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An evaluation of selected psychological fitness variables of Kabaddi and kho-kho players of Haryana at university level

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ABSTRACT

An investigation was conducted to look at the psychological fitness characteristics of Haryana university students Kabaddi and Kho-Kho. One hundred male players, aged between eighteen and twenty-five, from 4 universities—Kurukshetra University, Rohtak; Maharishi Dayanand University, Rohtak;Ch. Devi Lal University, Sirsa; and Guru Jambeshwar University, Hissar—were the subjects of an investigation. With the assistance of coaches, physical education teachers, and seasoned players, the players' anxiety, aggression, and adjustment (emotional and physical) were assessed using conventional tests and instruments. While both Kabaddi and Kho-Kho players adjusted to their homes and health similarly, Kabaddi players have been more aggressive than players of Kho-Kho. Compared to more emotional Kabaddi players, Kho-Kho players were better at adjusting their emotions. Kabaddi players were shown to be psychologically fitter than Kho-Kho players, according to the study. The investigation's findings can be used to create training programs that will help players of the 2 sports perform better.

Keywords: Kabaddi; Psychological fitness variables; Kho-Kho

Introduction

Psychological fitness is a decisive component of performance in sports. Competency in any championship requires the ability to adjust tothe stress of performing with excellence to win. Players strive hard to perform the best and in this chain of struggle for existence & survival in competition, many players suffer from nervous breakdowns. Man is a creaturewith feelings and emotions.Being a social animal, man adapts to social forces in addition to physical demands. The "dynamics of behavior," or the forces and energies that start an action, is what emotions stand for. Emotional intelligence (EI) is the capacity to recognize, comprehend, and control feelings (Finnegam, 2014; Sjoberg, 2001). It is believed to be associated with the capacity for self-control (Mangal, 2003). According to certain theories, EI plays a critical role in how well people adjust to life in general and job &performance in particular (Anuradha & Jaiswal, 2014). A person with EI has a competitive advantage. As a result, athletes are constantly working to enhance their EI and other facets of life adjustment. Coaches of sports can help players reach their maximum potential by training them, evaluating their results, teaching them relevant skills, and providing ongoing inspiration (Yoo et. al. 2006; Summerfeldt, 2006). Adjustment is a skill that varies from person to person. It is the basic requirement to lead a happy along contented life and provides us the strength &capability to adopt to an environment. Every individual has to adjust tothe emotional, social, health,and home aspectsof life.

The current examinationhas been undertaken to examine the psychological competency of university-level players of Kabaddi and Kho-Kho. The study aims to highlight the scope for enhancing the performance of the players based on psychological strength.

Materials and Methods

Sample of the Study:Using a stratified random sampling technique, 200 male players (100 from the each game) of Kabaddi and Kho-Kho, aged 18 to 25, made up the sample. The participants were affiliated with four Haryanan universities: Guru Jambeshwar University in Hissar, Maharishi Dayanand University in Rohtak, Kurukshetra University, and Ch. Devi Lal University in Sirsa. Every player was qualified to participate in intercollegiate and intervarsity competitions (Table 1).

Table: 1. Distribution of Sample

S. no.	University	Kho-Kho	Kabaddi	Total
1.	Ch. Devi Lal University Sirsa	15	15	30
2.	M.D. University, Rohtak	35	30	65
3.	Kurukshetra University, Kurukshetra	30	35	65
4.	G.J. U. Hisar	20	20	40
Total		100	100	200

Design of study:4psychological variables were selected for this study based on the educational importance and performance in sports *viz.*,Anxiety; Aggression; and Adjustment (health & emotional adjustment)

Tools and Techniques:Based on the availability, suitability reliability, and validity of the subjects selected, the following tests and tools were utilized for data collection to evaluate thepsychologicalvariables of theresearch for the above three variables respectively*viz.*,(i) Aggression questionnaire (Aff); (ii) Sports Competitive Anxiety (SCAT); and (iii) Saxena Adjustment Inventory (SAI).

Data collection:Observations were recorded for 3 psychological variables viz., aggression, anxiety, and adjustment.

(i) Aggression*:* Aggression was measured by the questionnaire devised by G.C. Pati (1976). Observations were recorded for questions relating to peers, family, and certain outside persons of anti-social characters, court,and police.Out of the three answers that the question produced from the people in the setting, each participant was asked to select the most appropriate response. The validity coefficient of the aggression was derived by comparing the responses with "statements in the questionnaire of aggression" borrowed from Murray (1995). Subjects were administered both questionnaires successively. Using the "split half method," the reliability coefficient of the 16 questions in the aggression questionnaire was determined. Eight odd and eight even questions provided the halves, and the reliability coefficient came out to be 0.71. Three possible responses were rated as 1, 2, and 3, respectively, and ranged from low to mildly aggressive, moderately aggressive, and highly aggressive. The total score for a subject ranged from 16 to 48, which was the single total score.

(ii) Anxiety; For the measurement of competitive anxiety, the SCAT(Sports Competitive Anxiety Test) prepared by the Rainer Martens (1977) has been administered. The subjects were administered with certain instructions about how people feel when they compete in sports and games. They were told to read each statement and respond to their feelings as *never /sometimes /always* while competing in sports and games.

Options A, B, and C were given for the above three responses. The subjects have been instructed not to spending too much time over any statement and to select the word which explainstheir experience.The test sheet from each sample was collected and scored with the help of scoring instructionsprovided in the manual.

(iii) Adjustment: The Saxena Adjustment Inventory (English version) adult form by M.S.L. Saxena was administered to the subjects to obtain a description of their adjustment problem. Only the occupational adjustment part of the Inventory was applied. A total of 29 items of home adjustment, 32 items of health adjustment, and 31 items of emotional adjustment were applied for scoring the adjustment variable. The questionnaire was administered individually. Subjects were instructed that each item of the questionnaire had three choices written against each item such as *'yes'*, 'No', and *'?'*. The subjects were asked to encircle any one of the given three choices. No right or wrong option was allowed in any items and so they were free to choose any one of these choices regarding their adjustment problems. There was no time limit set to complete the questionnaire. Further, the subjects were assured that their responses were kept confidential and used for research purposes only.

After all questions were answered, the exams were administered in the universities over two to three days with assistance of coaches, physical education teachers, and experienced athletes. The subjects depicted enthusiasm & promise to give wholehearted cooperation for the venture. The data collected with various tools of Psychological variableshas been tabulated & statistically evaluatedby deriving theSD,Z-ratio,and Mean to find out the importance of variations among the Kho-Kho alongKabaddiplayers on manymeasures.

RESULTS AND DISCUSSION

According to the specifications of the research on the Kho-Kho along Kabaddi, with levels of participation up to the level of inter-college, data was gathered on a variety of psychological characteristics. To arrive at the appropriate conclusions, the gathered data was processed and examined. According to our hypothesis, there are no psychological differences between the two groups of players of different games.

Table: 2. For Kabaddi & Kho-Kho players, descriptive statistics and the Z-ratio of psychological variables

S. No.	Psychological variables	Kabaddi		Kho-Kho		Z-ratio
		Mean	S.D.	Mean	S.D.#	
1.	Aggression	25.46	1.5	24.43	0.88	4.68*
2.	Anxiety	20.05	1.8	19.83	1.9	0.66
3.	Home Adjustment	25.53	1.0	25.51	1.9	0.07**
4.	Health Adjustment	41.56	1.4	41.91	1.3	1.45*
5.	Emotional adjustment	31.38	1.5	30.85	1.4	2.03*

#= **= Significance at 0.01 level of confidence; Standard Deviation; Degree of freedom = 198; No. of players: Kho-Kho (100); Kabaddi (100).

