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## A comparative study of general anxiety disorder in male and female wrestlers

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### Abstract

The study sought to assess and discriminate general anxiety levels among male and female wrestlers in Chandigarh. A total of 50 (N=50) men and female wrestlers from Chandigarh were chosen using random selection procedures. These participants were then classified based on their age range between 18 to 25 years and their participation, which was male (25) and female (25) at the national level. Data were collected using the General Anxiety Disorder (GAD-7) Questionnaire, which Spitzer and colleagues developed in 2006. The mean, SD, and 't'-value were used to evaluate the significance of differences between the two groups, with a significance level of 0.05. Data study revealed that female wrestlers had greater anxiety levels than male wrestlers. A considerable difference was found between male and female wrestlers.

**Keywords:** General anxiety disorder, wrestlers, gender, age

### Introduction

In addition, the environment we live in is dynamic and demanding on all levels - physically, cognitively, emotionally, socially, and morally - and anxiety is a normal, acceptable, and expected reaction to actual or possible risk. We have efficient coping mechanisms to deal with stress daily (Shri, 2010) <sup>[13]</sup>.

Anxiety disorders are characterized by distorted beliefs about the threat posed by certain situations and/or internal motivations (Clark, 1999) <sup>[8]</sup>. Anxiety disorders cause severe distress over time and disrupt the lives of those suffering from them (American Psychological Association, 2004). Anxiety disorders are marked by extreme fear and avoidance, usually in response to a specific object or situation even when no real danger is present (Olatunji, Cisler, & Deacon, 2010) <sup>[17]</sup>. In general, while anxiety is a normal reaction that helps us cope with daily life, anxiety disorders involve uncontrolled anxiety responses, indicating a disorder.

Anxiety disorders are a common mental health condition, particularly in children and adolescents. They can cause significant suffering, interfere with normal psychological and academic development, interfere with family life, and lead to an increase in medical use. Anxiety is an uncomfortable emotional state characterized by feelings of mental distress, nervousness, anxiety, and obsession or fear about certain uncertain events. People often experience anxiety about things they can't control or predict or about things that seem dangerous or threatening. When anxiety becomes chronic, seemingly unmanageable, and becomes overwhelming, leading to an irrational fear of everyday situations, that's when it's called an anxiety disorder. Some other mental disorders, such as OCD and PTSD, can sometimes co-exist with anxiety disorders. Generalized Anxiety Disorder (GAD), Panic Disorder, Agoraphobia, Social Anxiety Disorder, Selective Mutism, Separation Anxiety, and Specific Phobias are some of the key risk factors for developing an anxiety disorder. Symptoms and syndromes of anxiety can range from mild to severe and can occur during childhood and adolescence.

Generalized anxiety disorder is a type of anxiety disorder and is considered a "primary" anxiety disorder that is part of other anxiety disorders (Brown, O'Leary, Barlow, & Barlow, 2001). But GAD doesn't have to worry about legitimate concerns that usually go away within days or weeks. The Hazelden Foundation reported in 2008 that if someone is anxious about a challenging circumstance, they may not possess GAD.

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Generalized Anxiety Disorder (GAD) is a commonly occurring condition characterized by an overwhelming sense of worry or anxiety regarding various aspects of daily life, whether they are internal or external, spanning across past, present, and future occurrences, and is often observed in individuals.

### Generalized anxiety disorder

- A. Anxiety about multiple events or activities that happen more than once a day for a minimum of six months. People have difficulty controlling their anxiety.
- B. Anxiety and worry were linked to at least three out of six symptoms (with more than half showing up more than once in the last six months):
- C. Agitation or experiencing heightened anxiety or nervousness.
  1. Being easily worn out.
  2. Inability to focus or mental blankness.
  3. Irritability.
  4. Muscle tension.
  5. Disruption of sleep.
- D. Anxiety and worry are not limited to symptoms of Axis I disorders, embarrassment in public (e.g., social phobia), environmental pollution (e.g., obsessive-compulsive disorder), or being separated from home or close relatives (e.g., separation anxiety disorder), weight gain (e.g., anorexia nervosa), multiple somatic complaints (e.g., somatization disorder), or serious illness (e.g., hypochondriasis), as well as anxiety and agitation in the case of post-traumatic stress syndrome. It does not only occur.
- E. The distressing feelings of anxiety, worry, or physical symptoms result in a notable level of distress or hindrance in one's social or occupational abilities.
- F. The disruption is not limited to the course of a general medical condition, substance abuse, pervasive developmental disorder, psychotic disorder, or mood disorder.

