

Selected psychological characteristics and performance of state level kabaddi male players - A relationship study

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ABSTRACT: The purpose of this study was to investigate the relationship between Kabaddi performance and Psychological Characteristics of the state level kabaddi male players.

Methodology- For the present study fifty(50) Kabaddi male players who had participated in state level kabaddi competition held at chikkamagalore Karnataka state during the year of 2019 were selected as subjects. Age group of the subjects was 18-28 years. To find out the relationship of Kabaddi performance to selected psychological characteristics namely Anxiety was measured by using sports competition anxiety test (scat) developed by Renier Martin. Aggression was measured by using sports aggression inventory developed by Dr. Anand kumar and Dr. Prem Shankar Shukla. Locus of control was measured by locus of control questionnaire (lcq) developed by Rotter. Self-concept was measured by using self-concept questionnaire, developed by Dr. (Mrs.) Pratibha dev. The kabaddi performance of the players were evaluated by the panel of three kabaddi experts on the basis of subjective observation of the player's performance during the series of the matches during the course of the competition and each experts evaluated each players out of 10 points. Further, the aggregate points of three experts were recorded as the final score for the performance of each player. Product moment correlation was computed and verified at 0.05 level of significance.

RESULTS-The statistical analysis shows coefficient of correlation in the Relationship of selected psychological characteristics with Kabaddi performance among state level men players.

CONCLUSION-The analysis of the study revealed that there was a significant Relationship of selected psychological characteristics such as Anxiety and Aggression were found significantly related to the performance with the found value of($r= 0.71^*$) and($r= 0.68^*$) respectively. While no significant relationship were found between Locus of control($r=0.16$), and self concept ($r=0.18$) with kabaddi performance among state level male players.

Key Words: Kabaddi, performance, psychology

Introduction

In today's world of neck competition, a sportsperson cannot afford to take chance in any area as any minute lapse in his preparation may deprive him of fame, fortune and glory. Thus, sportsmen strive to embrace all possible means which promise to improve their performance and leave no stone unturned in getting the extra edge over their counterparts. In completion sports, psychological preparation of sportsperson is as important.

Sports is a psycho-social activity with, full of competition against opponents and co- operation among team mates, that give rise to a lot of stress and strain before and after the competition, especially when the player handle the stress and strain and emerge with more confidence to face the next challenge. In a team sport such as Kabaddi, the player has to interact with his fellow teammates and perform in the common interest of the team. Psychological preparation not only helps him overcome the ill effects of the stress and strain imposed on him during the competition, but also helps him adjust with his teammates to give his best performance.

Anxiety is one of greatest problems of modern trends in scientific knowledge, cultural conflict, economic problems, industrialization, all add to the problem of man, thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear of something unknown which creates tension and disturbance. Anxiety is an emotion that is difficult to define and even more difficult to reliably detect in performance. Nervousness is often used synonymously with anxiety. At one time or another, almost everyone has been nervous. Nervousness can be experienced at various levels of anxiety tension is another term used to describe the chronic, usually low level anxiety to which all seem to be susceptible. All athletes experience

anxious thoughts that so frequently occur in response to stress. These types of ideas have negative impact on athlete's on-field performance.

Aggression in its broadest sense is behavior or a disposition towards behavior that is force full: hostile or attacking. It makes occur either in relation or wit out provocation. In narrower definitions that are commonly used in psychology and other social and behavior sciences aggression involves an intention to cause harm. Aggression differs from what is commonly called assertiveness. Although the terms are often used interchangeable among lay people e.g. an aggressive sales person. Aggression among human is as old as human race. Beginning with Cain's murder of Abel and extending throughout history, people have fought each other in tribal wars, ethnic and religious wars, and in worldwide conflicts. Aggression could have positive influence on the performance outcome of an individual or team if the aggressive behavior harmed the opposition either physically or psychologically weakening their resources. Aggression could also improve a team's performance outcome by improving the process of that group

