



Sports Aggression on Game Performance of Kabaddi Players at High School Level

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Abstract: The study investigates the impact of sports aggression on the game performance of Kabaddi players (boys) at the high school level. The research utilized a descriptive survey method, focusing on a sample of 45 Kabaddi players (boys) aged 14-17 from various high schools in Vijayapur District, Karnataka. The study employed purposive sampling to select participants, who were evaluated based on their game performance and sports aggression using a coaches-rated scale and the Sports Aggression Inventory (developed by Anand and Prem Shankar Shukla), respectively. The study posed two primary hypotheses: (1) No significant relationship exists between sports aggression and game performance of Kabaddi players and (2) No significant difference in game performance is observed among Kabaddi players in different play positions (Raiders, Defenders, and All-rounders). Statistical analyses included the Coefficient of Correlation to examine the relationship between sports aggression and game performance and One-way ANOVA to assess differences in performance and aggression across different playing positions. LSD's Post Hoc Test was used for further analysis of significant differences. The significance level was set at 0.05. This study aims to provide insights into how sports aggression affects the performance of Kabaddi players and whether playing position influences aggression and game outcomes. The findings could have implications for training and coaching strategies in Kabaddi.

Index Terms – Performance, Sports Aggression, Kabaddi, Players, High school.

1. INTRODUCTION

Kabaddi is a dynamic team sport that requires a blend of physical prowess, strategic thinking, and mental resilience. The game, which originated in India, is not only popular for its vigorous and engaging nature but also for the intense physical and psychological demands it places on players (Jain, 2013). The performance of Kabaddi players is influenced by various factors, including technical skills, physical fitness, and psychological attributes such as sports aggression.

Sports aggression refers to the propensity of athletes to exhibit aggressive behaviors during competitive play, which can impact their overall performance (Anderson & Dill, 2000). In the context of Kabaddi, where physical contact and strategic confrontation are inherent, aggression can play a significant role in shaping a player's effectiveness and competitive edge. Previous studies have highlighted that while moderate aggression can enhance performance by improving assertiveness and competitive drive, excessive aggression may lead to detrimental outcomes, including penalties and reduced teamwork (Smith & Smoll, 1990).

Understanding the relationship between sports aggression and game performance is crucial for optimizing player training and development. This is particularly relevant at the high school level, where athletes are in the formative stages of their competitive careers and their experiences can significantly influence their future performance (Kumar, 2018). Additionally, the role of different playing positions—Raiders, Defenders, and All-rounders—may further complicate the dynamics of aggression and performance. Raiders, for instance, are primarily responsible for scoring points and may exhibit different aggression patterns compared to Defenders and All-rounders, who have distinct roles on the field (Rao, 2017).

This study aims to explore these dynamics by examining the relationship between sports aggression and game performance among Kabaddi players at the high school level. It also seeks to determine if there are significant differences in performance and aggression based on playing positions. The findings could offer valuable insights into how aggression influences Kabaddi performance and contribute to more effective coaching strategies.

2. SIGNIFICANCE OF THE STUDY

The significance of this study lies in its potential to enhance our understanding of how sports aggression impacts the performance of Kabaddi players, particularly at the high school level boys. By exploring the relationship between aggression and game performance, and examining differences based on playing positions, this research can provide valuable insights for coaches and trainers. These insights can help in tailoring training programs to better manage aggression, optimize player performance, and develop effective strategies for different playing roles. Ultimately, this study aims to contribute to more effective coaching practices and improve the competitive outcomes for Kabaddi players.

3. REVIEW OF RELATED LITERATURE

Aggression in sports is a well-documented phenomenon that influences player performance and behavior. In Kabaddi, a sport characterized by physical contact and strategic play, aggression plays a crucial role in shaping both individual and team performance. This review examines previous research on sports aggression among Kabaddi players, focusing on how aggression varies by playing position and its impact on performance.

