

# COMPARISON OF SELECTED PSYCHOLOGICAL VARIABLES AMONG INTER-UNIVERSITY WOMEN KABADDI AND KHO-KHO PLAYERS

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## Abstract

Sport holds a prominent place in the modern life, millions of people participate in sports activities, watch and read about them and spend billions of dollars annually for sports related activities and equipments.

One aspect it is emphasized and become increasingly vital during the recent years in the study of psychological characteristics that limit the performance of an individual in a given sport during high level competition. The personality of an individual is formed early in life and it can be modified by later experience, psychologists recognize that participation in games and sports satisfy such basic needs, as recognition, belonging, self-respect and feeling of achievement as well as provide a wholesome outlet for the drive of physical activity and creativity. These are desirable psychological traits as they help in molding socially acceptable personality.

Performing to the best of abilities has become more relevant in today's sport, because of the extensive media exposure. Sports are at the peak of their popularity all throughout the world, cutting across the barriers of richness or poverty, nationality, race or religion. In order to sustain the tremendous expectations of the fans and also to maintain a high ranking in the international arena, it is important to perform well.

Testing the amount of knowledge achieved, skills developed and attitudes got an important function of teaching any subject. A problem of testing is much more complicated in physical education as the factors affecting learning of physical skills are too numerous much as physical fitness, motivation, intelligence etc., besides instructions got from well-planned schemes of lessons. Further the criterion behavior in testing physical skills is not enough for easy objective grading especially the skills of games and sports, which are dependent equally on the circumstances of playing as the physical as the physical skills of the players.

Sports bring out the best qualities in every individual. Every faculty of the human body, whether physical or mental, is stretched to its limits while playing a competitive game. In today's world, the standard of all games has increased considerably. Elite sportspersons are finding it increasingly difficult to sustain their dominance in their respective sports. The mental state of a sportsperson plays a vital role in his or her performance.

**Keywords: Factors affecting on players psychological and physical fitness.**

## INTRODUCTION

Man is the most intelligent and admirable being among all the creations of God. His quest for knowledge is an internal and insatiable education completely modifies the behavior and personality of an individual.

Swami Vivekananda said “Education is the manifestation of perfection which is already in man”.

India is a large socialist and democratic country in the world today. The security of our nation is in the hands of our youth. So our youth must be physically strong, mentally alert and socially upright. Youth must develop and integrated personality in varied spheres, like sports and games and other activities used in physical education.

Sports in the present day have become extremely competitive. Previous records are being broken whenever there is a competition. It is not the more participation or few days practice, that being an individual's victory, but the continuous hard work of training right from childhood, a strong self determination and certain psychological factors. Individual and team sport have valuable contribution to make to all who discover the fun, challenge and adventure in playing them such riches are equally available to both the sex.

Women in sport are now serious force in world competition and the domination by men of elite is threatened at a professional level, the quality and quantity of high money earning. Women are quite remarkable and the publicity attracted has led to a media glamorization of healthy performance and vitality.<sup>2</sup>

Sport is as old as human society and it has achieved as unusual following in the modern time, it has now become an integral part educational process and social activities, many participate in sports for fun, adventure, health, physical fitness and financial benefits liked a high degree of polarity.

The last decade has seen a growing interest in physical fitness and its relationship to good health, recent significant developments seem to indicate that a new era may be drawing for physical education as the public slowly becomes aware of the damages of physical deterioration.

Sports is a complex phenomenon which acts as an important agent of both social change and social control and modifies and defines female role in society at large sport,

create and reflects tensions surrounding definitions of sex and gender role and perhaps more clear than any other institution reveals how status functions and power are assigned on the basis of biological differences. Because of the particular place of the body in definitions of women and because of the attack of women's sports on physical norms the factors that controlled and subordinated women that most barriers to women's participation in sports were amongst the lost to fall.

At the same time however, sports has considerable potential for social description, since it can operate as an important channel for under privileged groups to challenge exercising social arrangements and express hostility and deviance from established norms, its masculinity marks an obvious sphere for women attempt to penetrate or at the every least to challenged by creating parallel words of their one- in their efforts to counter external definitions of female physical and emotional frailty.<sup>4</sup>

In India a very meager percentage of women participate in sports and games considering the enormous exploding population. Only in the recent past, Indian society has paid some attention to women's sports and games.<sup>5</sup> Sports is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex participation of the intrinsic satisfaction associated with the activity itself and the external reward earned through participation.