Locus of control refers to an individual's generalized expectations concerning where control over subsequent events resides. In other words, who or what is responsible for what happens. It is analogous to, but distinct from attributions. According to Weiner the "Attribution theory assumes that people try to determine why people do what they do, i.e. attribute causes to behavior". There is a three stage process which underlies an attribution. Step one: the person must perceive or possibly observe the behavior. Step two is to try and figure out if the behavior was intentional and step three is to determine if the person was forced to perform that behavior. The latter occur after the fact that is they are explanations for events that have already happened. Expectancy, which concerns future events, is a critical aspect of locus of control. Locus of control is grounded in expectancy-value theory, which describes human behavior as determined by the perceived likelihood of an event or outcome occurring contingent upon the behavior in question and the value placed on that event or outcome. More specifically, expectancy-value theory states that if (a) someone values a particular outcome and (b) that person believes that making a particular action will produce that outcome, then (c) they are more likely to take that particular action. Self-concept is a multi-dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics, such as behavior, intellectual and school status, physical appearance and attributes, anxiety, popularity, happiness and satisfaction and many others. While closely related with self-concept clarity, it presupposes but is distinguishable from self-awareness, which is simply an individual's awareness of their self.

Kabaddi is a combative team game, 'played with absolutely no equipment, in a rectangular court, either outdoors or indoors with seven players on each side of the ground. Each side takes alternate chances for offence and defense. The basic idea of the game is to score points by entering into opponents 'court and touching as many defense players as possible without getting caught in a single breath. In kabaddi the basic defense position are in three zones, center zone and left zone, the defense player occupying one of these zones have specific functions to perform. In co-ordination with his counterparts in the other defense zones, for maintaining the defensive strong hold. The player is identified by the position he occupies irrespective of the varying number of offense and defense players.

The purpose of the study was to know the relationship with kabaddi performance with selected Psychological Characteristics of the state level kabaddi male players.

2. METHODOLOGY

2.1 SELECTIONS OF SUBJECTS

For the present study fifty (50) Kabaddi male players who had participated in state level Kabaddi competition held at chikkamagalore Karnataka state during the year of 2019 were selected has subjects. Their age ranged 18-28 years.

2.2 SELECTION OF VARIABLES

INDEPENDENT VARIABLES - (Psychological Characteristics)

1. Anxiety
2. Aggression
3. Locus of control
4. Self-concept

DEPENDENT VARIABLES

1. Kabaddi Performance.

2.2 CRITERION MEASURES

ANXIETY - Anxiety was measured by using sports competition anxiety test (scat) developed by Renier Martin.

AGGRESSION - Aggression was measured by using sports aggression inventory, developed by Dr. Anand Kumar and Dr. Prem Shankar Shukla.

LOCUS OF CONTROL - Locus of control was measured by locus of control questionnaire (Icq) developed by Rotter.

SELF-CONCEPT - Self-concept was measured by using self-concept questionnaire, developed by Dr. (Mrs.) Pratibha Dev.

KABADDI PERFORMANCE:-The kabaddi performance of the players were evaluated by the panel of three kabaddi experts on the basis of subjective observation of the player's performance during the series of the matches during the course of the competition and each experts evaluated each players out of 10 points. Further, the aggregate points of three experts were recorded as the final score for the performance of each player.

2.3. STATISTICAL ANALYSIS

To find out the relationship of Kabaddi performance to selected Psychological Characteristics namely Anxiety, Aggression, Locus of control and Self-concept. Product moment correlation was computed. The level of significance was set at 0.05.

3. RESULTS

To establish the Relationship of selected selected Psychological Characteristics with Kabaddi performance among state level kabaddi male players. Pearson moment correlation(r) was computed and data pertaining to this has been presented in table-1.

TABLE 1
RELATIONSHIP OF SELECTED PSYCHOLOGICAL CHARACTERISTICS TO
KABADDI PERFORMANCE

Si No	No	Dependent Variables	Independent Variables	Correlation Coefficient(r)
1	50	Kabaddi Performance	Anxiety	0.71*
2	50	Kabaddi Performance	Aggression	0.68*
3	50	Kabaddi Performance	Locus of control	0.16
4	50	Kabaddi Performance	Self-concept	0.18

*Significant at 0.05 level.

The above table shows the Relationship of selected Psychological Characteristics such as Anxiety ($r=0.71^*$), and Aggression ($r=0.68^*$) there was no significant relationship between selected Psychological Characteristics such as Locus of control ($r=0.16$), and Self-concept ($r=0.18$) with kabaddi performance among state level male players.

4. CONCLUSION

On the basis of findings of the present study, the following conclusions wear drawn;

1. There was a significant relationship found between the selected Psychological Characteristics such as Anxiety and Aggression.
2. There was no significant relationship found between the selected Psychological Characteristics such as Locus of control and Self-concept.

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