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A comparative study of the psychological profiles of Uttar Pradesh and Rajasthan national and international level male Kabaddi players

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Abstract

The aim of the present study was to find out the comparative result of the psychological profiles of Uttar Pradesh and Rajasthan International & National Level Male Kabaddi Players. The subject's age ranged between 18-25 years, they all were selected randomly from the Uttar Pradesh and Rajasthan U-19, U-22 Kabaddi teams, and the experts has made two groups of 49-49 players, one group made up of Uttar Pradesh Kabaddi players and another group made up of Rajasthan Kabaddi players, those who are continuously participating at National and International level. The experts used questionnaires of Rainer and Martin's Sports Competition Anxiety Test (SCAT) and the Eysenck, Maudsley Personality Inventory; the questions addressed various aspects of Sports Competition Anxiety and Personality traits of Kabaddi players respectively. The questionnaire has filled by the Uttar Pradesh and Rajasthan U-19 & U-22 Kabaddi teams players respectively. For the evaluation of questionnaire Two Sample T- test was employed, and the findings revealed that there was a significant difference found i.e., 2.8 in their Personality parameters, it means Uttar Pradesh Kabaddi Players were better in their Personality as compare to Rajasthan Kabaddi Players and found insignificant i.e., 0.11 in the SCAT, which means there was no difference in Sports Competition Anxiety of Uttar Pradesh Kabaddi players and Rajasthan Kabaddi players. Sports Psychology can help a lot in assessing the personality and sports anxiety characteristics of the players or individuals performance in Kabaddi not only demands systematic training to develop physical and physiological variables but also demands training and considerations of psychological characteristics for success in this field.

Keywords: Psychological profile, Uttar Pradesh, Rajasthan, Kabaddi Players, SCAT

Introduction

No one really talked about applied sport psychology until recently, but it has been known in one form or another for almost as long as people have played professional sports. It used to be called gamesmanship. Basically, in its most basic form, it is about psyching out your opponents while building yourself up. Sports psychologists talk about the importance of being in the zone and of creating an intimidating presence on the field. Once you have the momentum, as long as you can stay with it you can usually win. Although there are games that are a tossup until the very last moment, many games are decided within the first few minutes of play. What decides these games?

The psychology of sports is interesting not only to professional athletes, but to anyone with an interest in the mind, especially if they are into the psychology of peak performance. You see, it involves many elements. Part of it is about competitive thinking, but it starts way before the teams get to the field. In essence, sports psychology is about winning, and winning requires dedication at every stage of the game.

If you wait until you play a match to apply the principles of sports psychology, you probably won't do really well. Before that point, you need to have a winning attitude or else you will not be prepared. Training is one of the most important and difficult areas to apply to it. You have to keep your energy up each and every moment of each and every practice, or you will not be able to win. This requires all kinds of mental tricks. Sports training methods, in fact, involve many psychological techniques such as visualization, the chanting of positive phrases to create a positive attitude, and even meditation to enhance focus.

Although it is a new field, the opportunities for people with sports psychology degrees are growing every day. Many of the most successful teams in professional sports employ sports

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psychologists, and although they get very little of the glory, they are instrumental behind the scenes. Sports psychology is no longer a set of folksy tricks used by athletes to intimidate each other. Instead, it is an essential component of athletic training, athletic matches, and an athletic lifestyle. The psychology of sport and exercise is even used in gyms to help normal everyday people with their workout routines. Once you become aware of psychology sports, you can see it everywhere.

Kabaddi is a contact team sport that originated in Tamil Nadu. It is the national sport of Bangladesh. It is also popular in South Asia and is the state game of the Indian states of Kerala, Andhra Pradesh, Bihar, Haryana, Karnataka, Maharashtra, Punjab, Tamil Nadu and Telangana.

Two teams compete, each occupying its own half of the court. They take turns sending a "raider" into the opposing team's half and earn points if the raider manages to touch opposing team members and return to the home half, all while chanting word "kabaddi". However, if the raider is tackled and prevented from returning, the opposing team gets the point.

The game is known by its regional names in different parts of the subcontinent, such as Kabaddi or "Chedugudu" in Andhra Pradesh Kabaddi in Kerala and Telangana, hadudu in Bangladesh, bhavatik in Maldives, kaudi or kabaddi in the Punjab region, Hu-Tu-Tu in Western India and Hu-Do-Do in Eastern India and chadakudu in south India.

In earlier versions, the raider had to continuously sing a song, which varied by region. This was later condensed to repeating the name of the game (Kabaddi, Sadugudu, etc.). Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by India. The game was introduced in the Indian National Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation (AIKF) came into existence and framed the rules.

