Fear of failure and anxiety in kurash athletes: gender and age differences

Ram Mohan Singh\textsuperscript{1AD}, Iryna Skrypchenko\textsuperscript{2BDE}, Hilbert Kamo\textsuperscript{3ABCD}, Abdimalik Shopulatov\textsuperscript{5BCE}, Farruh Ahmedov\textsuperscript{6ABCDEFG}, Martin Hofmeister\textsuperscript{8D}

\textsuperscript{1} Faculty of Physical Education & Sports, Pondicherry University, India
\textsuperscript{2} Dnipropetrovsk State University of Internal affairs, Dnipropetrovsk, Ukraine
\textsuperscript{3} Cameroon National Kurash Association, Cameroon
\textsuperscript{4} Septentrion Higher Institute of Garoua, Cameroon
\textsuperscript{5} Uzbek State University of Physical Education and Sport, Uzbekistan
\textsuperscript{6} Samarkand State University, Samarkand, Uzbekistan
\textsuperscript{7} Retraining and Advanced Training Institute in Physical Education and Sports, Samarkand branch, Uzbekistan
\textsuperscript{8} Department Food and Nutrition, Consumer Centre of the German Federal State of Bavaria, Munich, Germany

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Corresponding Author: Farruh Ahmedov, https://orcid.org/0000-0002-8841-0682, a-farrux@samdu.uz, Samarkand State University, Retraining and Advanced Training Institute in Physical Education and Sports, Samarkand branch, Uzbekistan

How to Cite

Abstract

Purpose: The study’s purpose was to investigate and compare the fear of failure among kurash athletes of different ages and gender on their pre-competition anxiety levels.

Material and Methods. For this study, a total of 275 athletes (age range between 12-29 years) voluntarily participated and were divided into two age groups. Their mean age was 24.2±3.7 years. To test the anxiety level before the competition, the Competitive State Anxiety Inventory-2 (CSAI-2) was used. Fear of failure among the athletes was measured with the Performance Failure Appraisal Inventory (PFAI). The data were analyzed by SPSS for Windows and expressed as the mean and standard deviation. To test the research hypotheses, the t-tests were used, and P values were set at p<0.05 for all measures.

Results. The result suggested a strong positive correlation between pre-competition anxiety and fear of failure. Kurash athletes who showed elevated pre-competition anxiety levels also exhibited higher fear of failure. Boys and men kurash players exhibited a higher level of competition anxiety and fear of failure when compared to their female counterparts.

Conclusions. This study has revealed that male kurash athletes are more vulnerable to anxiety and fear before the competition and has also proved that with age anxiety and fear also grow among the kurash exponents. Hence, the training protocols and programs should incorporate the means and methods to address the athletes suitably so that their performance will be at its best.

Keywords: kurash, fear of failure, anxiety, age, gender
Анотація

Рам Мохан Сінх, Ірина Скрипченко, Гільберт Камо, Абдималік Шопулатов, Фаррух Ахмедов, Мартін Гофмейстер.
Страх невдачі та тривога у курашистів: статеві та вікові відмінності

Мета: Мета дослідження полягало в тому, щоб дослідити та порівняти страх перед невдачею серед курашистів різного віку та статі за рівнями передзмагальної тривожності.

Матеріал і методи. У цьому дослідженні доброядно взяли участь 275 спортсменів (віковий діапазон від 12 до 29 років), які були розділені на дві вікові групи. Їхній середній вік становив 24,2±3,7 року). Для перевірки рівня тривожності перед змаганнями використовувалася Competitive State Anxiety Inventory-2 (CSAI-2). Страх перед невдачею серед спортсменів вимірювався за допомогою Переліку оцінки невдач (PFAI). Дані були проаналізовані SPSS для Windows і виражені як середнє значення та стандартне відхилення. Для перевірки дослідницьких гіпотез використовували t-тести, а значення Р встановлювали на рівні р<0,05 для всіх показників.

Результати. Результат свідчив про сильну позитивну кореляцію між передзмагальною тривогою та страхом невдачі. Спортсмени курашу, які показали підвищений рівень тривоги перед змаганнями, також продемонстрували більш високий страх невдачі. Хлопчики та курашисти показали вищий рівень хвилювання та страху перед невдачею у порівнянні з дівчатами.

Висновки. Це дослідження показало, що курашисти-чоловіки більш вразливі до тривоги та страху перед змаганнями, а також довело, що з віком тривога та страх зростають серед прихильників курашу. Отже, протоколи та програми тренувань повинні включати засоби та методи лікування спортсменів, щоб зменшити тривогу та страх перед змаганнями.

Ключові слова: кураш, страх невдачі, тривога, вік, стать

Annotation

Ram Mohan Singh, Irina Skripchenko, Gilbert Kam, Abdimalik Shopulatov, Farrukh Ahmedov, Martin Hoffmeister. Fear of failure and anxiety in wrestlers: gender and age differences

Objective: The purpose of the research was to study and compare the fear of failure among wrestlers of different genders and age groups at the level of competitive anxiety.

Materials and methods. In this study, 275 athletes (age range from 12 to 29 years) voluntarily participated, which were divided into two age groups. Their average age was 24.2±3.7 years). To check the level of anxiety before competitions, the Competitive State Anxiety Inventory-2 (CSAI-2) was used. The fear of failure among wrestlers was measured with the Help of the Failure Assessment Scale (PFAI). The data were analyzed using SPSS for Windows and expressed as mean values and standard deviations. For checking the research hypotheses, t-tests were used, and the values of P were set at a level of p<0.05 for all indicators.

Obtained results. The result showed a strong positive correlation between anxiety before competitions and fear of failure. Wrestlers, showing an increased level of competitive anxiety, also demonstrated a higher level of fear of failure. Boys and male wrestlers showed a higher level of competitive anxiety and fear of failure compared to their counterparts.

Conclusions. This study showed that male wrestlers were more prone to anxiety and fear of failure, and also demonstrated that with age anxiety and fear increased among the wrestlers. Subsequently, training protocols and programs should include means and methods for managing the mentioned stressors in wrestlers, so that their productivity would be increased.

Key words: wrestler, fear of failure, anxiety, age, gender
Introduction

Sport is an important area of achievement for children and adolescents. Sport develops physical, mental and moral qualities, spiritual as well as physical characteristics of players [1]. The process of sports competitions implies high competitiveness, where anxiety and a feeling of worry are often observed due to the fear of being defeated [2, 3]. In the works of researchers, it was found that the feeling of fear of failure and pre-competition anxiety was associated with fatigue [4, 5]. Current studies related psychological aspects of physical education and sport confirm that this field of research works are multidimensional aspects [6, 7]. It was confirmed by the authors that psychological features of the activity one of the most crucial matter in education, training and also other related activities.

A sense of fear and anxiety about failure was perceived by athletes as a threat and is assessed as a factor that makes it difficult to achieve the goal [8]. This multi-component model of fear of failure has a motivational-cognitive nature and is usually compatible with other models of fear and anxiety [9]. In most cases, during the competition, athletes may experience feelings of anxiety and fear, including a sense of fear of failure. Achieving high sports results undoubtedly causes an elevated state of anxiety, responsibility, and fear of failure [10]. The fact that this condition occurs in different sports and athletes with different qualifications has been scientifically investigated in several studies. Other researchers conduct that during the competition some psychological factors impact to the results such as parents’ relationship [11]. Based on these studies, parents have different impact on the events. While, fear of failure and anxiety related aspects have not been investigated.

Researchers such as Conroy et al., focused on researching the nomological indicators of fear and anxiety status in youth and adolescent athletes in their research [12]. These studies have confirmed that younger athletes have slightly lower levels of anxiety and fear of failure than teenagers. Sagar and Jowet’s research found that pre-competition anxiety in younger female athletes was lower than that of older athletes and boys [13]. However, it should be noted that research on kurash in this direction has not been carried out to the author’s best knowledge. In particular, the level of pre-competitive anxiety and fear of failure in kurash athletes of different ages and genders has not been experimentally studied.

The lack of scientific knowledge on kurash hinders the development of new manuals for trainers and specialists. At the same time, this negatively affects the process of bringing the system of training kurash athletes to a new level, the development of advanced training systems, and the targeted training of athletes of different ages and genders. The above factors pose the following scientific questions to the modern science of modern kurash sports:

- Do kurash athletes of different gender have different levels of pre-competition anxiety and fear of failure?
- Are there significant differences between the levels of pre-competition anxiety and fear of failure in kurash athletes of different age categories?

The following scientific hypotheses were put forward in the course of this study: a) The level of pre-competition anxiety and the level of fear of failure in kurash athletes of different age groups are mutually different; b) Kurash players of different gender have different levels of pre-competition anxiety and fear of failure.

This was identified as a gap and adopted for this study. Hence, this article aims to investigate and compare the pre-competition anxiety and fear of failure levels of kurash athletes of different ages and gender categories.

Materials and Methods

Participants

For this study, a total of 275 athletes (12-29 years old) voluntarily participated and were divided into two age groups: I. 12-15 age group (a total of 123 participants comprising 63 girls, and 60 boys with mean age 12.8±1.4 years.), II. 16-29 age groups (a total of 152 participants, comprising 72 females and 80 males with a mean age of 24.2±3.7 years).

Research Design

To assess the Anxiety levels before the competition the Competitive State Anxiety Inventory-2 (CSAI-2) was used. The inventory consisted of 27 items [14]. The CSAI-2 included both the cognitive and somatic aspects. The CSAI-2 test is a well-recognized and widely used tool for the assessment of anxiety levels.

The Performance Failure Appraisal Inventory (PFAI) was the tool used to measure the fear of failure among the participants. This is a 25-item multidimensional measure of cognitive-
emotional-relational appraisals associated with the fear of failure of athletes [8]. The PFAI presents five aversive consequences that are connected with the fear of failing as mentioned below.

Fears of Experiencing Shame or Embarrassment (FSE);
Fears of Devaluing One’s Self-Estimate (FDSE);
Fears of Having an Uncertain Future (FUF);
Fears of Important Others Losing Interest (FIOLI);
Fears of Upsetting Important Others (FUOI) [15].

Responses for the PFAI were on a five-point Likert-type scale ranging from do not believe at all (-2) to believe 100% of the time (+2). Each item on the PFAI begins with either of two question stems, “When I am failing” or “When I am not succeeding”, which is followed by a perceived failure consequence that is potentially aversive to the individual. To rescale items from one to five required a constant of plus three to be added to the responses. Responses averaged for items on individual scales allowed for the scaled scores to be calculated, with one question reversed for scoring on the FUF scale [15, 16].

**Inclusion Criteria**

a) Athletes participating in the research process should be psychologically healthy.

b) Absence of any disease during the investigation period.

c) Regular participation in training and competitions during the research period.

d) Voluntary participation in the research process.

**Exclusion Criteria**

- Athletes younger than 12 years and older than 30 years.
- Illness and taking medical drugs during the research.
- Refusal to participate for various reasons.

**Statistical Analysis**

The data were analyzed by SPSS, Version 28 (IBM Corporation, Armonk, NY, USA) for Windows and expressed as the mean and standard deviation. To test the research hypotheses, the t-test was used, and P values were set at p<0.05 for all measures. The Spearman correlation test was used to determine the relationship between the anxiety and PFAI variables.

**Ethical Considerations**

The Local Ethical Committee of Retraining and Advanced Training Institute in Physical Education and Sports, Samarkand branch had approved this research work (2021.0101. №1234). The research project and procedures were sent by the Retraining and Advanced Training Institute in Physical Education and Sports, Samarkand branch to kurash sports clubs before involving in the experiment.

**Results**

Table 1 shows the indicators of pre-competition anxiety in kurash athletes of different age and gender groups. The CSAI-2 was applied to assess the anxiety levels of participants in this study. The unit of measure in CSAI test is a number from 9 to 36. The score closer to 9 indicates lower anxiety and scores closer to 36 indicates higher anxiety.

It should be noted that 12-15-year-old girls had a significantly lower level of pre-competition anxiety than boys. In particular, this index was 20.21±1.9 in girls, while the pre-competition anxiety index in boys was equal to 22.48±1.4. When the level of pre-competition anxiety of 16-29-years old kurash athletes was checked according to the CSAI-2 test indicator it found that the level of pre-competition anxiety in women was lower than in men. In particular, this index was found to be 24.38±1.6 in women, and 27.37±1.6 in men. Statistical reliability was considered in analysis of the results obtained from participants of both age and genders (p≤0.05).

**Table 1**

<table>
<thead>
<tr>
<th>Groups</th>
<th>Mean</th>
<th>S.D</th>
<th>SEM</th>
<th>DM</th>
<th>t ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls (n=63)</td>
<td>20.21</td>
<td>1.91</td>
<td>0.24</td>
<td>1.27</td>
<td>4.17*</td>
</tr>
<tr>
<td>Boys (n=60)</td>
<td>21.48</td>
<td>1.42</td>
<td>0.18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female (n=72)</td>
<td>24.38</td>
<td>1.68</td>
<td>0.19</td>
<td>2.98</td>
<td>11.04*</td>
</tr>
<tr>
<td>Male (n=80)</td>
<td>27.37</td>
<td>1.65</td>
<td>0.18</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level. Required table value at 0.05 level of significance for 152-2, 150 degrees of freedom = 1.962 respectively.

The Performance Failure Appraisal Inventory (PFAI) was used to assess the level of fear of failure among the participants. The scores are expressed in percentile after analyzing the scores in the range between -2 to +2. Scores close to -2 indicating lower belief of fear of failure whereas scores close to +2 indicates high belief on fear of
failure. The level of fear of failure in kurash athletes of different age and gender groups is shown in Table 2 and 3 below. The results indicate that fears of shame and embarrassment (FSE) scores were 0.29±0.05 (p≤0.05) in 12-15-year-old girls and 0.35±0.02 (p≤0.05) in boys of the same age group, while it was 1.06±0.12 (p≤0.05) and 1.09±0.18 (p≤0.05) in adult kurash athletes, respectively. The obtained results showed that the fear of failure level was lower in 12-15 years old kurash wrestlers than in their older counterparts. In particular, it was observed that fear of shame and embarrassment were significantly lower in the participants of both genders in the age group of 12-15 years when compared with older athletes.

With regard to fear of devaluing one’s self-estimate (FDSE), different results were recorded in athletes of different age and gender categories. For girls aged 12-15 years, this indicator averaged 0.52±0.04 (p≤0.05), while for boys of the same age, it was 0.73±0.03 (p≤0.05). Female athletes aged 16 years and over scored 0.85±0.04 (p≤0.05), and for males of the same age group, it was 0.94±0.03 (p≤0.05). According to the fear of uncertainty indicator (FUF), the girls in the age group 12-15 years scored 0.35±0.02 (p≤0.05), and boys of the same age group scored 0.49±0.03 (p≤0.05). This indicator was 0.60±0.03 (p≤0.05) in adult female kurash wrestlers and 0.84±0.02 (p≤0.01) in the corresponding male athletes. The fear of losing interest and fear of upsetting others as indicators were recorded to be 0.15±0.02, and 0.48±0.03 (p≤0.05) in girls while in boys these indicators were 0.29±0.05, and 0.63±0.03 (p≤0.05), respectively. The adult participants’ scores were 0.75±0.03 and 0.65±0.04 for females, and 0.91±0.03 and 0.84±0.02 (p≤0.05), respectively.

The analysis based on gender revealed that female athletes in both age categories had a lower level of fear of failure when compared to the male athletes of their respective age groups. When the comparison was done based on age categories, namely 12-15-year-old kurash wrestlers with older athletes, it was observed that the younger age group athletes had a significantly lower level of fear of failure (Table 2, 3).

