

Vol II Issue III Jan 2013

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
Research Journal*

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RNI MAHMUL/2011/38595

ISSN No.2249-894X

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STUDY OF ANXIETY AND INFECTIONS IN SPORTSMAN LIFE

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Abstract:

Sports are psychological and physical because it is led by psychology and performed by physique. There is a good head and muscle or psyche and body coordination in sports for achieving success in competition. The head, the thought images and mental pattern play significant role in sports performance. Along with anxiety as an internal factor, the sports performance of the sportsman is also affected by the outside factors like the health and nutrition, sanitation and health awareness of the sportsman, the infections caused by different insects like flies and mosquitoes and other body-related issues.

The normal physical and health conditions of Indian people and that in rural or urban areas are dangerous. During each age and stage different kinds of unknown diseases and health problems caused a large damage to the Indian human society. The occurrence and the frequency in occurrence of the helminthic diseases date back beyond the dawn of history. Omnivorous habit and terrestrial habit exposed man to helminthic infections to a greater degree.

KEYWORDS:

Anxiety, Infection, Sports.

INTRODUCTION

Anxiety in the sports performance is very complex phenomenon which must be studied in its own context. Any prediction should not be given basing upon the previous theories.

Health is wealth. If a sound body is maintained than a sound society exists with good mental health and humanity. Poor health itself is a problematic tension to make the mind sick and also it creates a number of physical, emotional and social influencing illnesses. Lack of awareness, environmental degradation and the available food pattern and nutrition are very often causing of ill health. Each and every family does access a full diet and most of them are served with unsatisfactory fulfilment of basic needs. Till the basic needs remain out of satisfaction we cannot imagine development. One necessitates proper physical education, awareness, games and sports activities and at least mild physical are necessary exercise to remain fit and sound. Even of them some can help in development of all round personality to the full extent. One easily believes that games and sports and physical exercise relax the emotions, tension and anxiety and keep the person energetic completely. It can also lengthen the span of life.

The sports and physical education and its related activities provide the opportunities of emotional release besides physical fitness and happiness in life. It also gives us the valuable training in the democratic living (Harrison, 1980).

We face dead competition in all walks of life and in games and sports both physical and psycho-

motor competition remains very high. One remains safe in a team or event till one process fitness and success in competitions. It may be local or international. People do believe in the social, physical, financial, athletic as well as psychological values of game and sports. That is why; it has been emerged as a modern scientific and an urgent subject of study. Sports ability of an individual is influenced by many factors like diet and food nutrition, motor strength and skill, physique, game technique and skills, psychology and the culture community background etc.

REVIEW LITERATURE:

Sports and games as old as the human civilization itself, is a means of enjoyment and body exercise. "Sports are highly organized form of play and play is a general intimate tendency. Play is very important for preservation, growth and development of organism" Dr. M.L. Kamlesh and M.S. Singhal.

Only systematic training for physical development, psychological factors and technical aspects of games are not sufficient for success in the games and sports but the training of the psychological characteristics are also necessary. That means, an all round development of human physique, social and psycho-emotional characteristics is necessary along with the ABC of the sports itself. Success in sports is related to high level of physical fitness, mastery over the skills, sports tactics and strategy applicable in particular positions or situations. Beside these factors, success also depends on the personality of the sportsman. The participation in sports relieves aggression and also can aggravate some others. Each person also reacts to sports in different ways. It depends upon his style of understanding sports, experience of participation and other personal characteristics. That is why, now a day the demand or responsibilities of a sports psychologist is increasing.

Sports are psychological and physical because it is led by psychology and performed by physique. There is a good head and muscle or psyche and body coordination in sports for achieving success in competition. The head, the thought images and mental pattern play very significant role in sportsman performance.

Anxiety in the sports performance is a very complex phenomenon which must be studied in its own context. Any prediction should not be given based upon the previous theories.

HELMINTHIC INFECTIONS:

Along with anxiety as an internal factor, the sports performance of the sportsman is also affected by the outside factors like the health and nutrition, sanitation and health awareness of the sportsman, the infections caused by different insects like flies and mosquitoes and other body-related issues.

The normal physical and health conditions of Indian people and that in rural or urban areas are dangerous. During each age and stage different kinds of unknown diseases and health problems caused a large damage to the Indian human society. The occurrence and the frequency in occurrence of the helminthic diseases date back beyond the dawn of history. Omnivorous habit and terrestrial habit exposed man to helminthic infections to a greater extent.

NORMAL CAUSES OF HELMINTHIC INFECTIONS:

Based on studies in India and abroad the following are found to be the causes of the helminthic infection. Contact with swamp and river water and unavailability of drinking water is the first cause of it. The habit of walking with naked feet without any footwear increases the frequency and severity of infections with hook worms and allied species. The invention of primitive weapons enabled man to kill animals for food and brought with it the evils of meat-borne infections like Taeniasis. The domestication of animals caused hydrated cyst in man due to animal infection. The habit of eating fish led to infection with *Diphyllobothrium Lethem* and *clonorchis sinuses*.

