

# A COMPARATIVE STUDY OF FLOW STATE BETWEEN KABADDI AND RUGBY PLAYERS

Sunil Kumar\*\*

\*Panjab University, Chandigarh.

\*\*Research Scholar, Panjab University, Chandigarh

Received: February 02, 2019

Accepted: March 16, 2019

**ABSTRACT:** The present study is an attempt to find out comparison of flow state of KABADDI and RUGBY players. Sample was taken from 50 KABADDI and 50 RUGBY male players randomly selected from different schools of Chandigarh. To assess the flow state of subject Jackson & Eklund Flow state Scale-2 (FSS-2) 2004 was used. The flow scales assess nine dimension of flow; t-test was used to compare the flow state of KABADDI and RUGBY players. Significant difference was found among KABADDI and RUGBY players. The results of the study will assist coaches and players to know the Flow state variables and their impact on the performance of male KABADDI and RUGBY players.

**Key Words:** Flow, KABADDI and RUGBY.

## Introduction

Considerate the psychological factors that accompany effective athletic performance is a high import for applied sports psychology, with a major area of focus being mental links to optimal performance. To advance knowledge in this area, it is important to examine specific psychological constructs with theoretical relevance to optimal performance in order to understand what psychological processes might be contributing to quality of performance. Flow is an optimal psychological inter school that occurs when there is a balance between perceived challenges and skills in an activity (Csikszentmihalyi, 1990). It is a state of concentration so focused that it amounts to absolute absorption in an activity. Research on flow in sport and exercise has increased in recent years. Knowledge of factors associated with the attainment of flow is an important goal for those interested in the quality of athletes' experience and performance in competition. Theoretically, flow as an optimal mental state, would be expected to associated with optimal athletic performance as well as providing an optimal experience. Flow is generally viewed as a peak performance State. Hence, an understanding of factors that promote flow state in exercise will inform the strategies of exercise. Flow leads to positive effective reactions, which they equate with enjoyment. There is a consensus that flow is a state in which one is totally absorbed in the task, leading to optimal physical and mental functioning. It is seen as an altered state of awareness in which one feels deeply involved in the activity and where mind and body operate harmoniously. The present study is an attempt to find out the significance of Flow State of KABADDI and RUGBY players. It was hypothesized that there is significant difference between KABADDI and RUGBY player's Event Experience Scale scores as measured by the Flow State Scale-2, (FSS-2). The results of present study will assist the coaches and players to modify their training program and will also help them to understand the concept of flow and its effect on sports performance.

## Methodology and Procedure

The subjects for the study were 50 male KABADDI and 50 RUGBY players from different schools of Chandigarh. To assess the flow state of subject Jackson & Eklund Flow State Scale- 2 (FSS-2) 2004 was used. The flow scales assess nine dimension of flow and in present study we were studying nine dimensions of Flow i.e. Challenging Activity and Required Skills, Merging of Action and Awareness, Clear Goals and Unambiguous Feedback, Concentration on the Task at Hand, Sense of Control, Loss of Self-consciousness, Transformation of Time, Autotelic Experience. In order to examine the study t-test was used and the level of significance was 0.05 Analysis & Results .The comparison between the inter school male KABADDI and RUGBY players for the selected Flow state variables were statistically analyzed by using 't' test. The data pertaining to the same is presented in Table no. 1 to Table no. 9.

**Table 1, Comparison of scores on Challenge Skill Balance between male KABADDI and RUGBY Players**

Variable	Group	Mean	SD	SE	't'- Ratio
challenging activity that requires skills	Kabaddi	12.82	2.32	0.32	-2.56**
	Rugby	12.66	2.97	0.31	

\*\*Significant at .01 level

It is depicted from the Table no. 1 that the RUGBY players have good Challenge Skill Balance (M=14.76) than KABADDI players (M=13.). The calculated 't' values in case of inter school KABADDI and RUGBY was found to be statistically insignificant as the value obtained was -2.76 whereas, the tabulated value was 2.52. at 98 degrees of freedom at 0.01 level of significance

Table 2,Comparison of Scores on Clear Goals Between Male KABADDI And RUGBY Players

Variable	Group	Mean	SD	SE	't'- Ratio
merging of action and awareness	Kabaddi	13.48	2.21	0.30	-3.02**
	Rugby	14.78	2.09	0.31	

\*\*Significant at0 .01 level

It is depicted from the Table no. 2 that the RUGBY players have good Clear Goals (M=14.78) than KABADDI players (M=13.48) .The calculated't' values in case of inter school KABADDI and RUGBY was found to be statistically significance as the value obtained was -3.02 whereas, the tabulated value was 2.52 at 98 degrees of freedom at 0.01 level of significance.

