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Research Article

COMPARATIVE STUDY SELECTED OF PSYCHOLOGICAL SKILL VARIABLES BETWEEN NATIONAL LEVEL KHO-KHO AND KABADDI PLAYERS

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ABSTRACT

The purpose of study was to assess the psychological skills of national level kho-kho and kabaddi players. A total 50 male national kho-Kho payers and 50 male national kabaddi players selected from different part of kerala as subject of this study. Their age ranged between 18 to 24. Michel J Mahoney's Psychological skill inventory (PSIS) as used for the data collection of the study, the variables of the study are team emphasis, motivation, mental preparation, confidence, concentration, and anxiety. Descriptive statistics such as mean, standard deviation (SD), minimum and maximum of the scores were calculated for summarizing the collected raw data, Independent sample t test has been applied for comparing two groups with respect each psychological variable, the level of significance was fixed at 0.05 level, and a calculated p value less than 0.05 is considered to be statically significant. The finding of the study reveals that, the anxiety and confidence of kho-kho players were higher than kabaddi players, while the variables such as concentration, mental preparation, motivation, team emphasis and Psychological Skills were equal. Finally concluded that, there was a significant difference in the Anxiety level and Confidence level of Kho-Kho and Kabaddi male players, there was no significant difference in the Concentration level, mental Preparation level, Motivation level, Team Emphasis level, and Psychological Skills level of Kho-Kho and kabaddi male players.

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INTRODUCTION

Advancement of human life begun with the development. People are have been exceptionally dynamic and innovative by nature and physical action has been a piece of their life from the beginning since development. For primitive man scan for sustenance and sanctuary was the primary movement this first action was required by his impulse for survival. Physical action was likewise the primary method of correspondence; it was additionally a method for expression.

Today sports are more popular than ever before. Sports serve as a vital role in the social and cultural functioning of each individual. In the past few decades sports have gained tremendous popularity all over the globe. The Norwegian confederation of sports, defined sports as "sports activities as a recreational character where the individual efforts of the participants determine the result". Now days, there has been an ever increasing focus on the attention on the study of individual differences in research. Physical education and sports have

opened a new service and new research opportunity for helping people enjoy the benefits of physical activity and exercise.

Psychology of physical education may be thought of as an off shoot of applied psychology, deriving its subject matters from various branches of psychology. If education is considered as a process of 'modification of behavior' our wisdom lies in concluding that education and psychology are observed and reverse of the same coin: two subjects with one aim and one soul.

Loehrs (1996) constructed Psychological Performance Inventory (PPI), the most powerful menyal sturdiness instrument measured through the seven m ost vital mental elements that reflect mental durability: self-assurance, negative vitality, consideration control, visual and fanciful control, inspiration positive vitality and disposition control. The PPI is a 42 thing self-report instrument intended to gauge considers that reflect mental sturdiness. All inquiries in the PPI were addressed utilizing a 6-point Likhert sort scale, going from +1'(False) to =6'(True).

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The games of kabbadi and kho- kho are typical Indian major games and played throughout the country especially in rural areas. Both kabaddi and kho-kho can be played in a small area and practically no equipment is necessary. Kho- kho is an outdoor strenuous but healthy and interesting game. