



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 3.4
IJAR 2015; 1(3): 96-98
www.allresearchjournal.com
Received: 5/02/2015
Accepted: 26/02/2015

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A study on behavioural quality of wrestling players

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Abstract

Behavioural quality of an individual plays a main role in achieving high performance in Wrestling. Behavioural produce the performance of the sports persons in different sports. Keeping in analysis the consequence of behaviour and behavioural quality of wrestling players on the performance the study determined on intend to ascertain connection between the different behavioural quality and performance of wrestling players of school level of Rohtak. Comparison of wrestling players' behavioural quality was deliberate and comparison of wrestling players. 16 P.F. questionnaires by Cattle and Eber (1971) were used to assemble the data for behavioural quality consideration of players. Statistical techniques Integrated Mean, S.D, 't' test were used to analyze the data. To test the hypothesis, the level of significance was set at 0.05.

Keywords: Behaviour, Behavioural Quality, High Performance.

1. Introduction

Wrestling is combat sports involving grappling type techniques such as clinches fighting throws and take downs, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. There are a wide range of styles with varying rules with both traditional historic and modern styles. Wrestling techniques have been incorporated into other martial arts as well as military hand-to-hand combat systems.

Wrestling is counted amongst the most prestigious and oldest events in the Olympic Games, as it was included in the Olympics in 708 BC. In the ancient times, wrestling in India was mainly used as a wonderful way to stay physically fit. The wrestlers, traditionally, use to wear a loincloth, langota. It was also used as a great way of military exercise without any weapons.

Wrestling in India is also known as dangal, and it is the basic form of a wrestling tournament. Wrestling in India is most famously known as Malla-Yuddha. There are also mentions of wrestling in the ancient times. These can be found in the great epic of Indian history. Mahabharata has a huge mention about the game of wrestling in India.

The 13th century Malla Purana has the reference of a group of Gujarati Brahmin wrestlers known as Jyesthimallas.

Wrestling is an intense sport that requires physical strength, endurance, and a strong sense of willpower. Practicing wrestling from a young age can teach aggressiveness as well as improve strength and endurance. Although not exactly a team sport in the sense of more traditional sports like baseball and soccer, the individual nature of competing on a wrestling team can be very rewarding. The sense of personal responsibility for the outcome of your match can be a great motivational tool. Here are the basic rules of collegiate style wrestling to get you started.

In professional wrestling, the common format used by most ring announcers (which, again, may vary depending on the style of the announcer) usually resembles this written example introduction of professional wrestler Hulk Hogan: "Making his way to the ring (or, depending on where the wrestler is when the ring announcer begins the introduction, "Coming down the aisle," "About to enter the ring," or "Currently in the ring"), from Venice Beach, California, weighing 303 pounds (If the wrestler being announced holds a championship title, the ring announcer will state which title it is at the point in the introduction. The ring announcer also will state the stipulation required to win the contest.

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For example, when a ring announcer says, "The following contest is scheduled for one fall," it is being conveyed that the upcoming match is a professional wrestling match that will be contested under traditional rules that can be won or lost by a single pin fall, submission, disqualification, or count-out. However, as it has been well documented, professional wrestling promotions have invented new match types over the years, creating new stipulations and objectives that a wrestler must perform in order to win the bout. One of a ring announcer's duties is to convey those stipulations to the arena and television audiences before introducing the match participants.

When you were a kid the excuse of training to be an Olympic wrestler probably wouldn't have appeased your mother as you pinned your sibling to the ground by twisting one arm behind their back, but the excuse certainly would have been worth a try anyways! Wrestling is a seriously competitive sport, and requires significant training at any level of competition in order for you to become proficient at the sport without injuring yourself each time you step onto the mat.

Both men and women around the world enjoy the sport of wrestling. The sport for men has been an integral part of the Olympic Games almost since the first games themselves, but for women, Olympic wrestling only first debuted in 2004.

With the object of the sport being to twist and hold your opponent down to the mat in positions they can't escape from without anatomically defying the human body's capability, it is no wonder that acute injuries such as shoulder dislocations and knee sprains are common! Another common wrestling injury comes from the constant friction of the mat against the head and ears, turning the ears into swollen and puffy appendages, commonly known in the wrestling world as cauliflower ears.