According to Heiden, Methorst, Muris, & Molen (2011), Generalized Anxiety Disorder is “a prevalent and disabling disorder characterized by persistent worrying, anxiety symptoms, and tension”.

According to Rao, Srikumar, and Rao (2011), generalized anxiety disorder is characterized by persistent worry and anxiety over a variety of events or emotions that the patient typically perceives as severe and inappropriate.

### Objectives

- To find out the difference in general anxiety disorder experiences between male and female wrestlers.

### Hypothesis

- Male wrestlers experience comparatively less general anxiety disorder as compared to female students.

### Review of Related Literature

Spoorthy *et al.* 2020<sup>[18]</sup> study analyzed COVID-19 mental health concerns among healthcare professionals, finding socio-demographic factors like gender, occupation, age, and work site associated with higher stress, anxiety, depressive

symptoms, and sleeplessness, while psychological traits like limited social support increased these issues.

The study by Zhao *et al.* (2023)<sup>[19]</sup> investigated the relationship between generalized anxiety disorder (GAD), post-traumatic stress disorder (PTSD), basic psychological needs (BPN), and mental health in Chinese university athletes. The study involved 665 athletes, including 415 men and 250 women. Results showed that basic psychological needs were positively correlated with mental health, while PTSD and generalized anxiety disorder were negatively correlated. The study also found significant indirect effects, with basic psychological needs and PTSD mediating the impact of PTSD on mental health. This highlights the importance of understanding the mental health of athletes in competitive sports.

In a research article by Jessica Hess (2014)<sup>[11]</sup>, She investigated the incidence of anxiousness among high schoolers. The research included 146 students (57 men and 89 girls) from a rural high school in the northeastern US. Convenience sampling was utilized. The Screen for Childhood Anxiety Related Emotional Disorders (SCARED) was used to measure the students' anxiety levels. ANOVA, multivariate tests, and chi-square testing were used to compare mean scores. The findings revealed that a considerable percentage of adolescents had anxiety, with teenage girls experiencing much greater levels of anxiety than boys.

In a research article by Nazan Bilgel and Nuran Bayram (2014)<sup>[4]</sup>, they investigated the prevalence of depression, anxiety, stress, and anger in Turkish high school students. 1503 students from six public high schools in grades 9–12 (958 females and 545 males) made up the sample. Depression-Anxiety and Stress Scale-42 (DASS-42) and Multi-Dimensional Anger Scale (MDAS) were used. Participants were between ages 14-19 years. Descriptive statistics, correlation analysis, Mann-Whitney U test, and Kruskal Wallis Variance analysis were used. Results indicated that students had mild depression, anxiety, and stress levels. Female students' depression, anxiety, and stress levels were found to be significantly higher than male students.

### Methodology

The current study's sample included 50 male and female wrestlers from the Chandigarh region. Data was gathered using a random sampling approach.

The study tool was an interviewer-administered pretested questionnaire adapted from General Anxiety Disorder (GAD-7) developed by Spitzer and colleagues in 2006, a brief self-report scale with strong reliability and validity. This study did not involve a clinical examination to determine a clear anxiety diagnosis.

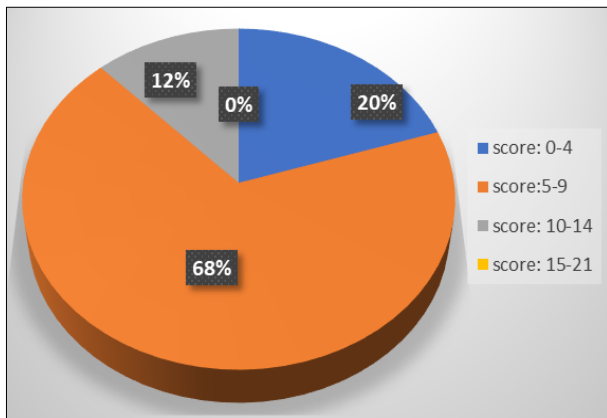
### Procedure

With appropriate instructions, subjects were administered the Generalized Anxiety Disorder Scale (GAD-7). The data was checked and a score was calculated using a scoring key. Percentages, means, standard deviations, and t-tests were calculated. The data was displayed graphically where it was felt.