Sport holds a prominent place in the modern life, millions of people participate in sports activities, watch and read about them and spend billions of dollars annually for sports related activities and equipments.

One aspect it is emphasized and become increasingly vital during the recent years in the study of psychological characteristics that limit the performance of an individual in a given sport during high level competition. The personality of an individual is formed early in life and it can be modified by later experience, psychologists recognize that participation in games and

sports satisfy such basic needs, as recognition, belonging, self-respect and feeling of achievement as well as provide a wholesome outlet for the drive of physical activity and creativity. These are desirable psychological traits as they help in molding socially acceptable personality.

Winning laurels in international sports has become a prestige issue linked with political systems and ideologies and as such nations compete with others to produce to class sportsman for international competitions. For this research is systematically conducted to identify the factors that help in achieving level of skill which a player can attain through proper coaching and evaluation.

Performing to the best of abilities has become more relevant in today's sport, because of the extensive media exposure. Sports are at the peak of their popularity all throughout the world, cutting across the barriers of richness or poverty, nationality, race or religion. In order to sustain the tremendous expectations of the fans and also to maintain a high ranking in the international arena, it is important to perform well.

### **Statement of the Problem**

The purpose of the study was to compare the aggression, sports competition Anxiety, sports achievement motivation, personality traits and self concept between University Kabaddi and Kho-Kho Women players.

### **Delimitations**

1. The present study was delimited to Kho-Kho and Kabaddi games.
2. The study was delimited to University players, who had taken part in the south zone inter university Kho-Kho and Kabaddi tournament.
3. The study was confined to women players only.

4. As aggression, sports competition anxiety, sports achievement motivation, personality traits, and self concept.
5. The age of the subjects was ranging from 18-25 years.

### **Limitations**

1. The psychological tools have their own limitation.
2. Since the subjects selected for this study were from different Universities certain factors like habits, lifestyle, daily routine, diet and other factors which might have an effect on the results of this study was also considered as one of the limitations of the study.
3. No special motivational technique was used during tests. Therefore, the difference may occur in performance due to lack of motivation was another limitation of the study.

### **Hypothesis**

There will be a significant difference in aggression, sports competition anxiety, sports achievement motivation, personality traits and self concept between Kabaddi and Kho-Kho University women players.

## **REVIEW OF RELATED LITERATURE**

The review of related literature serves as a guide line to understand the general trends in the research work already done in the field, which in turn to help to provide directions for formulation and testing the hypothesis. Though the researches aim at a more comprehensive and thorough survey of related literature, yet it is possible that some of the studies reported would have escaped from the investigator's attention. The present review was based upon

the available literature in respect of the study under investigation and is therefore, confined to the study to which the investigator had access.

A panoramic view of the related literature and suggestions of experts and researchers is a support to the study undertaken.

Hari Krishna' has conducted a study in "A comparative study of sports competition of anxiety and aggression of inter collegiate and inter University male Kabaddi players". The purpose of the study was to find out the comparative relationship of competitive anxiety and aggression relationship between inter collegiate players and inter University Kabaddi players. The subjects for the study were 50 inter collegiate and 50 inter University players. Their age group was 17 to 23 years.

Sports competition anxiety questionnaire A form (SCAT) by Martens (1990) and sport aggression inventory by Anand Kumar and Premshankar Shukla 1988 were administered to all the subjects and data collected were analyzed with 't' test at .05 level of confidence. Analysis of data revealed that there were significant difference in the competition anxiety and aggression at the level inter collegiate and inter University. Statistical analysis of data compared of Pearson's product movement correlation to find out the relationship between them. The study concluded that there is significant difference in anxiety and aggression between inter collegiate and inter university Kabaddi players in which inter university male players are better in both the variables.

Raja Sadhasivam<sup>2</sup>, concluded a study on aggression and anxiety among blind and normal school Kabaddi players in Tamil Nadu. The investigation had included 67 blind Kabaddi players and 81 normal school Kabaddi players were selected as subjects. The questionnaire developed by Smith and Martens were used to study aggression and anxiety respectively.

The mean score of anxiety of blind and normal Kabaddi players were computed to determine the level of anxiety and 't' test was used to determine the significance difference in

aggression and anxiety between blind and normal Kabaddi players. The result shows a significant difference in aggression and anxiety. In that normal kabaddi players are better in aggression and blind students are better in anxiety.

