

COMPARISON OF SELECTED PSYCHOLOGICAL VARIABLES AMONG KHO-KHO PLAYERS FROM DIFFERENT DISTRICTS OF KERALA

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Abstract

The purpose of the study was to determine the significant difference of selected psychological factors among male and female Kho-Kho players from different districts of Kerala. To realize the purpose of the study two hundreds male and female were selected. The subjects were state participated Kho-Kho players in the state of Kerala during the years 2010 to 2013. Twenty players in each male and female category were selected from five districts of Kerala like Palakkad, Malappuram, Thiruvananthapuram, Thrissur and Kannur in with their age ranged between 10 – 13 years. All the subjects were tested on the following selected psychological variables namely anxiety, self confidence and achievement motivation. The psychological variables were measured by using standardized questionnaires; for anxiety, Questionnaire SCAT by Martens, for Self confidence, Questionnaire by Agnihotry and Achievement motivation, Questionnaire by M.L. Kamalesh was used. The data collected from the male and female sub junior players in the state of Kerala on selected psychological factors were statistically analyzed to find out the significant difference if any, by one way Analysis of Variance (ANOVA). The LSD Post-hoc test was used for testing the significant difference if any; among the paired group means. The level of significant chosen was 0.05 levels. The present study was to investigate the selected psychological factors of male and female Kho-Kho players from different districts of Kerala. The psychological factors selected for the study was anxiety, self confidence and achievement motivation. Considering the psychological factors of the study in the male Kho-Kho players from selected districts of Kerala, it has been found that there is no significant difference anxiety, self confidence and achievement motivation of male Kho-Kho players from different districts of Kerala. Previous study made by Mukesh Kumar Verma (2017) and Sunil Kumar (2016) support the results of the present study.

Introduction

Sports play a great role in everyone's busy life especially for students. Everyone should involve themselves in the sports activity even for a small time all through the day. Sports are necessary because it brings physical and mental fitness to the person involved in this on regular basis. As we all know that, living a relaxed and comfort life we need a sound mind and a sound

body, getting a sound mind and body, everyone must involve in some type of physical activities for which sports is the best way.

While admiring sports helps in improving the immune system strong and prevents from any type of disease. It also increases the appetite of the person. Thus, sports promote good health. Sports create attitudes towards beginning up discipline, dedication and responsibility in a person, which he is able to apply in out o areas of daily life as well. It provides us with an enjoyment and also fresh up over mind. It brings positive thinker, helps in building up self-esteem and mutual respect. This makes him achieve success in every sphere of life, thus, making him even more confident.

Statement of the problem

The purpose of the study was to determine the significant difference of selected psychological factors among male and female Kho-Kho players from different districts of Kerala.

Significance of the study

- ✓ The result of the study may enable the male and female Kho-Kho players to understand their psychological characteristics and capacities in their competition.
- ✓ The result of the study may enable to physical education teachers and coaches to know the psychological characteristics and weak points of players and include the psychological intervention training in their training session.
- ✓ The study will help to compare the selected psychological variables among male and female Kho-Kho players in the state of Kerala.
- ✓ The result of the study may significantly help the other scholars to take up research projects in other states and games in India.
- ✓ The selected psychological factors will help to identify the talents, selection and team preparation to achieve the top performance.

Methodology

Participants

To realize the purpose of the study two hundreds male and female were selected. The subjects were state participated Kho-Kho players in the state of Kerala during the years 2010 to 2013. Twenty players in each male and female category were selected from five districts of Kerala like Palakkad, Malappuram, Thiruvananthapuram, Thrissur and Kannur in with their age ranged between 10 – 13 years.

Variables and tests

All the subjects were tested on the following psychological variables were measured by using standardized questionnaires; for anxiety, Questionnaire SCAT by Martens, for Self confidence, Questionnaire by Agnihotry and Achievement motivation, Questionnaire by M.L.Kamalesh was used.

Statistical analysis

The data collected from the male and female sub junior players in the state of Kerala on selected psychological factors were statistically analyzed to find out the significant difference if any, by one way Analysis of Variance (ANOVA). The LSD Post-hoc test was used for testing the significant difference if any; among the paired group means. The level of significant chosen was 0.05 levels.

Analysis of data and results of the study

Table 1

Analysis of variance for the comparison of anxiety of male and female Kho-Kho players from five districts of Kerala

Gender	SV	Sum of squares	DF	Mean square	F	p
Male	Between Groups	2.900	4	.725	0.50	0.74
	Within Groups	137.850	95	1.451		
Female	Between Groups	1.860	4	.465	0.34	0.85
	Within Groups	129.900	95	1.367		

F (4, 95) at .05 level = 2.46.