Table 3,Comparison of Scores on Sense of Control Between Male KABADDI ond RUGBY Players

Variable	Group	Mean	SD	SE	't'- Ratio
clear goals	Kabaddi	12.72	2.02	0.35	-2.42*
	Rugby	13.82	2.50	0.35	

It is depicted from the Table no. 3 that the RUGBY players have good Sense of control (M=13.82) than KABADDI players (M=12.72) .The calculated't' values in case of inter school KABADDI and RUGBY was found to be statistically insignificant as the value obtained was -2.42 whereas, the tabulated value was 2.52 at 98 degrees of freedom at .05 level of significance.

Table 4,Comparison of scores on Unambiguous Feedback between male KABADDI and RUGBY Players

Variable	Group	Mean	SD	SE	't'- Ratio
Unambiguous Feedback	Kabaddi	13.00	2.36	0.33	-3.07**
	Rugby	14.50	2.52	0.36	

\*\*Significant at 0.01 level

It is depicted from the Table no. 4 that the RUGBY players have good Unambiguous feedback (M=14.50) than KABADDI Players (M=13.00). The calculated 't' values in case of inter school KABADDI and RUGBY was found to be statistically significance as the value obtained was -3.07 whereas, the tabulated value was 2.52 at 98 degrees of freedom at0 .01 level of significance.

Table 5,Comparison of scores on Action Awareness Merging between male KABADDI and RUGBY Players

Variable	Group	Mean	SD	SE	't'- Ratio
concentration on the task at hand	Kabaddi	13.06	2.24	0.32	-2.31*
	Rugby	14.08	2.18	0.31	

\*Significant at 0.05 level

It is depicted from the Table no. 5 that the RUGBY players have good Action Awareness (M=14.06) than KABADDI players (M=13.06) .The calculated't' values in case of inter school KABADDI and RUGBY was found to be statistically insignificant as the value obtained was -2.31whereas, the tabulated value was2.52 at 98 degrees of freedom at 0.05 level of significance.

Table 6,Comparison of scores on Total Flow between male KABADDI and RUGBY Players

Variable	Group	Mean	SD	SE	't'- Ratio
sense of control	Kabaddi	115.9	10.2	1.43	-2.32*
	Rugby	121.2	12.4	1.74	

\*Significant at .05 level

It is depicted from the Table no. 6 that the RUGBY players have good sense of control (M=121.2) than KABADDI players (M=115.9) .The calculated't' values in case of inter school KABADDI and RUGBY was found to be statistically insignificantas the value obtained was -2.32.whereas, the tabulated value was 1.96 at 98 degrees of freedom at .05 level of significance.

**Table 7,Comparison of scores on loss of self-consciousness between male KABADDI and RUGBY Players.**

Variable	Group	Mean	SD	SE	't'- Ratio
loss of self-consciousness	Kabaddi	12.42	2.58	0.37	-2.67**
	Rugby	13.82	2.67	0.38	

\*\*Significant at 0.01 level

It is depicted from the Table no. 7 that the RUGBY players have good loss of self-consciousness (M=13.82) than KABADDI players (M=12.42) .The calculated 't' values in case of inter school KABADDI and RUGBY was found to be statistically insignificant as the value obtained was -2.67.whereas, the tabulated value was 2.52 at 98 degrees of freedom at 0.01 level of significance

**Table 8, Comparison of scores on transformation of time between male KABADDI and RUGBY Players.**

Variable	Group	Mean	SD	SE	't'- Ratio
transformation of time	KABADDI	12.80	2.43	0.34	-2.69**
	RUGBY	12.26	2.56	0.36	

\*\*Significant at 0.01 level

It is depicted from the Table no. 7 that the RUGBY players have good transformation of time (M=14.20) than KABADDI players (M=12.86) .The calculated 't' values in case of inter school KABADDI and RUGBY was found to be statistically insignificant as the value obtained was -2.69 whereas, the tabulated value was 2.52 at 98 degrees of freedom at 0.01 level of significance.