<table>
<thead>
<tr>
<th>Groups</th>
<th>Mean</th>
<th>S.D</th>
<th>SEM</th>
<th>DM</th>
<th>t ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls</td>
<td>0.29</td>
<td>0.05</td>
<td>0.007</td>
<td>0.06</td>
<td>7.66*</td>
</tr>
<tr>
<td>Boys</td>
<td>0.35</td>
<td>0.02</td>
<td>0.003</td>
<td>0.20</td>
<td>28.22*</td>
</tr>
<tr>
<td>Girls</td>
<td>0.52</td>
<td>0.04</td>
<td>0.005</td>
<td>0.13</td>
<td>25.68*</td>
</tr>
<tr>
<td>Boys</td>
<td>0.73</td>
<td>0.03</td>
<td>0.004</td>
<td>0.14</td>
<td>17.8*</td>
</tr>
<tr>
<td>Girls</td>
<td>0.35</td>
<td>0.02</td>
<td>0.003</td>
<td>0.15</td>
<td>24.4*</td>
</tr>
<tr>
<td>Boys</td>
<td>0.49</td>
<td>0.03</td>
<td>0.004</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 2

Fear of failure profiles of young kurash athletes (n=123)

<table>
<thead>
<tr>
<th>Groups</th>
<th>Mean</th>
<th>S.D</th>
<th>SEM</th>
<th>DM</th>
<th>t ratio</th>
</tr>
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<tbody>
<tr>
<td>Female (n=72)</td>
<td>1.06</td>
<td>0.12</td>
<td>0.014</td>
<td>0.02</td>
<td>1.17</td>
</tr>
<tr>
<td>Male (n=80)</td>
<td>1.09</td>
<td>0.18</td>
<td>0.02</td>
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</tr>
<tr>
<td>Female (n=72)</td>
<td>0.85</td>
<td>0.04</td>
<td>0.004</td>
<td>0.08</td>
<td>14.14*</td>
</tr>
<tr>
<td>Male (n=80)</td>
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<td>0.03</td>
<td>0.003</td>
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<td></td>
</tr>
<tr>
<td>Female (n=72)</td>
<td>0.60</td>
<td>0.03</td>
<td>0.004</td>
<td>0.24</td>
<td>47.10*</td>
</tr>
<tr>
<td>Male (n=80)</td>
<td>0.84</td>
<td>0.02</td>
<td>0.003</td>
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<td></td>
</tr>
<tr>
<td>Female (n=72)</td>
<td>0.75</td>
<td>0.03</td>
<td>0.003</td>
<td>0.15</td>
<td>28.69*</td>
</tr>
<tr>
<td>Male (n=80)</td>
<td>0.91</td>
<td>0.03</td>
<td>0.003</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female (n=72)</td>
<td>0.65</td>
<td>0.04</td>
<td>0.005</td>
<td>0.18</td>
<td>31.47*</td>
</tr>
<tr>
<td>Male (n=80)</td>
<td>0.84</td>
<td>0.02</td>
<td>0.002</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 3

Fear of failure profiles of male and female adult kurash athletes (n=152)

FSE – fears of shame and embarrassment; FDSE – fear of devaluing one’s self-estimate; FUF – fear of uncertainty; FLI - fear of losing interest; FUO – fear of upsetting others. *p≤0.05; **p≤0.01. The scores range between -2 to +2. Scores close to -2 believes that fear of failure has not influenced much and scores close to +2 believes that fear of failure influenced him much. *Significant at 0.05 level. Required table value at 0.05 level of significance for 152-2, 150 degrees of freedom = 1.962 respectively.

Table 4 shows the correlation between the pre-competition anxiety state and the fear of failure level among 12-15-year-old athletes. There was a positive correlation between pre-competition anxiety and the fear of failure level in both genders of 12-15-year-old kurash athletes. A positive correlation was noted observed in all five components of the fear of failure variable and CSAI-2 results.
Table 4
Correlations of pre-competitive anxiety and fear of failure of 12-15 years of age and gender categories of kurash athletes (n=123)

