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“A STUDY OF KABADDI PLAYING ABILITY OF PSYCHOLOGICAL VARIABLES AMONG STATE LEVEL WOMEN KABADDI PLAYERS”

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ABSTRACT:

The purpose of the study was to “A study of kabaddi playing ability of selected psychological variables among state level women kabaddi players”. The subjects for this study were selected from state level kabaddi competitions who had participated in state level kabaddi competition. 50 (fifty) subjects from state level female kabaddi players were selected for the present study. The ages of the subjects were in the age ranging between 17 to 19 Years. In the study, the data were collected on the various psychological variables (Stress, Anxiety, Aggression). The appropriate statistical methods have been performed and used such as descriptive statistics including mean, standard deviation and 95% confidence interval. The Karl Pearson's product moment correlation coefficient analysis was applied to assess the linear relationships or magnitude and direction of relationship between the variables. The multiple linear and step wise linear regression analysis was performed to assess the cause-and-effect relationship and also predicting. Followed by correlation analysis and linear regression analysis (multiple linear and step wise) with interpretations. The principle of the usefulness, the different sections of this chapter of the study has been organized under different headings.



KEY WORDS: kabaddi playing ability of selected psychological variable (Stress, Anxiety, Aggression).

INTRODUCTION

The enhancement of physical and mental development of children is certainly the most important contribution of sports, but the list of values a child may acquire through sports does not end here. The positive aspects are numerous, which reveals the true beauty of sport. Sport teaches children the important lesson of team-spirit and it gives them the experience of working with different kinds of people in different situations. Playing sports enables children to create friendships they otherwise might not have formed. Sports and games can be a great lesson in time management and they provide the spirit of competition that drives them to give extra effort. Through sports children learn to respect authority and rules. Sport increases self-esteem, mental alertness and it reduces stress and anxiety.

Good sportsmanship provides guidelines that can be generalized to classroom and lifelong achievement. Participation in challenging sports contests teaches children to love challenges. It also teaches them to function in a competitive society. Sport helps to build character and discipline and it gives children the confidence of being an individual with overall development. No other thing in life affords children such opportunity to develop positive character traits and to soak up many quality values as sports does.

Sports should be encouraged by parents and teachers. Children first need to get used to playing sports, accept it and get to like it. It will become part of his or her everyday life. Let them see the values of sports for themselves. As teachers and parents, we must be the example. We must make sports and games fun and we must play by the rules. Viewing games or playing sports together often facilitates emotional bonding and develops a love for the game. As long as a child is involved in sports, he will learn how to overcome obstacles and challenges that will come his way. Isn't that what we all want for our children.

KABADDI

Kabaddi is aptly known as the "Games of the mass" due to its popularity, simple, easy to comprehend rules, and public appeal. The game calls for no supplicated equipment what so ever, which is very popular sport in the developing countries. Though it is basically an outdoor sport played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men & junior boys with 5 minutes break in between for the teams to change sides in the case of women/girls & sub-junior boys, the duration of 35 minutes with a 5-minute break in between. Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either outdoors with seven players on the ground in each side. Each side takes ultimate chances at offence and defence.

ORIGIN OF KABADDI GAME

The sport has a long history dating back to pre-historic times. It was probably invented toward of group attacks by individuals and vice-versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic, the "Mahabharata" has made an analogy the game to tight situation faced by Bahaman's the heir of the Pandava kings when he is surrounded on all side by the enemy.

WOMENS KABADDI IN INDIA

Kabaddi was included in the 2nd Asian Indoor games held at Macau from 25th October to 3rd November 2007. Once again India Won the Gold Medal. Kabaddi Men & Women both were included in 1st Asian Beach Games being hosted by Indonesia in 2008 at Bali, India Won Both the Gold Medals of Men & Women Events.

STATEMENT OF THE PROBLEM

A study carried out "A study of kabaddi playing ability of selected psychological variables among state level women kabaddi players.

OBJECTIVES OF THE STUDY

1. To assess the relationships between psychological variables with playing ability of state level women Kabaddi players
2. To find out the significant predictors of playing ability of state level women Kabaddi players by overall analysis of selected psychological variables (i.e., stress, anxiety and aggression);

HYPOTHESES

- There is significant influence of psychological variables on the performance of kabaddi players.
- There may be significant influence of psychological variables in improving the on predication the performance of the players.
- Physical variables (i.e., agility, leg explosive strength and endurance (in min)) would not be significant predictors of playing ability of state level women Kabaddi players
- psychological variables i.e., stress, anxiety and aggression would not be significant predictors of playing ability of state level women Kabaddi player

DELIMITATIONS OF THE PRESENT STUDY

1. This study was confined only 50 state level kabaddi players who participated in the state level kabaddi competition of Karnataka state India.
2. The study was only women kabaddi players.
3. The study is further delimited to a sample 50 players form kabaddi game.
4. The subjects selected were in the age ranging between 17 to 19 years.
5. The study was delimited to the term physical variables to import bodily characteristics including fitness variables essential for kabaddi player's agility, strength and endurance only.
6. The study was delimited to psychological variables like stress, anxiety and aggression only.