Sundari <sup>3</sup> conducted a study on “Impact of extramural on achievement motivation, aggression and anxiety among college women volleyball, basket ball and Kho-Kho players. She selected ninety college women players as subjects. The purpose of the study was to find out the influence of extramural competition on achievement motivation, aggression and anxiety, the achievement motivation questionnaire. She came to a conclusion that extramural competition among college women did not have any impact on achievement motivation, aggression and anxiety.

Ganapathi analyzed the anxiety, aggression, frustration and stress between in collegiate and University level men and women soccer players for his study 30 men and 30 women soccer players from each in collegiate level group and University group were selected as subjects. Their age were ranging from 18 to 23 years. The data was statistically analyzed using 2x2 factorial ANOVA. It was found that the anxiety, aggression, frustration and stress between collegiate and University level men players were significantly greater than the women soccer players. The frustration and stress level women soccer players were significantly greater than the men soccer players. The anxiety, aggression, frustration and stress between University and collegiate level men and women soccer players were found significant difference.<sup>4</sup>

Balaji in his study analyzed the selected psychological variable among All India Inter University women Cricketers. The study is to compare selected Psychological variables namely, anxiety, aggression and selfconfidence among South West and North zone inter university women

cricketers. For this purpose fifty players from each South, North and West Zones were selected randomly as subjects. Standard protocol was followed while administering the questionnaires and they were administered prior to the competition.

The following questionnaires were used

1. Aggression questionnaire (Smith, 1979)
2. Self-confidence questionnaire (Agnihotry, R.)
3. SCAT questionnaire (Rainer Martens, 1977).

The collected questionnaires were assessed through the scoring system relevant to the concerned questionnaire. The data were put in to statistical analysis. Analysis of a variance was used to find out whether there was any significant deference among West, South and North zone inter- University women cricketers.

## METHODOLOGY

The procedure adopted for the selection of subjects, selection of variables, collection of the data and the statistical techniques employed for analyzing the data have been described in this chapter. This study was designed to compare the aggression, sports competition Anxiety, sports achievement motivation, personality traits and self concept between Kabaddi and Kho-Kho University Women players.

## Selection of Subjects

To achieve the purpose of the study the investigator had selected randomly sixty Kabaddi and sixty Kho-Kho University women players, who have participated in south-west zone inter-university tournament as subjects. The age of the subjects chosen for this study were ranging from 18-25 years.

## ANALYSIS OF DATA AND RESULT OF THE STUDY

The statistical analysis of data has been presented in this chapter. The subjects' characteristics psychological variables Aggression, Sports Competition Anxiety, Sports Achievement Motivation, Personality Traits and Self-concept were collected from 120 Kabaddi and Kho-Kho (60 Kabaddi and 60 Kho-Kho players) University women players who had participated in inter University tournament. The age of the subjects chosen for this study were ranging from 18-25 years.

### Level of Significance

For testing the significant difference in selected psychological variables aggression, sports competition anxiety, sports achievement motivation, personality traits and self-concept of Kabaddi and Kho-Kho university women players, the level of significance chosen for this study was

0.05.

### Statistical procedure used in the study

For testing the statistical significance of the difference between the players' test, 'F' test and least significant difference (LSD) post hoc analysis were used. Statistical Package for Social Science (SPSS) was used to analyze the data.

## Design of the Study

Static group comparison design adopted for this. The subjects were selected from the South-West Inter University Kabaddi and Kho-Kho tournaments for women.

## Findings

The values of each selected psychological variables aggression, sports competition anxiety, sports achievement motivation, personality traits and self- concept are presented in the following tables.

Table — 4.1

### MINIMUM, MAXIMUM, MEAN AND STANDARD DEVIATION VALUE OF SELECTED PSYCHOLOGICAL VARIABLES OF KABADDI PLAYERS

si. No.	Variable	Minimum	Maximum	Mean	Standard Deviation
1	Aggression	7	18	13.2	2.36
2	Anxiety	13	28	19.63	2.74
3	Achievement motivation	18	34	25.13	3.74
4	Neuroticism	8	23	15.62	4.00
5	Extroversion	6	16	12.83	2.46
6	Self concept	51	72	60.97	5.11

Table shows the minimum, maximum, mean and standard deviation of selected psychological variables among Kabaddi University women players.