<table>
<thead>
<tr>
<th>Girls (n=63)</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Variable</td>
<td>CSAI-2</td>
<td>FSE</td>
<td>FDSE</td>
<td>FU</td>
<td>FLI</td>
</tr>
<tr>
<td>CSAI-2</td>
<td>-</td>
<td>0.19*</td>
<td>0.67**</td>
<td>0.28'</td>
<td>0.36'</td>
</tr>
<tr>
<td>FSE</td>
<td>-</td>
<td>-</td>
<td>0.24'</td>
<td>0.53**</td>
<td>0.54'</td>
</tr>
<tr>
<td>FDSE</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>0.17'</td>
<td>0.23'</td>
</tr>
<tr>
<td>FU</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>0.62**</td>
</tr>
<tr>
<td>FLI</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>FUO</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boys (n=60)</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Variable</td>
<td>CSAI-2</td>
<td>FSE</td>
<td>FDSE</td>
<td>FU</td>
<td>FLI</td>
</tr>
<tr>
<td>CSAI-2</td>
<td>-</td>
<td>0.23'</td>
<td>0.17**</td>
<td>0.61'</td>
<td>0.33'</td>
</tr>
<tr>
<td>FSE</td>
<td>-</td>
<td>-</td>
<td>0.5'</td>
<td>0.42'</td>
<td>0.29'</td>
</tr>
<tr>
<td>FDSE</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>0.4'</td>
<td>0.20'</td>
</tr>
<tr>
<td>FU</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>0.27'</td>
</tr>
<tr>
<td>FLI</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>FUO</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

CSAI-2 – Competitive State Anxiety Inventory-2; FSE – fears of shame and embarrassment; FDSE – fear of devaluing one’s self-estimate; FU – fear of uncertainty; FLI – fear of losing the interest; FUO – fear of upsetting others. *p≤0.05; **p≤0.01. The correlation measure ranges between -1 and +1. Scores closer to -1 indicates strong negative relationship and scores closer to +1 indicates strong positive relationship.

As shown Table 5, there was no positive correlation between the level of pre-competition anxiety and fear of failure in adult athletes. However, reliable negative correlations were identified in all five categories of the CSAI-2 test in both genders namely women and men. However, in contrast to the above result, there was a positive correlation between all five categories of the PFAI test.

Table 5
Correlation scores of pre-competitive anxiety and fear of failure of 16-29 age group and gender category of kurash athletes (n=152)

<table>
<thead>
<tr>
<th>Female (n=72)</th>
<th></th>
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<th></th>
<th></th>
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<td>FDSE</td>
<td>FU</td>
<td>FLI</td>
</tr>
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<tr>
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<tr>
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CSAI-2 – Competitive State Anxiety Inventory-2; FSE – fears of shame and embarrassment; FDSE – fear of devaluing one’s self-estimate; FU – fear of uncertainty; FLI – fear of losing the interest; FUO – fear of upsetting others. *p≤0.05; **p≤0.01. The correlation measure ranges between -1 and +1. Scores closer to -1 indicates strong negative relationship and scores closer to +1 indicates strong positive relationship.

Based on the study results, we found a statistically significant difference between boys and girls in their pre-competition anxiety. It was noted that 12-15-year-old girls had a significantly lower level of pre-competition anxiety than boys. Also, the
Regarding the overall level of fear of failure in kurash athletes of different age and gender categories, young athletes (12-15 years old) experienced a lower level of fear of failure than adults (16-29 years old). Also, the analysis of the results based on gender revealed that female kurash wrestlers of both age categories had a lower level of fear of failure compared to that males. This result is not similar to Sagar et al.’s study, where they reported no differences between males and females in the overall fear of failure [26]. However, considering the specific dimension of fear of failure, differences between the groups were observed. Also, the analysis carried out by authors on latent mean differences between boys and girls revealed that girls had more fear of shame and embarrassment, more fear of devaluing one’s self-estimate, and less fear of having an uncertain future than their male counterparts [27, 28]. Differences concerning shame among both genders namely women and men have been pointed out by several authors. According to Kling et al., by the early adolescence years, girls tend to report lower self-esteem levels than boys [29]. Besides general self-esteem rising as children move through adolescence, gender differences remain between boys and girls. This also goes in the same line with the result of this study. In this study, table 2 showed that, when comparing 12-15-years-old kurash wrestlers with older athletes (16-29 years old), athletes of the younger age group had a significantly lower level of fear of failure. However, this report suggests that the potential effect of an overall fear of failure and the athletes’ sport experience does not differ by gender.

