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## “A COMPARATIVE STUDY AMONG URBAN AND RURAL NATIONAL KABADDI PLAYERS RESPECT TO AGGRESSION AND NEUROTICISM”

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### ABSTRACT

*Kabaddi (sometimes transliterated Kabbadi or Kabadi; is a team contact sport that originated in South Asia BCE, as a form of recreational combat training. Two teams occupy opposite halves of a field and take turns sending a "raider" into the other half, in order to win points by tagging or wrestling members of the opposing team; the raider then tries to return to his own half, holding his breath and chanting "kabaddi, kabaddi, kabaddi" during the whole raid. The name — often chanted during a game — derives from a Tamil word meaning "holding of hand", which is indeed the crucial aspect of play. It is the national game of Bangladesh and the state game of Tamil Nadu, Punjab and Andhra Pradesh in India.*



**KEY WORDS:** breath and chanting , Kabaddi

### INTRODUCTION

#### Gameplay

In the worldwide group adaptation of kabaddi, two groups of seven individuals each possess inverse parts of a field of 10m × 13m in the event of men and 8m X 11m if there should be an occurrence of women. Each has three strengthening players held for possible later use. The game is played with brief parts and a brief halftime break during which the groups trade sides.

Teams take turns sending a "**raider**" to the opposite team's half, where the goal is to tag or wrestle ("confine") members of the opposite team before returning to the home half. Tagged members are "out" and temporarily sent off the field.

Meanwhile, defenders must form a chain, for example, by linking hands; if the chain is broken, a member of the defending team is sent off. The goal of the defenders is to stop the raider from returning to the home side before taking a breath.

#### Forms of Kabaddi

##### Amar

In the 'Amar' form of Kabaddi, whenever any player is touched (out), he does not go out of the court, but stays inside, and one point is awarded to the team that touched him. This game is also played on a time basis, i.e. the time is fixed. This form of kabaddi is played in Punjab, Canada, England, New Zealand, USA, Pakistan and Australia. In the Amar form of Kabaddi, each team consists of 5–6 stoppers and 4–5 raiders. At one time, only 4 stoppers are allowed to play on the field. Every time a stopper stops the raider

from going back to his starting point, that stoppers team gets 1 point. On the other hand, every time the raider tags one of the stoppers and returns to his starting point, his team gets one point. At one time, only one of the stoppers can try.

### Aggression

In psychology, as well as other social and behavioral sciences, aggression refers to behavior between members of the same species that is intended to cause pain or harm. Predatory or defensive behavior between members of different species is not normally considered "aggression." Aggression takes a variety of forms among humans and can be physical, mental, or verbal. Aggression should not be confused with assertiveness, although the terms are often used interchangeably among laypeople, e.g. an aggressive salesperson.

### Neuroticism

Self-deprecating comedians and complainers wear their neuroticism as a badge of honor. In truth, the negatively biased are more prone to depression, anxiety, self-consciousness and hypochondria, to name just a few behavioral tripwires. Neuroticism is no fun for anyone. The good news: all personality traits, including emotional instability, exist on a continuum, in this case from the very neurotic to the implacably stable. If you can laugh at your hang-ups, you're probably not that neurotic to begin with.

Neuroticism is a major character quality in the investigation of brain research. It is a suffering propensity to encounter negative passionate states. People who score high on neuroticism are more probable than the normal to experience such emotions as nervousness, outrage, coerce, and discouraged state of mind. They react all the more inadequately to ecological pressure, and are bound to decipher customary circumstances as compromising, and minor disappointments as pitifully troublesome. They are frequently reluctant and timid, and they may experience difficulty controlling inclinations and postponing satisfaction. Neuroticism is related with low enthusiastic knowledge, which includes passionate guideline, inspiration, and relational skills.[2] It is additionally a hazard factor for "disguising" mental issues, for example, fear, misery, alarm issue, and other uneasiness issues (customarily called anxieties).

Allison A. Bailey, Peter L. Hurd (*March 2005*) Finger length ratio (2D:4D) correlates with physical aggression in men but not in women. Finger length ratio (2D:4D) is a sexually dimorphic trait. Men have relatively shorter second digits (index fingers) than fourth digits (ring fingers). Smaller, more masculine, digit ratios are thought to be associated with either higher prenatal testosterone levels or greater sensitivity to androgens, or both. Men with more masculine finger ratios are perceived as being more masculine and dominant by female observers, and tend to perform better in a number of physical sports. We hypothesized that digit ratio would correlate with propensity to engage in aggressive behavior. We examined the relationship between trait aggression, assayed using a questionnaire, and finger length ratio in both men and women. Men with lower, more masculine, finger length ratios had higher trait physical aggression scores ( $r_{\text{partial}} = -0.21, N = 134, P = 0.028$ ). We found no correlation between finger length ratio and any form of aggression in females. These results are consistent with the hypothesis that testosterone has an organizational effect on adult physical aggression in men.

Eagleton JR, McKelvie SJ, de Man A. (Aug 2007) Extraversion and neuroticism in team sport participants, individual sport participants, and nonparticipants. Scores on Extraversion and on Neuroticism as measured by the Eysenck Personality Inventory were compared for 90 undergraduate team sport participants, individual sport participants, and nonparticipants (43 men, 47 women, M age = 20.3 yr.). From past research and Eysenck's biological theory of personality, it was hypothesized that sport participants would score higher on Extraversion and lower on Neuroticism than nonparticipants, and that team participants would score higher on Extraversion and perhaps higher on Neuroticism than individual sport participants. By comparing scores for students in first year and final year, it was also investigated whether pre-existing personality differences drew people to sport (the gravitational hypothesis) or whether

personality changed as a function of sport participation (the developmental hypothesis). The main findings were that team participants scored higher on Extraversion than both individual sport participants and nonparticipants, and that test scores did not change over time, supporting the gravitational hypothesis for Extraversion.

