



A STUDY OF FRUSTRATION TOLERANCE IN MALE KABADDI PLAYERS: WITH REFERENCE TO PROBLEM SOLVING ABILITY AND SPORTS ACHIEVEMENT

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ABSTRACT

The present study was conducted to find out the effect of problem solving ability and sports achievement on frustration tolerance of male kabaddi players. To conduct the study 100 national/international level male kabaddi players (Average age 24.39 years) were selected. To serve the purpose of this study, 100 intercollegiate male kabaddi players (Average age 21.19 years) were also selected. Problem Solving Ability Scale prepared by Sharmila and Naga Subramani (2011) and Reaction to Frustration Scale prepared by Dixit and Shrivastava (1997) was used to assess problem solving ability and frustration tolerance of male kabaddi players. To bifurcate cases into high, average and low problem solving ability, quartile method was used. Analysis of data was carried out in the form of 3x2 ANOVA. Results indicate significant main effect of problem solving ability as well as sports achievement on frustration tolerance of male kabaddi players while two factor interaction effect of problem solving ability and sports achievement was not observed on frustration tolerance of male kabaddi players. It was concluded that problem solving ability and sports achievement alone and not in interaction with each other create significance variance on frustration tolerance in a group of male kabaddi players.

KEYWORDS: Problem solving ability, frustration tolerance, sports achievement, kabaddi.

INTRODUCTION

In sports psychology, it has been scientifically documented that elite sportspersons possess that extra bit in terms of psychological qualities which differentiates them from sub-elite sportsperson. This notion has been scientifically proven in studies conducted by Waples (2005), Cox et al. (2007), Kruger et al. (2010), Mudimela (2010), Tsopani et al. (2011), Boroujeni et al. (2012), Maleki et al. (2014), Bhardwaj et al. (2014), B. John and Agashe (2016). The relation between sports performance and frustration tolerance has also been scientifically established in a study conducted by Mishra (2015). In a team sport like kabaddi when team give away a point despite doing all the right things can create frustration. Hence a player needs to find solution to a existing problem in such a way that it provides them way towards their desired goals. During match due to referral error, if a team loose point then it is necessary for a player not to get frustrated and concentrate on next move. Frustration in sportsperson also induces hostile aggression which negatively affect players span of attention and concentration. Hence player needs to possess good problem solving ability so as to manage frustration. Despite existing literature it has not been scientifically documented that whether elite sportsperson possess superior problem solving ability which enables them to succeed as



compared to sub-elite players with low problem solving ability. To address this issue this study was carried out.

OBJECTIVE:

The objective of the present study is to assess main and interaction effect of problem solving ability and sports achievement on frustration tolerance of male kabaddi players.

HYPOTHESIS :

It was hypothesized that problem solving ability (High-Average-Low) and Sports Achievement (Elite-Sub elite) alone and interaction with each other will have significant impact on frustration tolerance in male kabaddi players.

METHODOLOGY

Sample

To conduct the study 100 national/international level male kabaddi players (Average age 24.39 years) were selected. To serve the purpose of this study, 100 intercollegiate male kabaddi players (Average age 21.19 years) were also selected. Purposive sampling was used in the present study.

Tools

To assess problem solving ability of selected male kabaddi players, Problem Solving Ability Scale prepared by Sharmila and Naga Subramani (2011) preferred. This scale consists of 40 statements based on 5 point scale i.e. always, often, sometimes, rarely, and never respectively. This scale is highly reliable and valid coefficient for its Hindi adaptation. To assess frustration in chosen male kabaddi players for the present study, Reactions to Frustration Scale prepared by Dixit and Shrivastava (1997) was preferred. It consists of 40 items with reliability indices of 0.79. Lower the score, higher the frustration tolerance is the direction of interpretation of data in this inventory.

Procedure

The selection of sample was done as per the inclusion criteria for the present study. While taking into account all the ethical procedures, Problem Solving Ability Scale prepared by Sharmila and Naga Subramani (2011) and Reactions to Frustration Scale prepared by Dixit and Shrivastava (1997) were administered to each subject as per norms prescribed for scientific studies. After scoring of the responses according to author's manual, obtained data was tabulated. 3x2 ANOVA table was formed to analyse the data. To classify subjects with high, average and low level of problem solving ability, Q_1 and Q_3 statistical technique was used. The scores of male kabaddi players falling above P_{75} (Q_3) were considered as high problem solving ability group, scores lying below P_{25} (Q_1) were considered as low problem solving ability group while scores between the above quartile treated as average problem solving ability group. Sports achievement automatically has two levels i.e. elite and sub elite male kabaddi players. Results are shown in table 1

RESULTS :

Table 1
Effect of Problem Solving Ability (A) x Sports Achievement (B) on Frustration Tolerance of Male Kabaddi Players (N=221)

		Sports Achievement (B)		Marginal Mean
		Elite Male Kabaddi Players (b ₁)	Sub-elite Male Kabaddi Players (b ₂)	
Problem Solving Ability (A)	High (a ₁)	N=29 M=96.65 S.D. = 15.76	N=23 M=104.17 S.D.=14.90	100.41
	Average (a ₂)	N=57 M=107.61 S.D.=12.09	N=41 M=110.07 S.D.=13.06	108.82
	Low (a ₃)	N=14 M=103.71 S.D.=7.76	N=36 M=105.94 S.D.=13.85	104.82
Marginal Mean		102.66	106.73	

Table 2
ANOVA Summary

Source of Variation	SS	df	MS	F
A	2406.321	02	1203.161	6.79**
B	680.215	1	680.215	3.84*
AB	245.100	02	122.550	.69(NS)
Within treatment (Error)	34362.891	194	177.128	

** Significant at .01 level, * Significant at .05 level, NS Not Significant

F(1,194) at .05 level = 3.87 and 6.70 at .01 level

F(2,194) at .05 level = 3.04 and 4.71 at .01 level

Table 1 reveals the following facts–

- The main effect of problem solving ability on frustration tolerance of male kabaddi players was found to be statistically significant at .01 level (F=6.79, p<.01). It reveals that frustration tolerance in male kabaddi players exhibiting high problem solving ability was greater as compared to male kabaddi players exhibiting average and low problem solving ability.
- F=3.84, an indicator of the main effect of sports achievement on frustration tolerance of male kabaddi players was found to be statistically significant at .05 level. It reveals that frustration tolerance in elite male kabaddi players was significantly greater as compared to sub-elite male kabaddi players.
- The F of 0.69, an indicator of interaction effect of sports achievement and problem solving ability on frustration tolerance of male kabaddi players was found to be statistically non-significant. Although statistically non-significant interaction effect was observed it was clear from ANOVA table that magnitude of frustration tolerance in male kabaddi players with high problem solving ability was greater as compared to frustration tolerance in sub-elite male kabaddi players with average and low problem solving ability.

DISCUSSION:

The results one again highlight the already established facts regarding the relationship of psycho-cognitive ability and sports achievement with sports performance. The non-significance of two factor interaction was due to the fact that both the variables are powerful enough to create variance upon dependent variable so naturally their combined effect was not observed.

On the basis of results and associated discussion following conclusions are drawn:

CONCLUSION:

1. Problem solving ability has been emerged as major factor which influence frustration tolerance in male kabaddi players.
2. Sports achievement has also been a determining factor for predicting frustration tolerance in male kabaddi players.
3. Problem solving ability and sports achievement taken together unable to influence frustration tolerance in male kabaddi players.

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