The descriptive statistics for Aggression, Anxiety, and Adjustment level were derived. The Mean difference, SD, and Z-ratio comparison of Kho-Kho along Kabaddi relating to the three psychological variables are presented in Table 2 which indicates the mean score of the Aggression test of Kho-Kho& Kabaddi players, are 24.43 & 25.46 correspondingly. The Z-ratio of the mean difference is 4.68 whichis significant ata 0.05 level of confidence. Hence, there exists an important variationamong the mean scores of

the players of both games. The mean score of the Sports Competitive Anxiety test of Kho-Kho alongwith Kabaddiplayersare 19.83 & 20.05 correspondingly. At the 0.05 level of confidence, the mean difference's z-ratio of 0.66 indicates that it is not significant. Hence, the cognitive appraisal of the risk of failure during competition appears to be almost equal among the Kho-Kho along Kabaddi players. The table shows that the mean scores of the Kho-Kho alongwith Kabaddi players on the cognitive component of Home Adjustment are 25.51 &25.53 respectively. The Z-ratio of mean difference is equal to 0.74 which is much below the Z-ratio to be significant at 0.05 levels. Thus, the cognitive appraisal is at risk of failure. It means almost equal home adjustment of the Kho-Kho alongwith Kabaddi players. The mean scores of the Kho-Kho along with Kabaddiplayers on Health Adjustment are 41.91 and 41.56 respectively. There is no discernible variation in the mean scores of the Kho-Kho along Kabaddi players, as indicated by the z-ratio of the mean difference, that is 1.45 and not important at the 0.05 level of confidence. Thus players of both sports have nearly the same level of health adjustment.A perusal of Table 2further shows that the mean scores of Kho-Kho along with Kabaddi players on emotional adjustment are 30.85 & 31.38 correspondingly, the Z-ratio is 1.45 which is not significant at a 0.05 level of confidence. This means that the level of emotional adjustment among the Kho-Kho along Kabaddi players is almost the same. The Z-value and mean of pulse rate in Kabaddi and Kho-Kho players is 4.0 which is significant at 0.5 level of significance limits. The number of subjects in both the game (Kabaddi and Kho-Kho) is 100 each, and the degree of freedom is equal to 198. Therefore Z-ratio is equal to 2.58,which is significant at 0.05 levels and 0.1 levels at confidence respectively.The results of the present study as discussed here are also supported by other similar studies conducted by Bhattacharya and Khan, (2002);Hardy (1999),and Boyce (2001).

While Kho-Kho players and Kabaddi players were equally aggressive, Kabaddi players were more so. The players' adjustments to their homes and health were comparable. Compared to more emotional Kabaddi players, Kho-Kho players were better at adjusting their emotions. The current study suggests that it could aid in the psychological fitness development of Kho-Kho alongwith Kabaddi players. The fitness level of the players of other games may also be developed. The findings of the present study imply that Kabaddi players were found to be better than Kho-Kho players.The data can also be utilized to select candidates and create training programs, as well as to provide young people with guidance and counseling. Analogously, investigations comparing different player groups on various psychological fitness factors can be conducted to determine which training routine is optimal for players' performance. The findings have significant implications for thephysical educators, administrators,coachesof sports, and sports organizers. Studies on similar lines could be conducted on a wider population such as at state and national levels in other sports also. More elaborate statistical analysisof different toolscan reveal finer limits. The outcomes of the current research have an obvious applied implication for physical training and sports performance of players.

Conclusions

Sportsmen participating in their respective sports disciplines express significant variations in their psyche. Sports participation helps in increasing adjustment, anxiety, and aggression, which further contribute to better performance. Furthermore,the development of adjustment, anxiety, and aggressiveness congenial tosports

activities should form a part of regular curricular activities for the building or emerging young players at the adolescent age.Other components of psychological fitness like technical, tactical, mental, and environmental could be studied with broader samples can be studied by including players of different age groups, gender, socio-economic status, etc.

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