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A STUDY OF ANXIETY IN KABADDI INTERCOLLEGIATE PLAYERS

CHITTIRAJU JYOTHI

Research Scholar, Department of Physical Education,
Sri Satya Sai University of Technology & Medical Sciences, Sehore, M.P.

ABSTRACT

In today's world, sports are a highly valued notion in every country, and they have been the focus of several scientific studies. Competitors and those who aim to be the best in sports are naturally drawn to one other. Every woman is on a mission to prove her dominance over the rest of the pack by taking on the men. In this way, the challenge pushes and inspires all athletes to work harder, run faster, leap higher and throw farther in the competitive world of sports. Only by using their abilities in the right games and sports, as well as via scientific, methodical, and organized sports training, can they achieve their full potential. Since the first modern Olympic Games, the public's attention has been drawn to human performance. Coaches and researchers, in addition to athletes, are becoming more scientifically literate. More and more individuals are keeping track of athletic records, and data is rigorously preserved by sports authorities and the media alike. Athletes' ability to perform at their top is one of the aspects that maintain competitiveness. The increase in the number, size, and complexity of research labs has offered a boost to the study of athletes. Today, data are accessible on every discipline, and the top athlete has been extensively profiled in a wide range of scholarly publications. Performance criteria and training techniques may be based on factual knowledge, which ultimately benefits the performer by providing an explanation for why particular requirements have been attained. Tanner made the observation that an athlete's ability to compete at the Olympic level may be thwarted if they lack the right physical attributes. Studies involving high-ranking national and international athletes have been the most fruitful. According to theory, we should be able to predict that individuals who are most successful would have the right structures to perform at their highest level. Therefore, a study of these structures and activities will help us better grasp the value of physical and mental characteristics.