The mean and standard deviation of Aggression are 13.2 and 2.36, anxiety 19.63 and 2.74, achievement motivation 25.13 and 3.74, Neuroticism 15.62 and 4.00,

extroversion 12.83 and 2.46, self concept 60.97 and 5.11 respectively.

The graphical representation of selected psychological variables of Kabaddi university women players is presented in Fig. 4.1.

Graphical representation of selected psychological variables of Kabaddi University women players.

Table - 4.2

MINIMUM, MAXIMUM, MEAN AND STANDARD DEVIATION VALUE OF SELECTED PSYCHOLOGICAL VARIABLES OF KHO-KHO PLAYERS

Sl. No.	Variable	Minimum	Maximum	Mean	Standard Deviation
1	Aggression	6	20	12.05	2.61
2	Anxiety	15	28	21.18	2.66
3	Achievement motivation	12	32	22.88	5.09
4	Neuroticism	3	20	12.37	3.69
5	Extroversion	7	20	13.98	2.75
6	Self concept	46	85	67.85	6.94

Table indicates the minimum, maximum, mean and standard deviation of selected psychological variables among Kho- Kho University Women Players. The mean and standard deviation of aggression are 12.05 and 2.61, anxiety 21.18 and 2.66, achievement motivation 22.88 and 5.09, Neuroticism 12.37 and 3.69, extroversion 13.99 and 2.75, and self concept 67.85 and 6.94 respectively.

The graphical representation of selected psychological variables of Kho-Kho university women players is presented in Fig. 4.2.

Graphical representation of selected psychological variables of

Kho-Kho university women players.

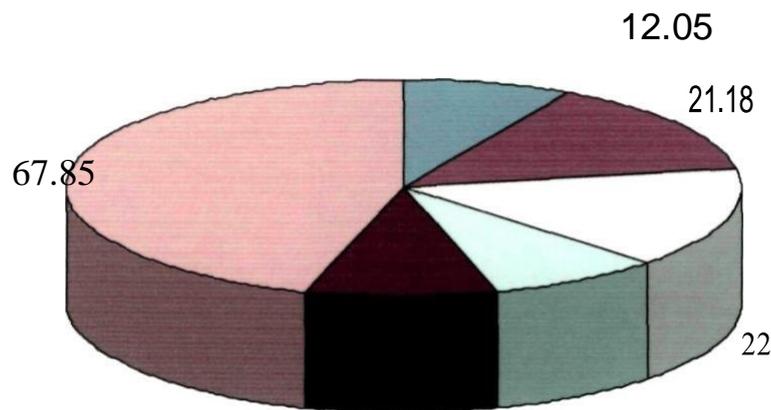


Fig. 4.2. Mean value of selected psychological variables of Kho-Kho players

Table - 4.3

#### MEAN, STANDARD DEVIATION AND 't' VALUE OF AGGRESSION

SI. No.	Players	Sample Size	Mean	Standard Deviation	't' value
1.	Kabaddi	60	13.20	2.36	2.42*
2.	Kho-Kho	60	12.5	2.61	

The mean difference in each of psychological variables were analyzed by 't' test for statistical significance of Inter University Kabaddi and KhoKho University Women Players. It is evident from the table 4.3 that there is significant difference exist in aggression between Kabaddi and Kho-Kho women players. Since the calculated 't' value 2.42 is greater than tabulated 't' value 2.00, it is significant at 0.05 level. Therefore the significant difference exists in aggression between Inter University Kabaddi and Kho-Kho Women Players. The

result shows that Inter University Kabaddi Women Players are significantly better in aggression as compared to the Inter University KhoKho Women Players.

The graphical representation of aggression between Inter University Kabaddi and Kho-Kho Women Players is shown in Fig. 4.3.

## SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

### Summary

An elite athlete is a rare combination of talent, hard work and the right psychological profile. In sports today, everyone knows the best training methods has access to the best facilities and most nutritional foods. Often the difference between the good and the elite is the mental qualities of the athletes

Understanding the psychological factors that accompany successful athletic performance is high priority for applied sport psychology with a major area of focus being mental links to optimal performance. To advance knowledge in this area, it is important to examine specific psychological constructs with theoretical relevance to optimal performance in order to understand what psychological processes ,might be contributing to quality of performance

The purpose of the present study was to compare the aggression, sports competition anxiety, sports achievement motivation, personality traits and self concept between Inter University Kabaddi and Kho-Kho Women players.