Fear of failure can lead to a wide range of emotional and psychological problems, including depression, anxiety, shame, panic attacks and low self-esteem. It may negatively affect how one performs during training or a competition, or how one interacts with friends and family members. Analysis of scores from tables 3 and 4 attempted to establish a correlation if any between the pre-competition anxiety and fear of failure among the participants based on different age groups and gender. A positive correlation was observed as indicated by the PFAI test which established that pre-competition and fear failure were related and had a great impact on the kurash athletes.

According to another study whose aim was to determine the anxiety and physical perception of female footballers and the relation between the two selected concepts, the average anxiety level of female athletes was found to be higher than the average score [25]. However, this difference was explained by the fact that it was nearly the end of the league and the players had some clear idea about their team’s position in the score table.

Although there are several studies supporting our results in the literature. Some studies have come to a different conclusion from those of ours. For instance, in an investigation in which the effect of achievement goals and gender on multidimensional anxiety in elite international athletes was studied, female athletes were observed to have more performance anxiety, concentration impairment, and physical anxiety than male athletes [21]. Another study that looked at optimism, pessimism, and competition anxiety among college students found that women had significantly higher levels of competition anxiety than men [22]. There are many studies stating that females have higher anxiety levels as well. For example, in the study aimed to determine the relationship between competition anxiety and performance in male and female college basketball players, female players were observed to have higher anxiety scores compared to male players [23]. Furthermore, other researchers have studied the gender stereotypes of both male and female Physical Education Teachers along with several other factors. The results indicated that teachers’ perceptions largely conformed to typical gender stereotypes, including stereotypical views on gender roles, gendered sports and story character assumptions. Participants did not attribute stereotype reproduction to themselves as teachers and negative external pressures arose as a common reasoning for stereotypical practice [24].

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CSAI-2 test on the 16-29 years old group indicated that the level of pre-competition anxiety in females was lower than the male athletes. This is contrary to the study carried out by Aksoy et al., [17] which found no statistically significant difference between state and trait anxiety levels of male and female athletes. So, did another similar study where the authors found no significant difference between state and trait anxiety scores of the participants before and during the competition [18]. In this context, some studies previously investigated by the authors [19] are good examples. They were looking to determine the anxiety level of undergraduate international taekwondo athletes before the competition. The study depended on several factors and it concluded that gender had no significant effect on the anxiety level of the athletes. Furthermore, this study had also previously determined the competitive anxiety level of international and national kurash athletes before and during the competition [20].
Statistical analysis revealed that there was a strong correlation between pre-competition anxiety and fear of failure among kurash athletes from different age groups and gender. This result conformed with the study carried out by Bakhtiary et al., which investigated the relationship between fear of failure and skills with competitive state anxiety in taekwondo players [30]. Obtained results of this research work indicated a positive correlation between fear of failure and competitive state anxiety regarding both somatic as well as cognitive aspects and hence favoring our findings. In addition, Gould et al., described fear of failure as an important factor contributing to state anxiety [31]. This study noted that 11% of the athletes were concerned over evaluation by others and this was a source of stress for them. Another dimension of competition anxiety namely its cognitive aspect has also been described to have a similar effect. Thus, even in this study, the athletes demonstrated a type of fear of failure that can be measured by the performance fear appraisal inventory.

The latest research studies show that the psychological aspects in sport, especially in martial arts and combat sports is directly connected with fighting style [32]. Results obtained by the researchers indicate that psychological factors might impact to the competition results. While, in our study there were not investigated this field of area that in the future this issue might be studied as scientific issue. Also, in our study, a strong positive correlation existed between pre-competition anxiety and fear of failure. kurash players showing elevated pre-

competition anxiety levels have also exhibited higher fear of failure. Boys and men athletes exhibited a higher level of competition anxiety as compared to their female counterparts. Male kurash players had more fear of failure as compared to female ones which is in contrast with the findings of this study which suggested that gender may not be the best predictor of pre-competition anxiety [21].

