealed that there was significant difference between the pre and post game anxiety of female players in respect to all five different games. Pre game anxiety was also higher in comparison to post game anxiety level.

The findings of the study showed that out of five games male players of volleyball and athletics pre competitive anxiety were higher in comparison to other games and in case of post competitive anxiety the players of volleyball and basketball were higher than the players of other games. It can be concluded that kho-kho players are low anxiety in pre and post test competition. It was also concluded that pre competitive anxiety was higher than the post competitive anxiety of male players in all five games.

The findings of the study interpreted that out of five games pre competitive anxiety of female volleyball players was higher than the players of other games and in case of post competitive anxiety the players of athletics was higher than the players of other games. It was also seemed that basketball players have low anxiety in pre and post test competition than the other games. It was also concluded that pre competitive anxiety was higher than the post competitive anxiety of female players in all five games.

The findings of the study stated that there was significant difference between the pre and post game anxiety in respect to extremely low, low, normal, high and extremely high categories on the basis of Chi-square($\chi^2$). It was also concluded that
pre competitive anxiety was higher than the post competitive anxiety of male and female players in all five games.

The findings of the study showed that there was significant difference between the pre and post game anxiety among male and female players in respect to all five different games. It was concluded that Pre and post game anxiety of male players was higher in comparison to female players in all five different games.

Finally on the basis of findings and conclusions some recommendations are made.

5.3 Recommendations:
On the basis of findings and conclusions some recommendations are made for further studies as follows;

i) It is recommended that regular participation in the tournament/competition players to get success in the competition and to avoid the influence of anxiety on performance.

ii) It is recommended authority shall be provided psychological training facilities to the players which may lead avoid the influence of anxiety.

iii) These results can be helpful to develop psychological training programmers for male players to get success in the competition and to avoid the influence of anxiety on performance.

iv) It was observed that no any psychological expert with the university team therefore it is suggested that the university appoint one psychologist for the every discipline to counseling the players and understand players problems. It is also recommended that the psychologist should conduct the camp to guide the players.

v) It is recommended that before one month of competition and at the beginning of the session 3 to 4 days workshop or seminar be conducted by coach to give advance knowledge of game, new techniques, planning and strategies should be discussed.

vi) The difference between the pre and post game mean statistically significant at both male and female. Thus it confirms that the athletes are more anxious than the other players. Social isolation is one of the important sources of variance of anxiety. However, gradually abandoning
their permittivity is coming in contact with the people outside their community. Social awareness is giving them a source of identity with their fellow countrymen and will helping them in breaking the isolation and may improve anxiety level during the competition.

vii) It was observed that women participation is deplorable therefore it is recommended that give special attention to improve the participation in games and sport.

viii) It was showed that some university declare their team at the eleventh hour and that case no proper coaching camp being conducted therefore it is suggested that the university team be declare at least 4 to 5 weeks before the tournaments and coaching camp be conducted 15 days prior to the tournament.

ix) The sports are not a magic. To give better performance it is a long process hard work, scientific practice is very essential. Therefore it is recommended that the well planned programme should be made and it should be continue under the guidance of coach psychological expert and experts of allied sciences.

x) It is recommended that no skill level differences being observed for the intensity of responses, no skill level differences were observed for frequency of intrusions of symptoms and emphasizes the notion that directional interpretation remains an important distinguishing variable of the anxiety response between athletes with high and low skill.

xi) In all competitive sports activities, anxiety plays a vital role, because anxiety become negative, automatically athlete cannot performance. So, that in higher level sports competition a coach of athlete should have proper knowledge and strategies for managing the anxiety.

xii) Based on the current results, it is recommended that sport psychologists, sport counselors, and coaches use the findings to design appropriate training programmers to help athletes acquire suitable coping strategies so as to reduce their anxiety levels and enhance their performance.

xiii) At different level of competition and in different state such type of study can be conducted

xiv) From the finding of the study it is also recommended that a study may be carried out with other variables.
xv) It is recommended that the size of the sample may increase for the validity and reliability of the result.

xvi) A similar study may be conducted on players in different age groups.

xvii) This type of study may be conducted on a large population for the other parts of the country to make the study more authentic & valid.

xviii) It is also recommended that authority should be conducted match with other teams as much as possible by which players get more experience

5.4 **Recommendations for further studies:**

1. Same study may be conducted by taking beginners advanced and professional players as a subject.

2. Same study may be conducted among players of different age groups.

3. Same study may be conducted considering different physiological and psychological variables.

4. Similar study may be repeated by dividing the subjects into different levels i.e. District Level and International Level.

5. This study may performed by selecting subjects belonging to different age groups and level of achievement other than those employed