Kabaddi is a 4,000 year old team sport originated in India and played by many South Asian nations. The name derives from a Tamil word meaning "holding of hand", which is the crucial aspect of play. It is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby. It was originally meant to develop self defense, in addition to responses to attack, and reflexes of counter attack by individuals, and by groups or teams. It is a rather simple and inexpensive game, and neither requires a massive playing area, nor any expensive equipment.

Modern Kabaddi is a synthesis of the game played in various forms under different names. It was introduced by Vivek Samvedi from Mumbai. Samit Damad then introduced some new rules which are effective since 14th July 2011. The game has been played in its original form since Vedic times. 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. In 1955, First Kabaddi Indian National Championship was held in Calcutta. It was here that women played competitively for the first time. Although this thigh slapping, full body contact sport doesn't seem to be very popular with the ladies, it is fancied by men worldwide, yet rarely seen on TV. The Amateur Kabaddi Federation of India (AKFI) was founded

in 1973. It is the national game of Bangladesh and the state game of Tamil Nadu, Punjab and Andhra Pradesh in India. Kabaddi is the Only Game being played in all the 3 versions of Asian Games i.e. Asian Games, Asian Indoor Games and Asian Beach Games.

Delimitations

1. The study will be delimited to 98 Male Kabaddi Players of National and International level from central zone (Uttar Pradesh and Rajasthan).
2. The study will be delimited to selected important performance oriented psychological variables as personality and anxiety.

Limitations

True response to questionnaires could act as limitation for the study.

Methodology

The subject's age ranged between 18-25 years, they all were selected randomly from the Uttar Pradesh and Rajasthan U-19, U-22 Kabaddi teams, and the experts has made two groups of 49-49 players, one group made up of Uttar Pradesh Kabaddi players and another group made up of Rajasthan Kabaddi players, those who are continuously participating at National and International level. The experts used questionnaires of Rainer and Martin's Sports Competition Anxiety Test (SCAT) and the Maudsley Personality Inventory; the questions addressed various aspects of Sports Competition Anxiety and Personality traits of Kabaddi players respectively. The questionnaire has filled by the Uttar Pradesh and Rajasthan U-19 & U-22 Kabaddi teams players respectively.

Results and Discussion

For the evaluation of questionnaire Two Sample T- test was employed, and the findings revealed that there was a significant difference found i.e., 2.8 in their Personality parameters (Neuroticism and Extroversion), it means Uttar Pradesh Kabaddi Players were better in their Personality as compare to Rajasthan Kabaddi players and found insignificant i.e., 0.11 in the SCAT, which means there was no difference in Sports Competition Anxiety of Uttar Pradesh Kabaddi Players and Rajasthan Kabaddi Players.

Table 1: Competition Anxiety of Uttar Pradesh Kabaddi Players and Rajasthan Kabaddi Players

Variables	Means	SD	't'
Personality Uttar Pradesh	32.39	5.90	
Personality Rajasthan	27.45	7.1	2.8*
SCAT Uttar Pradesh	6.51	1.54	
SCAT Rajasthan	6.52	1.53	0.11

At .05 level of significance

The mean of Personality parameters of Uttar Pradesh Kabaddi Players found 32.39, which is quiet higher than the Personality traits of Rajasthan players i.e., 27.45, which reveals that the Uttar Pradesh Kabaddi players were having good personality but the Rajasthan Kabaddi players has also having average personality (Neuroticism and Extroversion), we couldn't say they have poor personality. And when we compared by applying 't' test it has shown that there was a significant difference found among them.

The mean of SCAT of Uttar Pradesh Kabaddi players found 6.51, and the mean of Rajasthan Kabaddi players found 6.52, which has shown almost same and there was very slight difference found among them, which reveals that the Uttar Pradesh and Rajasthan Kabaddi players has average level of sports anxiety. And when we compared by applying 't' test it has shown that there was an insignificant difference found among them at .05 level of significance and the tabulated value is 2.08.

Conclusion

Kabaddi is a dynamic sport which occupies a significant place among all other games and sports. In some respects it is unique as a sport. It is an ideal sport and is a grand energetic game, giving enjoyment and pleasure and demanding fitness and dedication. Kabaddi requires specific psychological characteristics to be on top gear to take all the qualities in the match. A lot of research work is done on the physical and physiological limitations of Kabaddi but very less work has been indicated towards psychological aspect, hence to satisfy this present study has been under taken in the field of Kabaddi. Sports Psychology can help a lot in assessing the personality and sports anxiety characteristics of the players or individuals performance in Kabaddi not only demands systematic training to develop physical and physiological variables but also demands training and considerations of psychological characteristics for success in this field.

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