



## ASSESSMENT OF BEHAVIOURAL AVOIDANCE COPING STRATEGIES IN RELATION TO PLAYING POSITIONS OF FEMALE KABADDI PLAYERS

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### ABSTRACT

*This study assessed behavioural avoidance coping strategies among female kabaddi players on the basis of their playing positions. To conduct the study 300 interuniversity female kabaddi players were selected. The sample of female kabaddi players comprise of 100 subjects from each playing position namely raiders, blockers and corners. The sample for the present study was selected with the help of purposive sampling. The age of the selected female kabaddi players was between 17 to 28 years. To assess behavioural avoidance coping strategy of female kabaddi players, Coping Strategies Scale prepared by Srivastava (2001) was used. The analysed data indicate that among female kabaddi players, behavioural avoidance to a stressful situation is markedly low in raiders as compared to female kabaddi players with playing position as blockers and corners. On the basis of results it was concluded that female raiders possesses much more functional behavioural avoidance coping strategy as compared to blockers and corner position female kabaddi players*

**KEYWORDS:** Behavioural avoidance coping, playing positions, female kabaddi.

### INTRODUCTION :

Coping in sports has attracted lot of researchers and numbers of qualitative and quantitative studies have been conducted by them. McKay, et al. (2008) conducted a study on elite track and field athletes, Thelwell et al. (2007) focussed their study on cricket batsman while Anshel and Sutarso (2007) studied on college athletes and so on. The aim of these studies was to find the source of stress which is common in majority of sports. These studies have found that major source of stress in sportspersons are intense pressure to perform at elite level, low self confidence, anxiety towards performance, fear of failure, injury, behaviour of coach etc. To deal with stress different coping strategies are advocated and behavioural avoidance coping strategy is one of them. The use of avoidance coping strategies is situation specific. Elite athletes often ignore bad umpiring decision and focus on next move or task. This is correct because arguing during a match creates stress and may lead to decreased concentration and attention and eventually poor on field performance. In this sense if a player see the decrease in anxiety and stress by ignoring the coaches instruction, it is a short term relief and may cause even more stress in future.

In traditional Indian sport kabaddi so much emphasis is placed on psychological skills of players because researchers such as Karad (2010), Ali et al. (2012), Jeyaraj and Gopinathan (2014), Durge and Bhagwati Chandra (2016) have documented its importance in terms of performance. It is also known that various playing position in sports demands different psychological skills to perform at highest level. In kabaddi raiders, blockers and corner position players have different roles during a match.

Although all of them collectively responsible for teams success they are different from each other. Raiding is an individual effort. A raider has to compete with entire defense alone while defending players put their combined effort to down a raider. Hence it is necessary to assess the behavioural avoidance coping strategy used by female kabaddi players in relation to their respective playing positions. This will certainly add to knowledge base in sports psychology about the avoidance coping strategies used by female kabaddi players on the basis of their specific playing positions. Hence the present study is conducted.

#### **OBJECTIVE:-**

The objective of the present study was to compare behavioural avoidance coping strategies of female kabaddi players occupying different playing positions namely raiders, blockers and corners.

#### **Methodology:-**

The following methodological steps were taken in order to conduct the present study.

#### **SELECTION OF THE SUBJECTS:-**

To conduct the study 300 interuniversity female kabaddi players were selected. The sample of female kabaddi players comprise of 100 subjects from each playing position namely raiders, blockers and corners. The sample for the present study was selected with the help of purposive sampling. The age of the selected female kabaddi players was between 17 to 28 years.

#### **Tools:-**

##### **Coping Strategies Scale:-**

To assess behavioural avoidance coping strategy of female kabaddi players, Coping Strategies Scale prepared by Srivastava (2001) was used. There are 14 items to assess cognitive behavioural approach coping strategy in this scale. This scale is highly reliable and valid.

#### **COLLECTION OF DATA:-**

300 female interuniversity female kabaddi players were selected purposively as per the objectives of this study. The selected raiders, blockers and corner position female kabaddi players were briefed about the objectives of the study before administration of Coping Strategies Scale prepared by Srivastava (2001). The scores pertaining to behavioural avoidance coping strategy was separated and compiled in three different study groups.

#### **RESULT AND DISCUSSION:-**

In table no. 1 classification of female kabaddi players with different playing positions on behavioural avoidance sub-scale of coping strategy is being presented. In case of high scores on behavioural avoidance coping strategy indicate dysfunctional or deficient coping while low score indicate functional coping. According to author's manual score lying on 25th percentile or below is considered as efficient/functional coping, score between 26th and 75th percentile is considered as moderate level of coping and score lying on 76th percentile or above is considered as dysfunctional coping.