To achieve the purpose of the study the investigator had selected randomly sixty Kabaddi and sixty Kho-Kho university women players, who had represented Kashmir

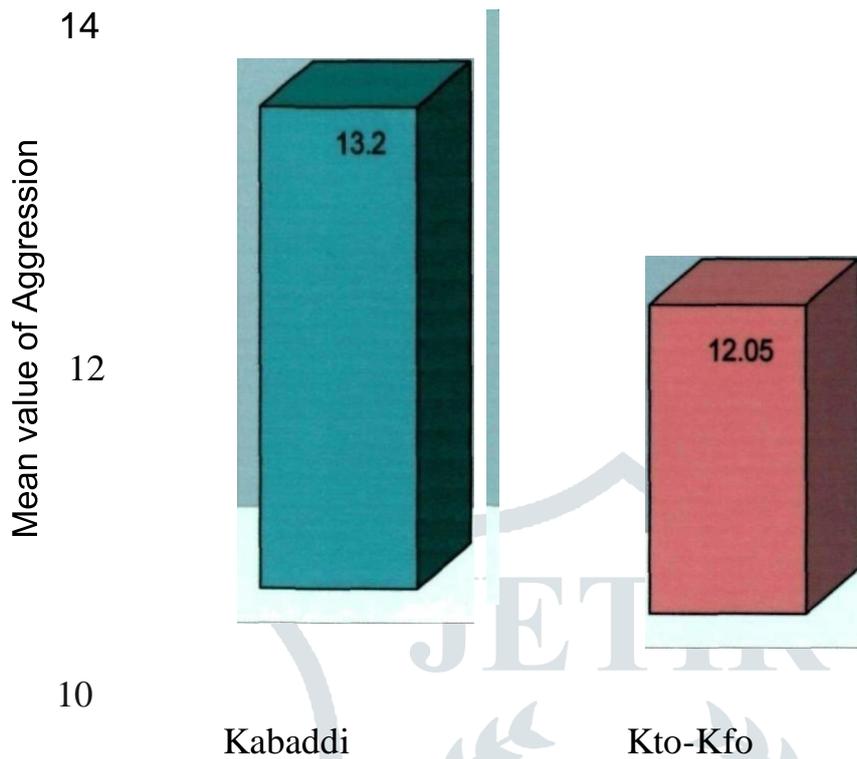
University, Jammu University , Mata Vishnu Davi University ,Baba Gulam Shah University and Islamic University women players participated in South-West Zone Inter-University Tournament as subjects. The age of the subjects chosen for this study were ranging from 18-25 years.

Renowned psychologists have given prominence to psychological factors as aggression, anxiety- its control and management, concentration, mental practice, coach-athlete, interaction, motivation and personality. Therefore, based on literary evidence, correspondence with psychological experts and discussion with prominent physical educationists in this field and availability of instruments, it was decided to select aggression, sports competition anxiety, sports achievement motivation, personality traits, and self concept.

The purpose of the study was explained by the investigator to subjects and made to understand that it was not an individual assessment. Subjects' reliability was ensuring by assuring the subjects that their responses would be kept confidential and used only for research purposes. Emphasis was made to get their frank response in the best of their own interest. The subjects were requested to express themselves freely and frankly as per the instructions contained in each questionnaire by encircle either 'Yes' or 'No' to aggression questionnaire and personality inventory, Hardly ever or sometime or often for sports competition anxiety, and 'Strongly agree', Agree, undecided, disagree, strongly disagree to self concept questionnaire and a or b statement in sports achievement motivation

Graphical representation of aggression between Kabaddi and Kho-Kho

university women players.



