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A PSYCHO-SOCIAL CASE STUDY ON INDIAN WRESTLING LEGEND KAKA PAWAR

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ABSTRACT :

        The aim of the present study is evaluate psycho-social characteristics of Indian wrestling legend Kaka Pawar. The psycho-social aspect of Indian wrestling legend Kaka Pawar was assessed by various psychometric tests namely Emotional Maturity Scale prepared by Singh and Bhargava (1990), Sports Emotional Intelligence Test prepared by Agashe and Helode (2008), Social Intelligence Scale prepared by Chhadha and Ganeshan (1986), Hindi version of Eysenck's PEN inventory prepared by Menon et al. (1978) and Problem Solving Scale prepared by Sharmila and Nagbhushan Subramani (2011) respectively. Results reveal that Kaka Pawar possesses highest degree of emotional maturity, sports emotional intelligence, social intelligence and problem solving ability. Results also reveal that Kaka pawar is low psychotic, extrovert and is emotional stability. It was concluded that Kaka Pawar possesses certain psycho-social qualities of highest magnitude and this reflected not only in his sports achievement but latter as a wrestling coach.
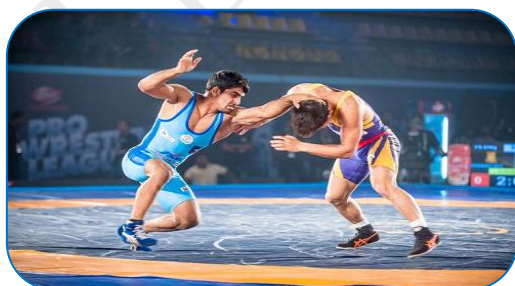
KEYWORDS : *Kaka Pawar, case study, psycho-social.*

INTRODUCTION

        A case study is a research methodology which is mostly associated with social and life sciences but its use in other fields is also increasing. One can not define case study but in general terms it is a thorough study about an individual, or group of individuals or organizations etc. In other words case study is a systematic analysis of an individual, group or organization in the backdrop of several factors. In sports number of case studies have been carried out by researchers and explored the contribution of sports personalities or organizations in the field of sports (Niranjan (1988), Reddy (1993), Yadav and Pradeep Kumar (2012), Singh (2017), Shukla and Vijay Francis Peter (2018).

        One such aspect which is viewed as one of the most important factor is psycho-social behaviour in sports. The psycho-social approach combines psychological factors with surrounding social atmosphere and their interactive effect on physical and mental wellbeing of an individual as well as role in functioning.

        It is believed that psycho-social factors play an important role as far as sports performance is concerned. Despite extensive research, case study on psycho-social behaviour of renowned sports personalities are far and few. One such sports personality is Arjuna Award winner legendary Indian wrestler Kaka Pawar. The sports achievements of Kaka pawar are numerous. He has won many senior national titles

in wrestling apart from winning medals in international tournaments. He also represented Indian in Asian games. So it would be worthwhile to conduct psycho-social case study on Kaka Pawar because the results will clearly indicate the psycho-social behaviour of Kaka Pawar and by virtue of these results we can analyse the psycho-social factors that are essential for sports performance.

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OBJECTIVES:

The main objective of this case study was to assess the psycho-social behaviour of legendary Indian wrestler Kaka Pawar.

HYPOTHESIS

It was hypothesized that Kaka Pawar possesses excellent psycho-social behavioural skills.

METHODOLOGY :-

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

Sample :-

For this case study, the sample was Arjuna Award winner, Kaka Pawar, a legendary Indian wrestler.

Tools:

To assess emotional maturity, Emotional Maturity Scale prepared by Singh and Bhargava (1990) was used. Emotional intelligence was assessed by Sports Emotional Intelligence Test prepared by Agashe and Helode (2008). Social Intelligence Scale prepared by Chaddha and Ganeshan (1986) was used to assess social intelligence. Personality of Kaka Pawar was assessed by Hindi version of Eysenck's Personality Inventory prepared by Menon et al. (1978) while problem solving ability was measured with the help of scale prepared by Sharmila and Nagabhushan S. (2011).

Procedure:

A written consent was obtained from Kaka Pawar about his voluntary participation in this case study. The administration of all the chosen psychometric tests was done in a peaceful environment. Sufficient rest was given between administrations of two tests. The response given by the subject was scored off as per author's manual of each test. With the help of norms given in manual, the assessment of psycho-social behaviour of Kaka Pawar was carried out. Results shown in table 1.

RESULT AND DISCUSSION

Table 1
Scores on the Basis of Response of Kaka Pawar on Various Psychometric Tests

Variables	Total Score
Emotional Maturity	67
Sport Emotional Intelligence	248
Social Intelligence	127
Psychoticism	04
Extraversion-Introversion	16
Neuroticism	07
Problem Solving Ability	182

The interpretation of scores as shown in table 1 gives following inferences:
-   The scores calculated according to responses on various items by Kaka Pawar on emotional maturity scale was 67. In emotional maturity scale scores lying between 50 to 80 indicate high level of emotional maturity. Hence it can be said that Kaka Pawar possesses high degree of emotional maturity.
-   The scores calculated according to responses on various items by Kaka Pawar on Sports Emotional Intelligence Test was 248. In this test scores above 245 indicate high level of emotional intelligence. Hence it can be said that Kaka Pawar possesses high degree of emotional intelligence.

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- The scores calculated according to responses on various items by Kaka Pawar on Social Intelligence Scale was 127. In this test scores above 125 indicate high level of social intelligence. Hence it can be said that Kaka Pawar possesses high degree of social intelligence.
- The scores calculated according to responses on various dimensions of personality test by Kaka Pawar was 04 in psychoticism dimension, 16 in extraversion-introversion dimension, and 07 in neuroticism dimensions. According to direction of interpretation suggested in this inventory, Kaka Pawar is less psychotic and neurotic whereas he possesses extrovert personality.
- The scores calculated according to responses on various items by Kaka Pawar on Problem Solving Ability Scale was 182 out of maximum possible score of 200. Hence it can be said that Kaka Pawar possesses superior problem solving ability.

Research work under the domain of sports psychology has pinpointed the importance of psycho-social aspects of sports performance. Keeping in view the achievements of Kaka Pawar in wresting, his superior psycho-social characteristics are not surprising.

CONCLUSION

On the basis of results, it was concluded that Kaka Pawar possesses psycho-social qualities such as superior emotional maturity, emotional and social intelligence, emotional stability, extrovert personality apart from higher magnitude of problem solving skills which contributes in his achievement in the world of wrestling.

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