**Table 9,Comparison of scores on an autotelic experience between male KABADDI and RUGBY Players.**

Variable	Group	Mean	SD	SE	't'- Ratio
An Autotelic Experience	KABADDI	11.98	2.15	0.30	-2.57**
	RUGBY	11.82	2.75	0.39	

\*\*Significant at 0.01 level

It is depicted from the Table no. 7 that the RUGBY players have good loss an autotelic experience (M=13.82) than KABADDI players (M=12.58).The calculated 't' values in case of inter school KABADDI and RUGBY was found to be statistically insignificant as the value obtained was -2.67.whereas, the tabulated value was 2.52 at 98 degrees of freedom at 0.01 level of significance.

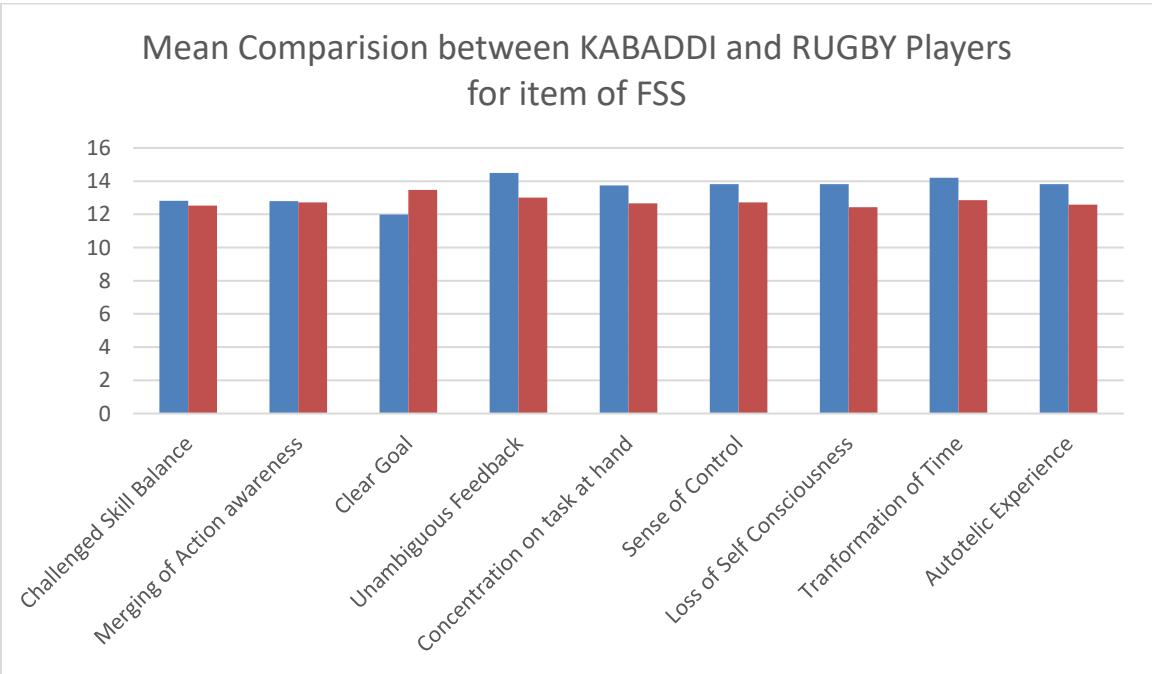
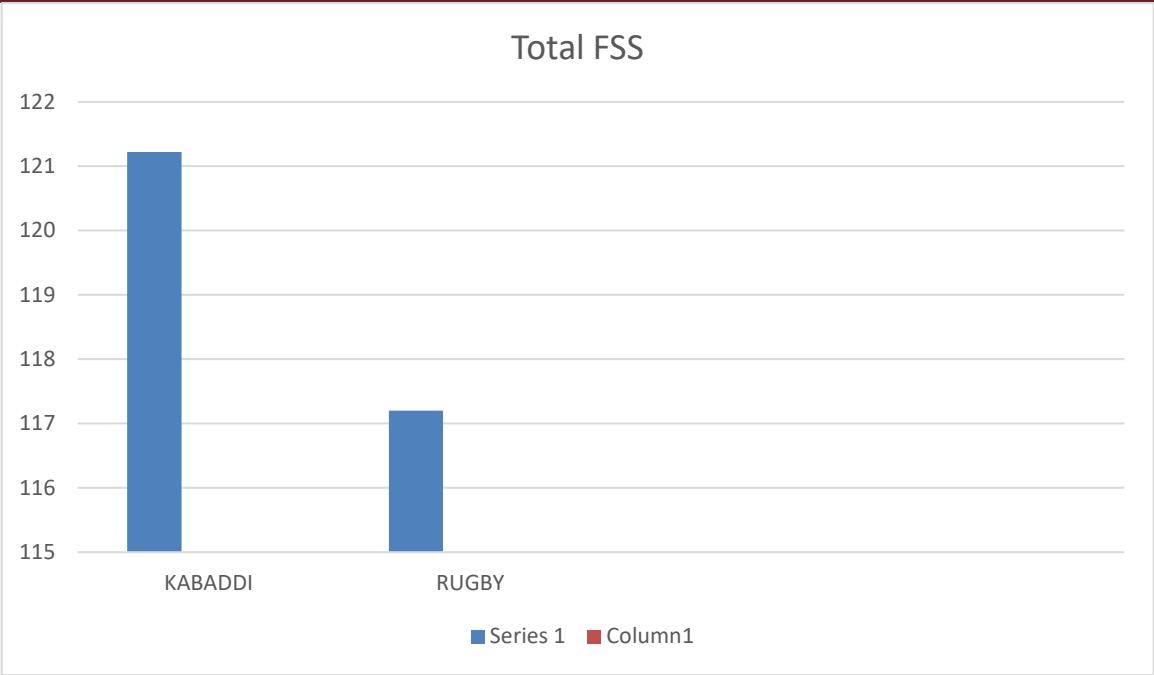