LIMITATIONS OF THE STUDY

1. The psychological tools have their own limitation.
2. Since the sample selected for this study were from different which might have an effect on the study also considered as one of the limitations of the study.
3. No special motivation technique was used during tests. Therefore, the difference may occur in performance due to lack of motivation was another limitation of the study.

SIGNIFICANCE OF THE STUDY

- The present research study may help to trainer's coaches, physical education directors and physical education teachers to understand the dominant factors that indicate kabaddi playing ability at state level female players.
- The analyze of the study may be helpful in designing appropriate training program to enhance required psychological characteristics of state level female kabaddi players.
- The study may be helpful to the female to develop their personality.

METHODOLOGY

The subjects for this study subjects were selected from state level kabaddi competitions who had participated in state level kabaddi competition. 50 (fifty) subjects from state level female kabaddi players were selected for the present study. In order to ensure the cooperation from the samples the investigator had discuss with them in presence of their respective physical education teachers, managers and coaches. The investigation of this study was made clear by instruction in order to assertion that there was no ambiguity among the subject's samples regarding the efforts which they had to put in for the successful completion of the research. The investigator reviewed the available scientific literature pertaining to the game of kabaddi books, articles, periodicals, journals, research papers, magazines. According to the discussion with supervisors, availability of instruments, feasibility criteria

and the relevance of the variables to the research study. With the above criteria in mind the following psychological variables.

Table Showing the Selected Physiological Variables Tools and Measures

Sl. No.	Psychological Variables	Tools	Measures
1	Stress	Z Akhter Questionnaire	Points
2	Anxiety	Dr. Pallavi Bhatnagar Questionnaire	Points
3	Aggression	Dr. Rajkumari Bhatnagar Questionnaire	Points

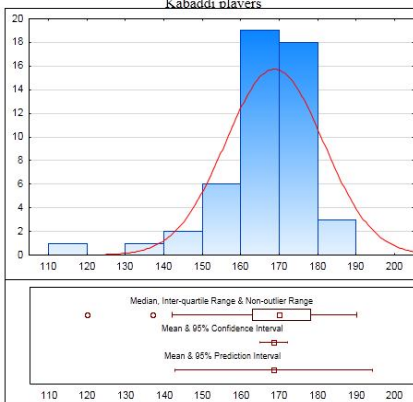
**Summary Of Psychological Variables (I.E. Stress, Anxiety and Aggression)
Of State Level Women Kabaddi Players**

Psychological variables	Min	Max	Mean	SD	Variance	95% CI for mean	
						Lower	Upper
Stress	120.00	190.00	168.46	12.67	160.54	164.86	172.06
Anxiety	9.00	19.00	15.26	2.28	5.18	14.61	15.91
Aggression	152.00	228.00	182.16	17.99	323.69	177.05	187.27

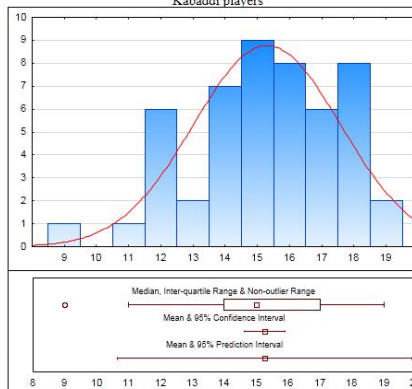
The above table depicts the range, mean, standard deviation and variance of the psychological variables (i.e., stress, anxiety and Aggression) of state level women Kabaddi players. The considerable and smaller value of standard deviation and variance (dispersion measures) were seen in all the psychological variables (i.e., stress, anxiety test and Aggression) in state level women Kabaddi players. It means that, they have least variability. The summery and nature of distribution of all psychological variables (i.e., stress, anxiety test and Aggression) of state level women Kabaddi players are also presented in the following figures.

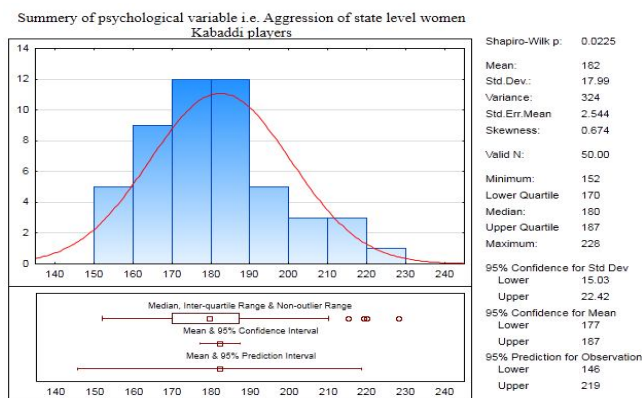
**Summary Of Psychological Variables (I.E. Stress, Anxiety and Aggression)
Of State Level Women Kabaddi Players**

Summery of psychological variable i.e. stress of state level women Kabaddi players