Figure 1

Illustration of mean comparison of anxiety among Kho-Kho players

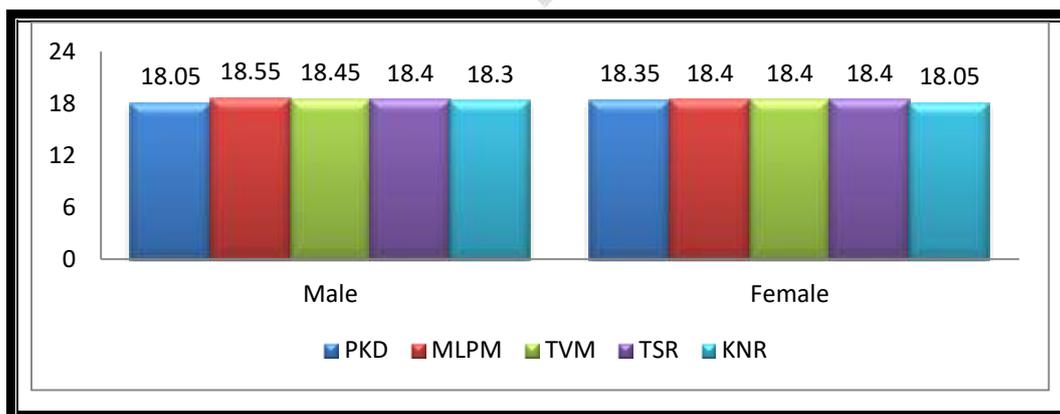


Table 2

Analysis of variance for the comparison of self confidence of male and female Kho-Kho players from five districts of Kerala

Gender	SV	Sum of squares	DF	Mean square	F	p
Male	Between Groups	3.900	4	.975	0.59	0.67
	Within Groups	157.100	95	1.654		
Female	Between Groups	4.140	4	1.035	0.41	0.80
	Within Groups	239.700	95	2.523		

F (4, 95) at .05 level = 2.46.

Figure 2

Illustration of mean comparison of self confidence among Kho-Kho players

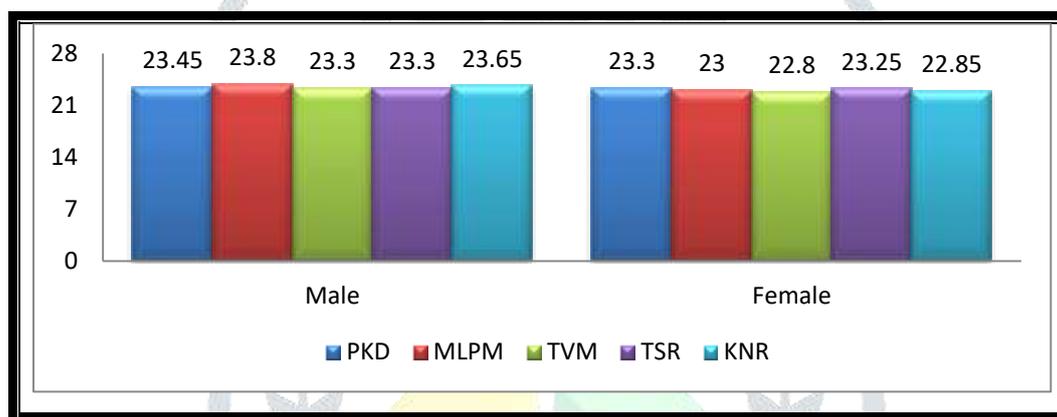


Table 3

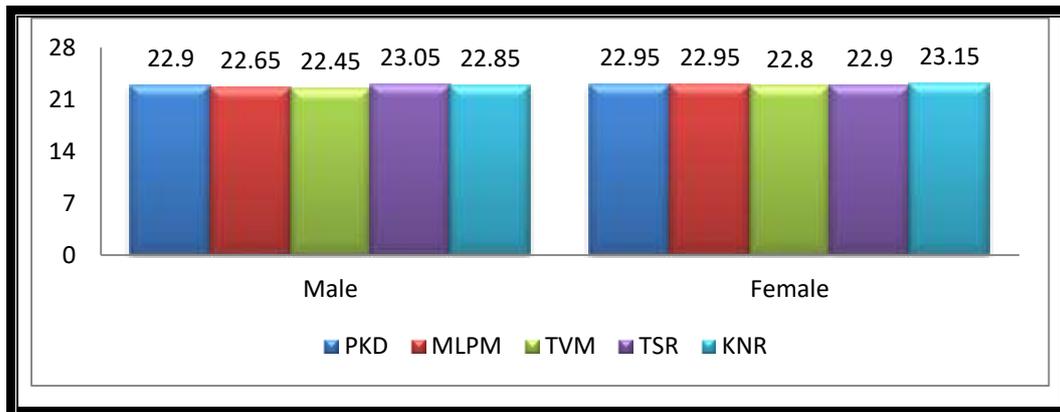
Analysis of variance for the comparison of achievement motivation of male and female Kho-Kho players from five districts of Kerala

Gender	SV	Sum of squares	DF	Mean square	F	p
Male	Between Groups	4.36	4	1.09	0.61	0.66
	Within Groups	170.80	95	1.80		
Female	Between Groups	1.30	4	0.33	0.21	0.93
	Within Groups	147.45	95	1.55		

F (4, 95) at .05 level = 2.46.

Figure 2

Illustration of mean comparison of self confidence among Kho-Kho players



Discussion on Findings

The present study was to investigate the selected psychological factors of male and female Kho-Kho players from different districts of Kerala. The psychological factors selected for the study was anxiety, self confidence and achievement motivation. Considering the psychological factors of the study in the male Kho-Kho players from selected districts of Kerala, it has been found that there is no significant difference anxiety, self confidence and achievement motivation of male Kho-Kho players from different districts of Kerala. Previous study made by Mukesh Kumar Verma (2017) and Sunil Kumar (2016) support the results of the present study.

Conclusion

The results of the study permit the following conclusion that the psychological factors of the study self confidence shows a significant difference among the male and female Kho-Kho players in the state of Kerala and the female Kho-Kho players were found to be better in self confidence

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