

A Relationship study between Performance and Selected Psychological Characteristics of Intercollegiate Level Kabaddi Players

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Abstract

The study was to determine the relationship of performance with selected Psychological characteristics of the intercollegiate level kabaddi Players. Hundred female players as subjects belonging to different colleges from University of Delhi were selected to act as subjects. The selected Psychological characteristics were Aggression and Self concept. Aggression was measured by using Sports Aggression Inventory, developed by Dr. Anand Kumar and Dr. Prem Shankar Shukla and 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 five kabaddi experts on the basis of subjective observation of the player's performance in a series of matches during the course of the competition and each experts evaluated each players out of 10 points. Significant relationship between Aggression and Kabaddi performance and insignificant relationship were found between self concept and performance in Kabaddi. To find out the relationship of selected Psychological characteristics to Kabaddi performance Product moment method of correlation was used at 0.05 level of significance.

KEYWORDS: - Aggression, Self concept, Kabaddi.

Introduction

Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra. The game was introduced in the Indian Olympic Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation came into existence and compiled standard rules. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. After formation of the Amateur Kabaddi Federation of India, the first men's nationals were held in Madras (renamed Chennai), while the women's were in Calcutta (renamed Kolkata) in 1955. The AKFI has given new shape to the rules and has the right to modify them. The Asian Kabaddi Federation (AKF) was founded under the chairmanship of Mr. Janardan Singh Gehlot. Kabaddi was introduced and popularised in Japan in 1979. The Asian Amateur Kabaddi Federation sent Professor Sundar Ram of India to tour Japan for two months to introduce the game.

In 1979, a return test between Bangladesh and India was held at different places of India including Mumbai, Hyderabad, and Punjab. The Asian Kabaddi Championship was arranged in 1980 and India emerged as champion and Bangladesh runner-up. Bangladesh became runner-up again in 1985 in the Asian Kabaddi Championship held in Jaipur, India. The other teams in the tournament were Nepal, Malaysia and Japan.

The role of psychology in sports has given birth to a new branch of psychology called "Sports Psychology" or "Psychology of Sports". Sports psychology is a recent but extremely important branch of the modern science of sports. According

to John D. Jawther, “Sports Psychology is an area which attempt to apply psychological facts and principles to learning, performance and associated human behavior in the whole field of sports”. (Robert N. Singer) says that sports psychology explores one’s behavior in athletics. (Dr. Ghosh) defines sports psychology as “the science of athlete’s mind and its faculties. According to Krishnamurthy and Parameshwaram, “Sports Psychology deals with psychology of athletes, both at rest and in action.

Aggression could have positive influence on the performance outcome of an individual of team if the aggressive behavior harmed the opposition either physically or psychologically therapy weakening their resources (i.e., input). Aggression could also improve a team’s performance outcome by improving the process of that group. Aggressive behavior is quite visible in sports. To observe aggressive sports behavior we could attend a basketball game and watch player fights for rebounds or we could watch runners throw elbows and Jostle of Position in 1500 mitts race.

The self-concept is a highly complex component of behavior, composed of both cognitive and effective dimension and has at least four orientations: The real self, the perceived self, and the ideas self and the self as perceived by others. The type of behavior depends upon what one feel is capable of and appropriate to his need. Thus self-concept and unique behavior pattern of an individual resembles the relationship between egg and chick.

In the present study, researcher made an attempt to study the relationship between the performance and the selected psychological characteristics of kabaddi players.

Methodology

The selected psychological characteristics were collected from hundred female players as subjects belonging to different colleges of University of Delhi. The selected Psychological characteristics were Aggression and Self concept. Aggression was measured by using Sports Aggression Inventory, developed by Dr. Anand Kumar and Dr. Prem Shankar Shukla and 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 five kabaddi experts on the basis of subjective observation of the player’s performance during a series of 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. To find out the relationship of selected Psychological characteristics to Kabaddi performance Product moment method of correlation was used at 0.05 level of significance.

Result of the Study

Table No 1: Descriptive Analysis of the selected Variables for the female kabaddi players

S. No.	Variable	N	Mean	Standard Deviation
1	Aggression	100	14.02	2.11
2	Self Concept	100	27.80	5.40

Table No. 1 depicts the descriptive analysis of the selected variables, which shows that the Mean and Standard Deviation values of Aggression and Self Concept are found to be 14.02 ± 2.11 and 27.80 ± 5.40 respectively. The graphical representation has been shown in fig no. 1.

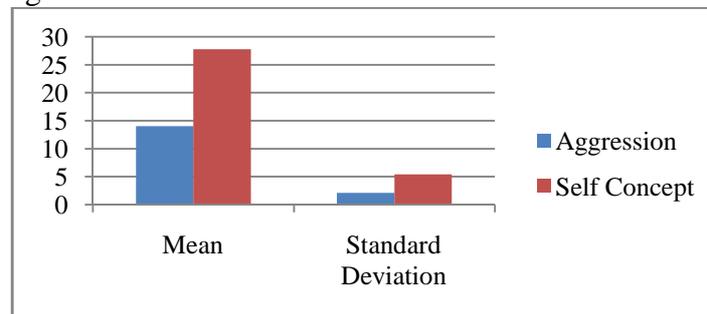


Fig No. 1: Graphical representation of the Descriptive analysis of the selected variables

Table No. 2: Relationship of Selected Psychological Characteristics with Performance in Kabaddi

Psychological Characteristics	Correlation coefficient
Aggression	0.821*
Self-concept	0.125

*significant at .05 level

$r_{.05(98)} = .195$

Table No. 2 shows that there is a significant relationship between Aggression and Kabaddi performance as the correlation coefficient value were found greater than the tabulated value .195 at .05 level of significance, While insignificant relationship was found between self concept and performance in Kabaddi as the calculated value found smaller than the tabulated value .195 at .05 level of significance

Conclusions

- A significant relationship has been found in the performance and Aggression of the female kabaddi players.
- No. significant correlation has been observed in the performance and the self concept of the kabaddi players.

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