**Inter University Women players**

Fig. 4.3. Mean value of aggression between Kabaddi and Kho-Kho University women players

Table - 4.4

**MEAN, STANDARD DEVIATION AND 'T' VALUE OF SPORTS COMPETITION ANXIETY**

sl. No.	Players	Sample Size	Mean	Standard deviation	't' value
1.	Kabaddi	60	19.63	2.74	3.04*
2.	Kho-Kho	60	21.18	2.66	

\* Significant at 0.05 level, critical 't' value is 2.00

The mean difference in sports competition anxiety was analyzed by 't' test to find the statistical significance between Inter University Kabaddi and Kho-Kho Women Players. It is evident from table that there is significant difference between Inter University Kabaddi

and Kho-Kho Women Players in sports competition anxiety. Since the calculated 't' value 3.04 was found more than the tabulated 't' 2.00, it is significant at 0.05 level. Therefore, there is significant difference exist in anxiety between Inter University Kabaddi and Kho-Kho Women Players. Table 4.4 indicates that Inter University Kho-Kho Women Players are more anxious as compared to the inter University Kabaddi women players.

The graphical representation of sports competition anxiety of Inter University Kabaddi and Kho-Kho Women Players is shown in Fig. 4.4.

Graphical representation of sports competition anxiety between Inter University Kabaddi and Kho-Kho Women Players.

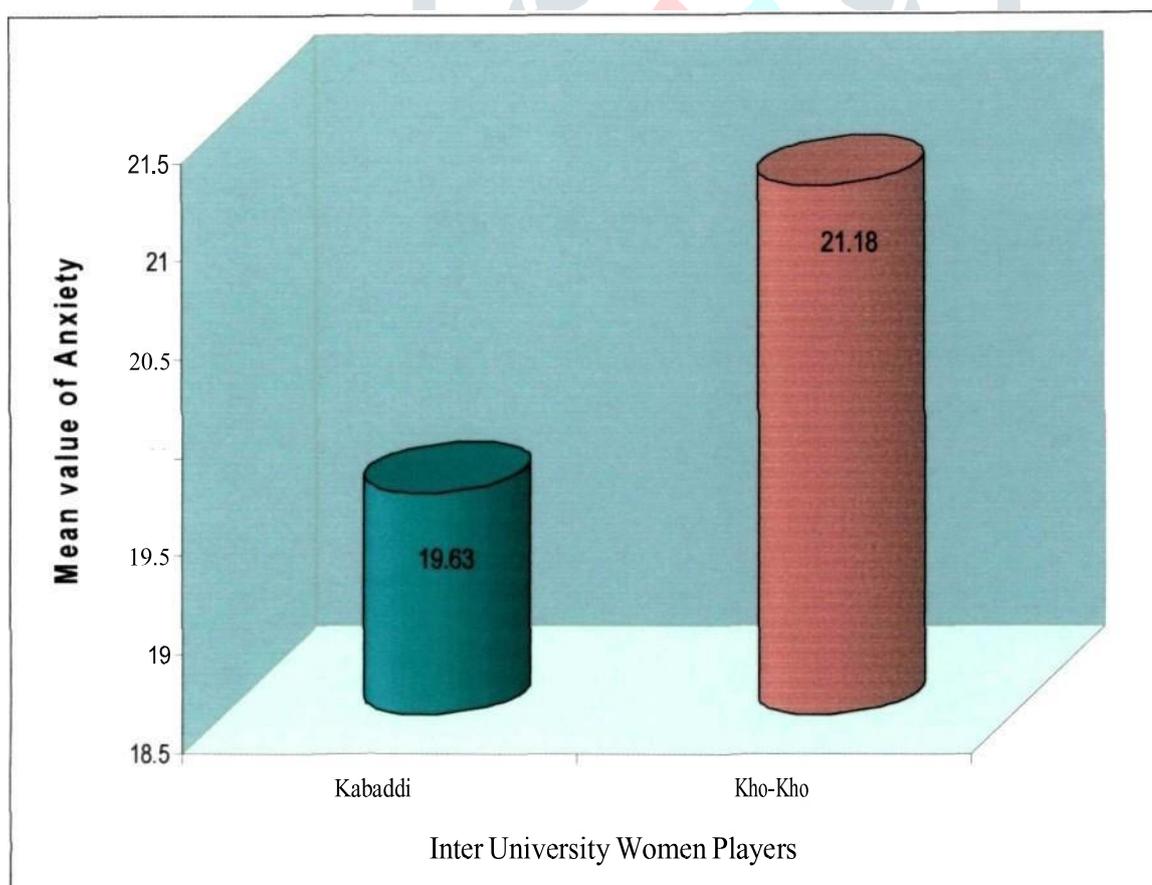


Fig. 4.4. Mean value of sports competition anxiety between Kabaddi and Kho-Kho University women players

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