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**A STUDY OF ANXIETY AMONG PROFESSIONAL CHESS
PLAYERS AND FOOTBALL PLAYERS**

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ABSTRACT

The goal of the research was to see if professional chess players and football players had similar levels of stress and hostility. Anxiety and violence are two factors that, from a theoretical and practical standpoint, deserve more research. Teachers and coaches may benefit from knowing these factors so that they may make educated judgments while working with young athletes at various skill levels. By doing this research, universities may better understand the strengths and areas for improvement of the athletes who participate in coaching camps, and better prepare their teams and individuals for future competition. The present study's findings will aid in identifying anxiousness and hostility among university-representing athletes in chess and football. In addition, this will aid in the search for promising young athletes. Young people exposed to the pressures of competitive sports should have developed the aggressiveness, anxiety, and emotional intelligence they'll need to thrive in the face of the inevitable problems they'll face.