Summery of psychological variable i.e. anxiety of state level women Kabaddi players





Pearson's Correlation Co-Efficient Between Psychological Variables (I.E. Stress, Anxiety and Aggression) With Playing Ability of State Level Women Kabaddi Players

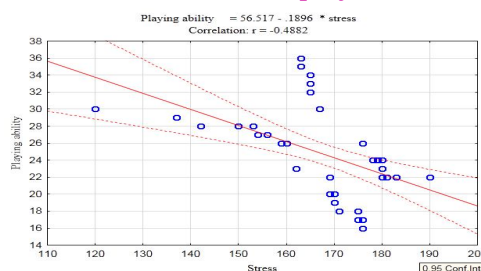
Psychological variables	Correlation between playing ability scores of state level women Kabaddi players with				
	Revalue	r ²	Df	t-value	p-value
Stress	-0.4882	0.2384	48	-3.8758	0.0003*
Anxiety	-0.5808	0.3373	48	-4.9426	0.0001*
Aggression	0.4658	0.2170	48	3.6469	0.0007*

* Indicate 5% level of significance (p<0.05)

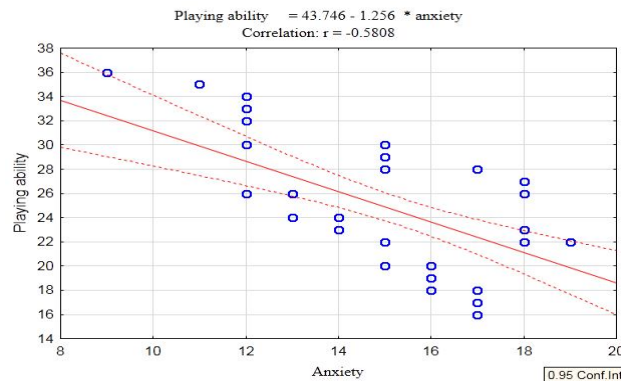
It is evident and clearly seen from above table that

1. A significant and negative correlation was observed between playing ability and stress ($r=-0.4882$, $t=-3.8758$, $p<0.05$) of state level women Kabaddi players at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the stress scores are increases (or decreases) with linearly and significantly decrease (or increase) the playing ability scores of state level women Kabaddi players.
2. A significant and negative correlation was observed between playing ability and anxiety ($r=-0.5808$, $t=-4.9426$, $p<0.05$) of state level women Kabaddi players at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the anxiety scores are increases (or decreases) with linearly and significantly decrease (or increase) the playing ability scores of state level women Kabaddi players.
3. A significant and positive correlation was observed between playing ability and aggression ($r=0.4658$, $t=3.6469$, $p<0.05$) of state level women Kabaddi players at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the aggression scores are increases (or decreases) with linearly and significantly increase (or decrease) the playing ability scores of state level women Kabaddi players.

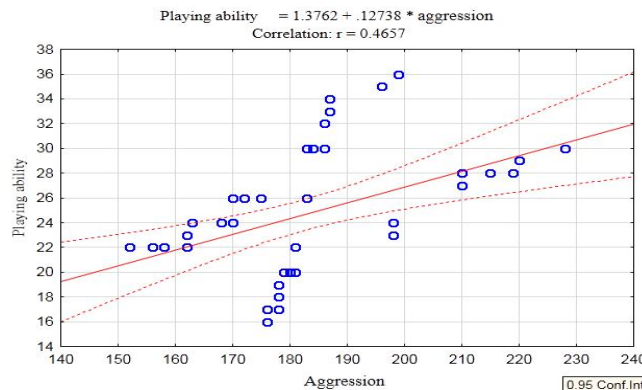
Scatter diagram showing correlation between stress scores with playing ability of state level women Kabaddi players



Scatter diagram showing correlation between anxiety scores with playing ability of state level women Kabaddi players



Scatter diagram showing correlation between aggression scores with playing ability of state level women Kabaddi players



Null hypothesis: There is no significant relationship between playing ability and psychological variables (stress, anxiety test and Aggression) of state level women Kabaddi players presents

Alternative hypothesis: There is a significant relationship between playing ability and psychological variables (stress, anxiety test and Aggression) of state level women Kabaddi players presents.

To test the above null hypothesis, the Karl Pearson's product moment correlation coefficient was performed and results are presented in the following table.

CONCLUSIONS

- The stress scores are increases (or decreases) with linearly and significantly decrease (or increase) the playing ability scores of state level women Kabaddi players
- The anxiety scores are increases (or decreases) with linearly and significantly decrease (or increase) the playing ability scores of state level women Kabaddi players
- The aggression scores are increases (or decreases) with linearly and significantly increase (or decrease) the playing ability scores of state level women Kabaddi players
- The playing ability of state level women Kabaddi players is influenced by their Stress.
- The playing ability of state level women Kabaddi players is influenced by Anxiety
- The playing ability of state level women Kabaddi players is not influenced by Aggression.
- Anxiety contributes better towards playing ability of state level women Kabaddi players than other variables.

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