This part of our website is designed to help you prepare your body to participate in wrestling and to help you prevent some of the most common injuries of the sport by stretching properly, and choosing equipment that can

protect you and minimize your risk of injury. Stretching for a wrestler is unlike the stretching found in many sports because the wrestler is required to warm up and cool down using stretches that push the body's muscles and joints into positions most other sports simply do not require. Let Active Life & Sports Physical Therapy assist you in keeping on top of your opponent by preparing your body to be nimble and able to twist, turn, or bridge your way out of ever being pinned.

2. Methodology

This study contains of 45 wrestling players playing in the wrestling cluster games at Rohtak Haryana. These wrestling players were separated into three groups' i.e. Top performers, Average performers and low performers based on their variety for the higher level of competition. Those selected for national competition were put in top performer group; those selected for regional competition were put in average performer group. In addition, those who contributed in the cluster level but could not proceed to the next level of competition. 16 P.F. questionnaires by Cattle and Eber for behavioural quality assessment were used. Wrestling players were asked to sit for three minutes to cool down, they were told the principle of the study, and their co-operation appealed. Then the questionnaire was described and the subject was asked to fill up. The data of various groups was compared and computed. Statistical techniques were used to find out Mean, S.D., and 't' test were used to find out significance of difference and coefficient of correlation in various variables.

3. Results and Discussion

Table 1 discloses that top performer group when compared with the average performers group is significantly more reserved than the average performer group; more emotionally stable, significantly more sober, significantly more tough minded, significantly more practical, significantly more assertive than the average performers group.

Table 1: Means, s.d., and 't' values in various personality factors between top and average performers groups

Behaviour factor	Top Performer Group N = 15		Average Performer Group N = 15		"t" value
	Mean	S.D	Mean	S.D	
A	3.37	1.13	3.63	1.29	1.51
C	4.97	1.02	4.58	0.95	1.84
E	4.03	1.53	4.51	1.83	2.94
F	3.29	0.72	3.82	1.21	3.87
I	4.22	0.99	4.67	1.18	2.92
M	3.29	0.86	3.69	3.96	2.13
Q3	4.82	1.32	4.08	1.02	2.67

Significance level is 0.05

Table 2 reveals that the top performer group is significantly more reserved than the low performers group more emotionally stable, significantly more sober, significantly tougher minded, significantly more practical, significantly

more assertive than the low performers group. It is indicated that the low performers group is more indisciplined than high performers group.

Table 2: Means, sd, and 't' values in various personality factors between top and low performers groups

Behaviour factor	Top Performer Group N = 15		Low Performer Group N = 15		"t" value
	Mean	S.D	Mean	S.D	
A	3.63	1.29	3.85	1.52	1.74
C	4.58	0.95	4.84	0.98	1.73
E	4.51	1.83	4.92	2.42	2.11
F	3.82	1.21	4.63	1.75	3.07
I	4.67	1.18	4.86	1.74	2.95
M	3.69	3.96	3.95	3.48	2.96
Q3	4.08	1.02	4.37	1.25	2.24

Significance level is 0.05

It is observed from table 3 that average performers group is more emotionally stable, significantly more sober, significantly tougher minded, slightly more disciplined, than the low performers group.

Table 3: Means, sd, and 't' values in various personality factors between Average and low performers groups

Behaviour factor	Average Performer Group N = 15		Low Performer Group N = 15		"t" value
	Mean	S.D	Mean	S.D	
A	3.37	1.13	3.85	1.52	1.85
C	4.97	1.02	4.84	0.98	1.36
E	4.03	1.53	4.92	2.42	2.43
F	3.29	0.72	4.63	1.75	3.36
I	4.22	0.99	4.86	1.74	2.47
M	3.29	0.86	3.95	3.48	2.34
Q3	4.82	1.32	4.37	1.25	2.73

Significance level is 0.05

In the current aggressive games, earnestness towards work and workouts plays imperative role in achieving high performance in competitions. Outstanding players have been created to be more sober, disciplined, practical, and tough-minded. Competitions now a day are so tough that only those realize high performance who trains for long hours. Wrestling is though game involves high physical fitness and quick reactions. One has to work hard and tolerate psychological damage besides physical stress of training. There is no place for a affectionate minded person competitive wrestling. Self-discipline and confidence are other qualities that are necessary to obtain high performance in wrestling.

4. Conclusion

From the above findings, it may be completed that seriousness, tough mindedness, practical, and soberness traits of personality are contributing factors in the competitive wrestling. It may also be concluded that top performers group of wrestling players when evaluated with low performers are significantly more sober, stable, reserved, tough minded, practical and unnatural.

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