**Table 1**  
**Characterization of Behavioural Avoidance Coping Strategy in Female Kabaddi Players on the Basis of their Playing Position**

Percentile	Raiders		Blockers		Corners	
	Number	%	Number	%	Number	%
25th percentile or below	43	43%	15	15%	22	22%
Between 26th and 75th Percentile	36	36%	55	55%	51	51%
76th Percentile and Above	21	21%	30	30%	27	27%
Total	100	100%	100	100%	100	100%

A perusal of entries shown in table 1 reveals that 43% female raiders, 15% female blockers and 22% female kabaddi players with playing position as corners have efficient or high level of coping in terms of behavioural avoidance coping strategy.

36% female raiders, 55% female blockers and 51% female kabaddi players with playing position as corners have moderate level of coping in terms of behavioural avoidance coping strategy.

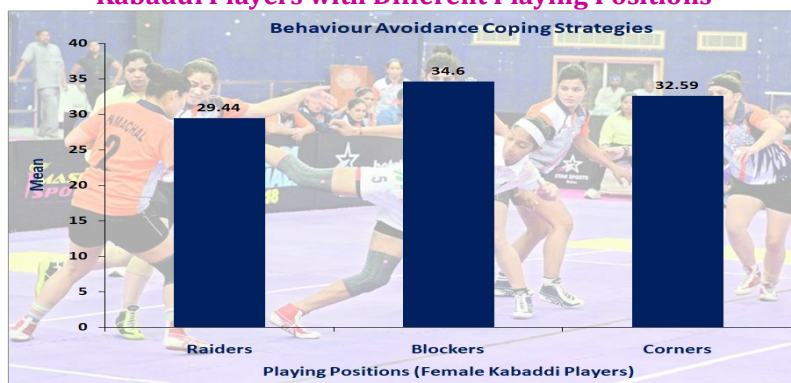
A perusal of entries shown in table 2 also reveals that 21% female raiders, 30% female blockers and 27% female kabaddi players with playing position as corners have dysfunctional or low level of coping ability in terms of behavioural avoidance to manage stressful situations.

In table 2 mean scores of female kabaddi players on behavioural avoidance coping strategies in relation to their playing position are presented.

**Table 2**  
**One Way ANOVA- Descriptive Statistics on Behavioural Avoidance Coping Strategies of Female Kabaddi Players with Different Playing Positions**

Playing Position of Female Kabaddi Players	N	Behavioural Avoidance Coping Strategies	
		Mean	S.D.
Raiders	100	29.44	10.52
Blockers	100	34.60	8.63
Corners	100	32.59	8.47

**Fig. 1**  
**Bar Diagram Showing Mean Scores on Behavioural Avoidance Coping Strategies of Female Kabaddi Players with Different Playing Positions**



**Table 3**  
**ANOVA Summary**

Source	df	SS	MS	F
Between Groups	02	1352.940	676.470	7.89**
Within Groups	297	25452.830	85.700	
Total	299	26805.770		

$F(2,297) = 3.03$  at .05 level and 4.68 at .01 level

\*\* Significant at .01 level

One Way ANOVA finding in the form of  $F=7.89$  indicate that mean score on sub scale behaviour avoidance of coping strategies did vary significantly among female kabaddi players on the basis of their playing positions namely raiders, blockers and corners.

The value of calculated F ratio given in table 3 was statistically significant, henceforth statistical formula in terms of Least Significant Difference Test was applied. The mean difference of various study groups are shown in table 4

**Table 4**  
**Comparison of Group Means on Behavioural Avoidance Coping Strategies of Female Kabaddi Players from Different Playing Position**  
**LSD Test with Significance Level .05**

Mean (I)	Mean (J)	Mean Difference (I-J)
Raiders	Blockers	-5.16*
	Corners	-3.15*
Blockers	Corners	2.01

\* Significant at .05 level

LSD test revealed that mean scores of female raiders on behavioural avoidance coping strategies was significantly higher as compared to female kabaddi players occupying the positions of blockers and corners. The mean difference of -5.16 and -3.15 was statistically significant which indicate that findings have 5% chance of not being true.

LSD test shown in table 4 also revealed statistically non-significant difference in mean scores of female kabaddi players occupying blockers and corners on behavioural avoidance coping strategies (Mean difference = 2.01,  $p>.05$ ).

The results clearly indicate the reluctance of female raiders in using behaviour avoidance strategy so as to cope with stress as compared to female kabaddi players with playing positions of blockers and corners.

Differences regarding the psychological skill levels of soccer, basketball, rugby union and American football players in different playing positions have been reported. These differences are believed to be the result of the specific demands of each playing position. This fact has been highlight by Grobbelaar et al. (2011) in their study also.

Since raider is considered to be the most valuable player of a team, the entire focus of other team, media and crowd is on raider. In this situation a raider needs to address the issue which is causing stress and not doing behavioural modification. Hence there is no surprise that the use of emotion focussed behavioural avoidance coping strategies was less prevalent in raiders as compared to other playing positions namely corners and blockers.

**CONCLUSION:-**

On the basis of results it was concluded that female raiders possess much more functional behavioural avoidance coping strategy as compared to blockers and corner position female kabaddi players.

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