Studies cited

Basavaiah (2020) investigated the aggression levels of college-level Kabaddi players across different playing positions: attackers, midfielders, and defenders. Using an Aggression Questionnaire developed by Anand Kumar and Prem Shankar, the study analyzed 48 players from four degree colleges affiliated with Bangalore University. The results revealed significant differences in aggression levels among attackers, midfielders, and defenders, with attackers exhibiting higher aggression compared to defenders and midfielders. The study employed One-way ANOVA and Scheffe's Post Hoc test to determine these differences, highlighting that attackers were notably more aggressive than their counterparts.

Ryagi and Bhairaddy (2017) conducted a study to explore the relationship between playing ability and aggression among intercollegiate Kabaddi players. This study included 100 players from Gulbarga University and utilized the same Aggression Questionnaire. The research found a significant relationship between aggression and overall playing ability, which was assessed through various skills such as touching, kicking, and defensive tactics. While significant differences were observed in playing ability based on playing positions, aggression levels did not show substantial variance across these positions.

Durai (2015) examined physiological and psychological components, including aggression, between right and left foot dominant Kabaddi players. The study involved 24 male players and assessed various parameters such as resting pulse rate, breath holding, and trait anxiety. Significant differences were found between right and left foot dominant players in terms of aggression and other physiological measures, indicating that foot dominance can influence aggressive behavior and psychological responses in Kabaddi.

Overview of Studies and Research Gap

The reviewed studies provide valuable insights into the role of aggression in Kabaddi players, with Basavaiah (2020) highlighting the variability in aggression across different playing positions, and Ryagi and Bhairaddy (2017) exploring the relationship between aggression and playing ability. Durai (2015) adds another dimension by linking aggression to physiological and psychological differences based on foot dominance. However, there is a notable research gap in understanding how aggression specifically affects game performance in Kabaddi and whether the influence of aggression differs across various playing positions at the high school level. This gap suggests a need for further investigation to explore these dynamics comprehensively and to develop targeted training strategies that address aggression-related performance issues in Kabaddi.

4. STATEMENT OF THE PROBLEM:**SPORTS AGGRESSION ON GAME PERFORMANCE OF KABADDI PLAYERS AT HIGH SCHOOL LEVEL****5. STATEMENT OF HYPOTHESES**

1. There was no significant relationship between Sports Aggression and Game Performance of Kabaddi players.
2. There was no significant difference in the Performance of Kabaddi players of different play positions (Raiders, Defenders and All-rounders).

6. METHODOLOGY**6.1 Method**

Descriptive Survey Method was followed for the present investigation.

6.2 Selection of Samples

Forty five Kabaddi players (boys) were drawn from different high schools situated at Vijayapur District, Karnataka State are selected as subjects on purposive sampling technique. The age of the subjects were ranged from 14-17 years.

6.3 Selection of Variables

The following criterion variables selected for the study

Sl. No.	Variable	Tests	Criterion Measure
1.	Kabaddi Game Performance	Coaches Rated Scale	In scores
2.	Sports Aggression	Sports Aggression Inventory developed by Anand and Prem Shankar Shukla)	In Scores

6.4 Statistical Procedure

The Coefficient of Correlation was utilized to find out the relationship between Game Performance of Kabaddi players (boys) and Sports Aggression as psychological variable. One-way ANOVA Statistical technique was used to find out the significant differences in the Game Performance and Aggression in Sports of Kabaddi game players of high school boys among different playing positions along with LSD's Post Hoc Test. The level of significance was fixed at 0.05 level.

7. RESULTS AND DISCUSSION**7.1 Correlation Results**

The relationship of Sports Aggression with Game Performance of Kabaddi game was ascertained by coefficient of correlation. The result is presented in Table-1.

Table-1: shows relationship between Sports Aggression and Game Performance of Kabaddi Players. (N=45, df=43).

Variable	Mean	Standard Deviation	'r' value	Level. of Sig.
Sports Aggression	10.533	2.379	-0.332	*
Kabaddi Performance	51.895	6.860		

* Significant at 0.05 level (Table value=0.302)

The correlation analysis aimed to examine the relationship between sports aggression and game performance among Kabaddi players of high school boys. The negative correlation coefficient of -0.332 indicates a moderate inverse relationship between these variables. This suggests that as sports aggression increases, game performance tends to decrease. The result, significant at the 0.05 level, implies that players with higher levels of aggression may experience lower performance levels in

Kabaddi. This finding highlights the potential impact of psychological factors, such as aggression, on athletic performance and highlights the need for managing aggression effectively to optimize player performance.