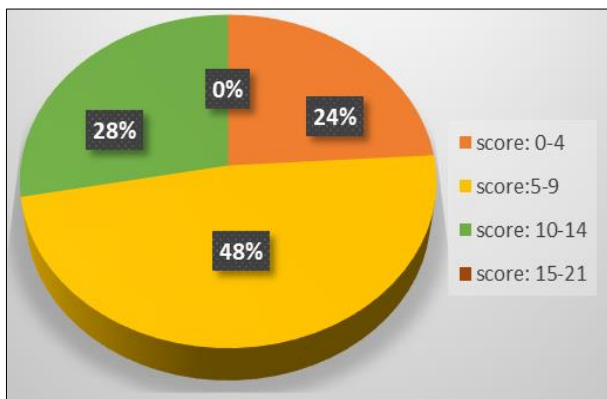
### Results and Discussion

**Table 1:** Level of General Anxiety Disorder Male and Female Wrestlers

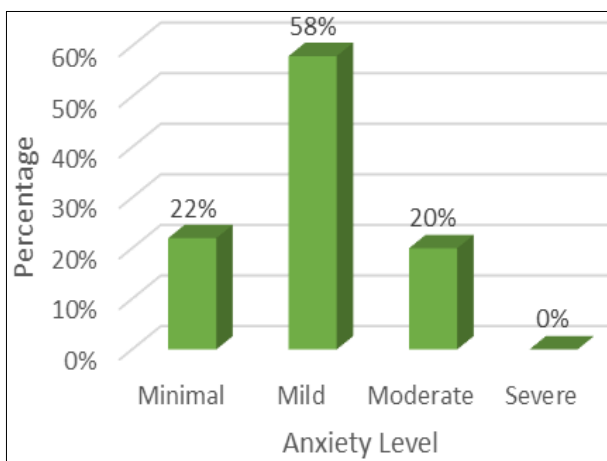
Group	N	Level of general anxiety disorder							
		Minimal (0-4)		Mild (5-9)		Moderate (10-14)		Severe (more than 15)	
		N	%	N	%	N	%	N	%
Male Wrestler	25	5	20%	17	68%	3	12%	0	0
Female Wrestler	25	6	24%	12	48%	7	28%	0	0
Total	50	11	22%	29	58%	10	20%	0	0



**Fig 1:** Level of GAD of Male Wrestlers



**Fig 2:** Level of GAD in Female Wrestlers



**Fig 3:** Level of GAD of total group

**The data showed that**

- In a total sample of 50 students 22% showed a minimal level of anxiety while 58% had in mild level, 20% had a moderate level and 0% wrestler in severe level of anxiety.

- The female wrestlers showed a lower percentage of (48%) mild level anxiety as compared to male students (68%).
- Female wrestlers (28%) reported a higher percentage of moderate-level anxiety as compared to male students (12%)
- Whereas female wrestlers have a higher percentage of minimal levels of anxiety (24%).

Mean and standard deviation values in terms of general anxiety disorder scores of male and female Wrestlers. Results have been presented in Table 2.

**Table 2:** Mean and standard deviation of scores of the Male and Female wrestlers.

	Male Wrestler	Female Wrestler
N	25	25
Mean	6.64	7.08
Standard Deviation	2.690	3.252

Comparison between male and female Wrestlers on their mean and SD of Anxiety.

**The data showed that**

- The female Wrestlers group has a greater mean score on anxiety (M = 7.08) than the male Wrestlers group (M = 6.64).
- The female Wrestlers group has a greater standard deviation score on anxiety (SD = 3.252) than the male Wrestlers group (SD = 2.690).
- The value of t for the difference between male and female wrestler's general anxiety. The differences are significant at a .05 level of confidence (t = 0.286).

**Conclusion**

Based on the current research, it can be concluded that a wrestler's gender significantly influences how anxious they are. Compared to their male counterparts, female wrestlers exhibit noticeably higher levels of anxiousness. This study also demonstrated that adolescents' perceptions of their overall health are influenced by their anxiety condition.

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