The old Egyptian literature Eber papyrus (about 1558 BC) describes the *Taenia*, *ascaris*, *filariasis* and the symptoms of an abdominal worm known as 'haltu' formally identified as '*Ancylostoma duodenal* and now days believed to be *schistosomal haematobium*.

Hippocrates (460 – 357 BC) described diagnosis and removal of Hydrated cyst.

Aristotle (384 – 322 BC) described three types kinds of worms i.e. round flat worm, cylindrical worm and ascarids as well as bladder worm.

In the middle age, the Persian physician Avicenna (AD. 980 – 1037) described four different types of intestinal worms and is the first physician to appropriate the aetiological connection between the worms

and their produced symptoms. He may well be known as the founder of the medical helminthology.

During the modern days, following the use of microscopes Van Leeuwen hock (1632 – 1723) and his successors in studying protozoa species and working out the anatomy of helminthic and arthropods, the microbiological characteristics of various parasites were first studied, a large number of information were given regarding the extrinsic and intrinsic development of these. It paved the way for epidemiological studies.

Present days there is a search for new and more effective chemotherapeutic agents. In psychological and iriochemical investigation of parasites worms and their intermediate hosts are occupying the attention. The mechanism of natural and acquired immunity to helminthic parasites is being studied intensively.

Today, national and international efforts are done to prevent these diseases. The World Health Organisation coordinates researches, stimulates the preventive and the rapeutic works, disseminates expert knowledge etc. towards these problematic diseases.

Studies in India here found that the helminthic infestation out of different kinds of worm infection is very high in both rural and slum areas the more.

A doctoral study has been conducted by the research scholar on 1585 persons including adult people with the following objectives:

OBJECTIVES OF THE STUDY:

- To test the difference of anxiety between men and woman basketball players.
- To obtain an authentic data regarding the epidemiological profile of worm infestation in rural and urban areas.
- To find out the prevalence of helminthic infestation in urban and rural communities.
- To measure the fly index of these household in these areas.
- To estimate the haemoglobin percentage of persons suffering from hook worm infection.
- To assess the impact of interventions i.e. health education provided to the communities.

RESULT OF THE STUDY:

Taking these objectives in view for knowing the level of anxiety in the men and women basketball players, the Sports Competitive Anxiety Test (SCAT) developed by Martens (1970) was administered before one hour of the starting of a match. The statistical techniques like Average, Standard deviation and T-ratio were applied for analysis and interpretation. On the basis of mean difference and T-ratio, it was found that there is no significant difference of anxiety among of men and women basketball players. Of course, there is optimum anxiety in the players before facing the real match.

A number of 1585 persons were surveyed for the helminthic study purposes. A house to house survey was conducted for this program. Out of 1585 persons, stools of 1460 persons were examined for testing any helminths in it. Techniques of interview, observation and laboratory investigation were under taken for the helminthic infection. A haemoglobin test was also done on persons suffering from ankylostomiasis.

By examining the stool samples collected from the people, estimating the haemoglobin of ankylostoma infected person it was found that the samples were infected and taking the socio-economic and educational information from the families it was found that their living status and physical, living and health habits are very negligible which are very friendly to infection.

Again a field visit cum estimation of fly density was conducted in the area and found that, fly density is more in rural areas causing infections. Then as an intervention program, a health awareness or Health Education Program me was organised to influence the Health related beliefs, habits attitude and behaviour.

At the end of one year of intervention program the stool of 1442 persons were re- examined .It was found that 62.75% of population in urban area and 59.82%in rural area is non-vegetarian, maximum(60.54% urban and 74.25% rural)have open field defecation habits and maximum of rural population don't use any footwear .

CONCLUSION:

The people using tap water are found more infected by worm in comparison to that of the people using hand pump water in urban area. In rural, people using the well water are more infected by worms. Worm infection is lower among the users of latrine. The heart and sanitation in rural areas is very low and

helminthic infestation is high in these areas.

The age wise analysis found that the maximum helminthic infestation was in the age group of 25-35 years and the next to it was the age group of 15-25 years in the urban areas while the age group of 15-25 years was most affected in rural areas. Least infection was in the old age.

After providing the physical education to these people for one year and then found that the physical dirty habits of people have undergone change and the health problems were decreased in the people. Accordingly the helminthic worm infestation was decreased and controlled to a large extent.

In conclusion we can say that, for the whole development of personality; health habits and physical development are necessary, for sports persons the healthy body is essential. The healthy habits and awareness develop a healthy national culture which can think and work on the positive progress of the nation.

Worm infestation is a common problem in people which can infect easily out of simple apathy and in healthy life style. The studies all over the world prove the relation between wrong practices of health and health apathy and the helminthic infestation.

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