7.2 Differential Analysis Results

Table-2: Descriptive Data on Kabaddi Game Performance scores.

Group	N	Mean	Standard Deviation
Raiders	15	48.325	4.548
Defenders	15	51.881	6.947
All-rounders	15	55.478	7.179

The descriptive statistics show clear differences in performance among Kabaddi players based on their positions. Raiders have the lowest average performance score of 48.325, while Defenders perform better with an average score of 51.881. All-rounders have the highest average performance score of 55.478, indicating the best overall performance. The higher mean score for All-rounders, along with a greater variability in their performance, highlights that they consistently perform better and their performance levels vary more compared to Raiders and Defenders. This shows that playing position significantly affects performance, with All-rounders having the edge over both Raiders and Defenders.

Table-2(A): Computation of Analysis of Variance on Kabaddi Game Performance of players with different play positions (Raiders, Defenders and All-rounders)

Source of Variance	Sum of Squares	df	Mean Square	F Value	Sig. Level
Between Groups	383.781	2	191.890	4.78	*
Within Groups	1686.870	42	40.164		
Total	2070.651	44			

* Significant at 0.05 level [Table F-ratio at 0.05 level of confidence for 2 and 42 (df) =3.23]

The ANOVA results reveal a significant difference in game performance among Kabaddi players based on their playing positions-Raiders, Defenders, and All-rounders. The analysis shows an F value of 4.78, which is statistically significant at the 0.05 level. This indicates that the differences in performance scores between the different play positions are unlikely to have occurred by chance. Specifically, this means that the performance levels of players in different positions are not all the same, highlighting that the role a player occupies on the field has a meaningful impact on their performance.

Table-2(B): LSD Post Hoc Result on Game Performance of Kabaddi game.

Play Positions of Kabaddi Players			Mean Difference
Raiders	Defenders	All-Rounders	
48.325	51.881		3.556
	51.881	55.478	3.597
48.325		55.478	7.153*

*Significant at 0.05 level.

The LSD Post Hoc test results reveal that there are no significant differences in game performance between Raiders and Defenders (3.556) & Defenders and All-rounders (3.597) which were not significant at 0.05 level. However, there is a significant difference in performance between Raiders and All-rounders, with a mean difference of 7.153, which is significant at the 0.05 level. This finding indicates that All-rounders perform significantly better than Raiders, highlighting a notable performance gap

between these two groups. The lack of significant differences between Raiders and Defenders, and between Defenders and All-rounders, suggests that while the performance levels of Defenders and Raiders are similar, All-rounders clearly stand out in terms of overall performance.