Figure2: Mean comparison for FSS



Conclusion of the Study

It is concluded on the bases of above findings that the significant difference was found between KABADDI and RUGBY players. RUGBY players had greater mean value in all sub variables of flow state scale. This may be because RUGBY had more time in duration of game, size of playfield and have specialized offensive and defensive players at a same time. It willbe helpful for the coaches, trainers and physical education teachers for the performance in their related fields.

References

1. Jackson, S. A., & Eklund, R. C. (2004). The Flow Scales Manual. Morgantown, WV: Fitness Information Technology.
2. Jackson, S. A., & Marsh, H. W. (1996). Development and Validation of a Scale to Measure Optimal Experience: The Flow State Scale. Journal of Sport & Exercise Psychology, 18, 17-35.
3. Kimiecik, J. C. & Stein, G. L. (1992). Examining Flow Experience in Sport Contexts: Conceptual Issues and Methodological Concerns. Journal of Applied Sport Psychology 4(2), 144-160. Meany, M. (2006). Humour, Anxiety and Csikszentmihalyi's Concept of Flow. Birch, P. and B. Clegg,
4. Nijholt, A., Dijk. B. V., & Reidsma, D. (2008). Design of Experience and Flow in Movement-Based Interaction. In: st Proceedings of the 1 Motion in Games Workshop, 5277,166 175.
5. Pates, J., Oliver, R., & Maynard. I. (2001). The Effects of Hypnosis on Flow Sates and Golf-putting Performance. Journal of Applied Sports Psychology, 13(4), 341- 354.
6. Susan A. Jackson, Patrick R. Thomas, Herbert W. Marsh, Christopher J. Smethurst (2001). Relationships between Flow, Self-Concept, Psychological Skills and Performance. Journal of Applied Sport Psychology. 129-153.
7. Toril, F. (2006). Age Matters: A Study on Motivation, Flow and Self-Esteem in Competing Athletes, Institute for Psychology, University of Tromso