Conclusion

This study has revealed that male kurash athletes are more vulnerable to anxiety and fear before the competition and has also proved that with age anxiety and fear also grows among the kurash exponents. Hence, the training protocols and programs should incorporate the means and methods to address the kurash athletes suitably so that their performance will be at its best.

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Conflict of interests

The authors declare that there are no conflicts of interest.

References

Information about the authors

Ram Mohan Singh
dr.rammohansingh@gmail.com
https://orcid.org/0000-0001-7553-8575
Faculty of Physical Education & Sports, Pondicherry University, India

Iryna Skrypchenko
sit71@ukr.net
https://orcid.org/0000-0001-5895-3099
Dnipropetrovsk State University of Internal affairs, Dnipropetrovsk, Ukraine

Hilbert Kamo
hilbertkamo58@gmail.com
https://orcid.org/0000-0001-7551-880X
Cameroon National Kurash Association, Septentrion Higher Institute of Garoua, Cameroon

Abdimalik Shopulatov
matonat1981@gmail.com
https://orcid.org/0000-0001-7793-3181
Uzbek State University of Physical Education and Sport, Uzbekistan

Farruh Ahmedov
a-farrux@samdu.uz
https://orcid.org/0000-0002-8841-0682
Samarkand State University,
Retraining and Advanced Training Institute in Physical Education and Sports, Samarkand branch, Uzbekistan

Martin Hofmeister
hofmeister@vzbayern.de
https://orcid.org/0000-0002-0693-7887
Department Food and Nutrition
Consumer Centre of the German Federal State of Bavaria, Munich, Germany

Інформація про авторів

Рам Мохан Сінгх
dr.rammohansingh@gmail.com
https://orcid.org/0000-0001-7553-8575
Факультет фізичного виховання та спорту, Університет Пондічеррі, Індія

Ірина Скрипченко
sit71@ukr.net
https://orcid.org/0000-0001-5895-3099
Дніпропетровський державний університет внутрішніх справ, Дніпропетровськ, Україна

Гільберт Камо
hilbertkamo58@gmail.com
https://orcid.org/0000-0001-7751-880X
Національна асоціація курашу Камеруну, Вищий інститут Septentrion Гаруа, Камерун

Абдімалік Шопулатов
matonat1981@gmail.com
https://orcid.org/0000-0001-7793-3181
Узбецький державний університет фізичного виховання і спорту, Узбекистан
Фаррух Ахмедов
a-farrux@samdu.uz
https://orcid.org/0000-0002-8841-0682
Самаркандский государственный университет,
Институт переподготовки и повышения квалификации по физическому воспитанию и спорту Самарканда, Узбекистан

Мартин Гофмейстер
hofmeister@vzbayern.de
https://orcid.org/0000-0002-0693-7887
Кафедра харчевых продуктов и харчувания
Центр споживачів німецької федеральної землі Баварія, Мюнхен, Німеччина

Информация об авторах

Рам Мохан Сингх
dr.rammohansingh@gmail.com
https://orcid.org/0000-0001-7553-8575
Факультет физического воспитания и спорта, Университет Пондичерри, Индия

Ирина Скрипченко
sit71@ukr.net
https://orcid.org/0000-0001-5895-3099
Днепропетровский государственный университет внутренних дел, Днепропетровск, Украина

Гильберт Камо
hilbertkamo58@gmail.com
https://orcid.org/0000-0001-7751-880X
Камерунская национальная ассоциация кураша, Высший институт Septentrion в Гаруа, Камерун

Абдималик Шопулатов
matonat1981@gmail.com
https://orcid.org/0000-0001-7793-3181
Узбекский государственный университет физического воспитания и спорта, Узбекистан

Фаррух Ахмедов
a-farrux@samdu.uz
https://orcid.org/0000-0002-8841-0682
Самаркандский государственный университет,
Институт переподготовки и повышения квалификации по физическому воспитанию и спорту, Самарканда, Узбекистан

Мартин Гофмейстер
hofmeister@vzbayern.de
https://orcid.org/0000-0002-0693-7887
Департамент продовольствия и питания
Потребительский центр Федеральной земли Бавария, Мюнхен, Германия

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