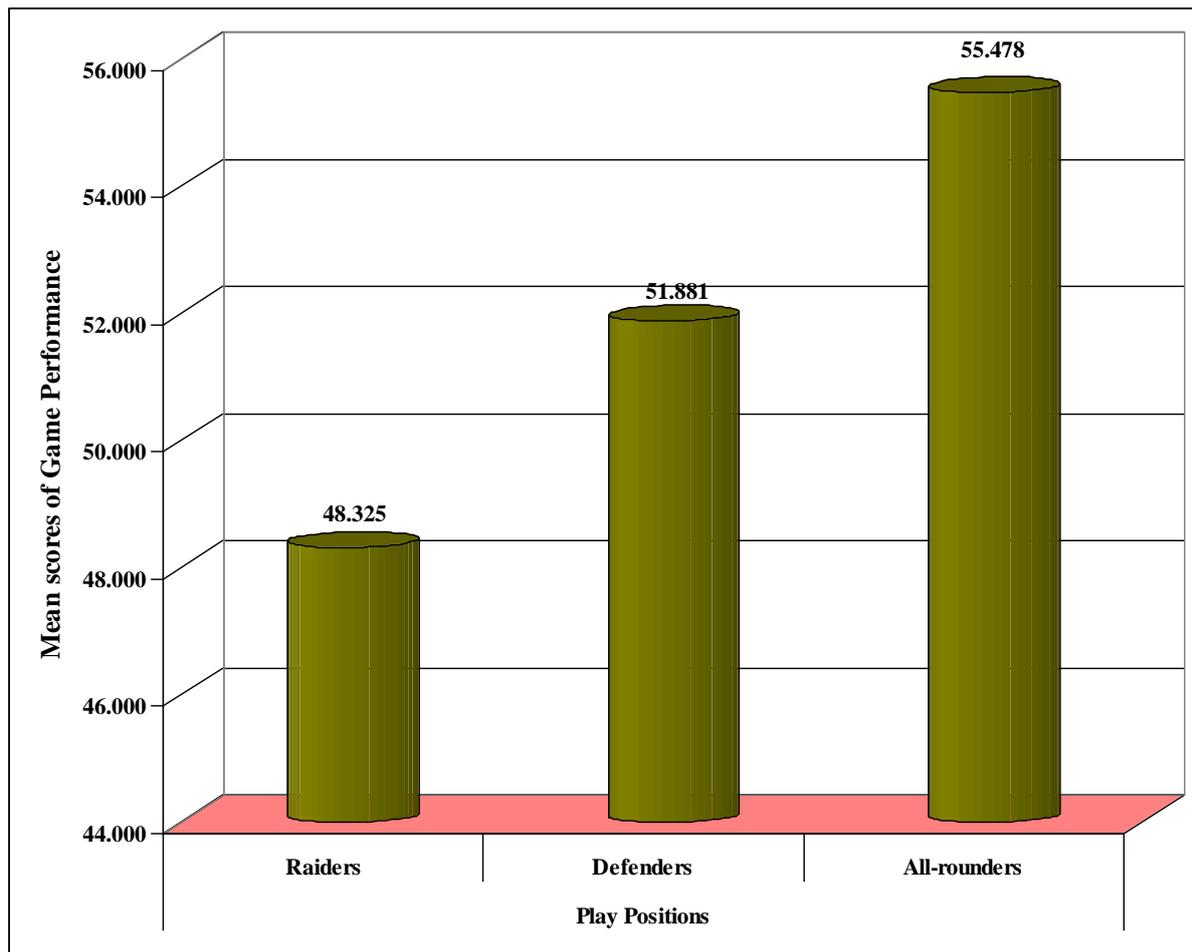


Fig.1: Comparison of mean scores of Game Performance of Kabaddi players (boys) among different play positions.

8. DISCUSSION OF FINDINGS

The analysis of Kabaddi game performance based on player positions reveals significant differences. The descriptive statistics show that Raiders have the lowest average performance score, while All-rounders achieve the highest scores. This pattern is reinforced by the ANOVA results, which indicate a significant difference in performance among the different positions. The higher mean performance scores and greater variability observed among All-rounders suggest that their role demands a broader skill set and allows for a higher level of performance. The significant performance gap between Raiders and All-rounders highlights the importance of position-specific skills and strategies in Kabaddi.

9. CONCLUSION

The study confirms that playing position significantly affects game performance in Kabaddi. All-rounders outperform Raiders and Defenders, indicating that players in this role are generally more effective. The significant differences in performance scores underline the crucial role of position-specific attributes and skills in determining player effectiveness. The findings suggest that enhancing the specific skills required for each position can improve overall game performance.

10. SUGGESTIONS

Based on the findings, it is recommended that coaches focus on developing position-specific training programs to address the unique skills required for Raiders, Defenders, and All-rounders. For Raiders, training should emphasize skills and strategies that improve their performance to reach closer to the levels of Defenders and All-rounders. Additionally, incorporating more versatile training techniques for All-rounders could help them maintain and further enhance their high performance.

Understanding these position-specific needs will help tailor coaching approaches and potentially boost overall team performance in Kabaddi.

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