## METHODOLOGY

### ❖ objective of the study:

- 1) To examine the aggression among urban and rural National Kabaddi Players.
- 2) To examine the neuroticism among urban and rural National Kabaddi Players.

### ❖ Hypothesis:

- 1) There will be significant difference in between urban national kabaddi players and rural national kabaddi players Dimension of aggression.
- 2) There will be significant difference in between urban national kabaddi players and rural national kabaddi players Dimension of neuroticism.

### ❖ Sample:

For the present study 180 Sample were selected from India. The effective sample consisted of 180 subjects, out of whom 90 subjects were Rural National Level kabaddi Players and 90 subjects were Urban National Level kabaddi Players. The age range of subjects was 18-25 years Ratio were 1:1.

### ❖ Tools

#### ❖ Aggression Scale (A scale):

This test is developed and standardized by Km Roma Pal and Mrs. Tasneem Naqvi. The test consisted of 30 Items and Five Alternatives. The reliability coefficient of the test was found 0.82.

#### ❖ NEO Personality scale:

Paul T. Costa, Jr., Ph.D. & Robert R. McCrae, Ph.D. © 1989 This test is developed and standardized by Costa and McCrae the 60 items are rated on a five point scale. The NEO-FFI has a grade six reading level. The subjects were required to respond to each item in terms of "Strongly disagree", "Disagree", "Neutral", "Agree", "Strongly agree".

### ❖ Procedures of data collection

Each of the two instruments was administered individuals as well as a small group. While collecting the data for the study the later approaches were adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements were made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the tests. The tests were administered and a field copy of each test was collected. Following the same procedure, the whole data were collected.

### ❖ Variable

#### ❖ Independent variable-

- 1) *Area of residence* a) Rural b) Urban

#### ❖ Dependent Variable

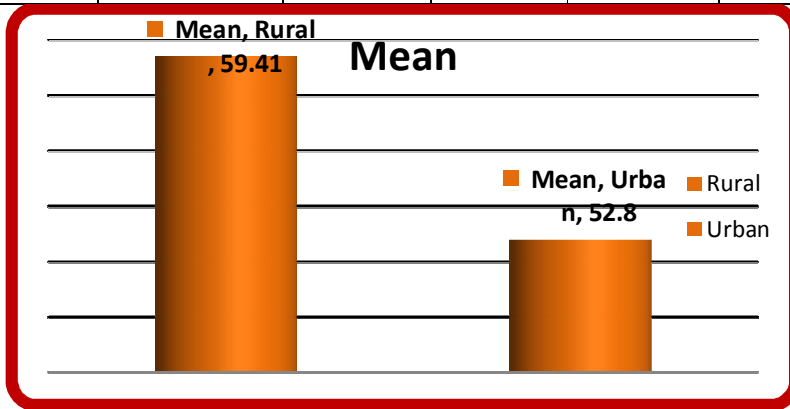
- 1) *Aggression*
- 2) *Neuroticism*

**Statistical analysis and discussion**

**Table No. 01**

Aggression among urban national kabaddi players and rural national kabaddi player's students Mean S.D. and "t" Value.

National Kabaddi Players	Mean	S.D	SE	N	df	't'
Rural	59.41	5.93	0.63	90	178	7.90**
Urban	52.80	5.28	0.56	90		

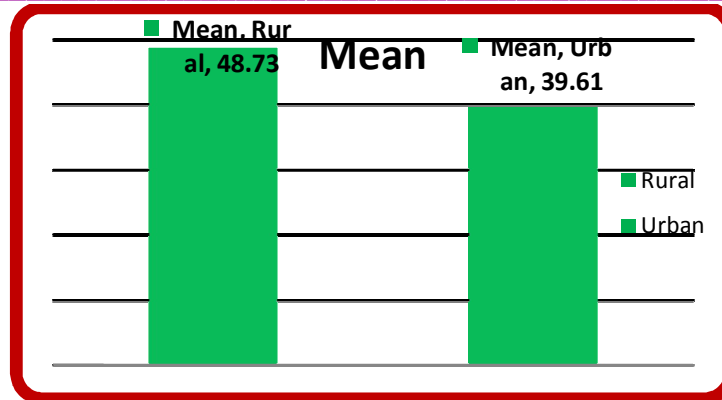


The results related to the hypothesis have been recorded. Mean of aggression score of the rural national kabaddi players Mean is 59.41 and that of the urban national kabaddi players Mean is 52.80. The difference between the two mean is highly significant ('t' = 7.90, df = 178, P < 0.01). It is clear that urban and rural national kabaddi players differ significantly from each other from the mean scores and graph. It was found that the rural national kabaddi players have significantly high aggression than the urban national kabaddi players.

**Table No. 02**

Neuroticism among urban national kabaddi players and rural national kabaddi player's students Mean S.D. and "t" Value.

National Kabaddi Players	Mean	S.D	SE	N	df	't'
Rural	48.73	8.48	0.89	90	178	7.58**
Urban	39.61	7.64	0.81	90		



The results related to the hypothesis have been recorded. Mean of neuroticism score of the rural national kabaddi players Mean is 48.73 and that of the urban national kabaddi players Mean is 39.61 The difference between the two mean is highly significant ( $t = 7.58$ ,  $df = 178$ ,  $P < 0.01$ ) It is clear that urban and rural national kabaddi players Differ Significantly From each other from the mean scores and graph it was found that the rural national kabaddi players have significantly high neuroticism than the urban national kabaddi players.

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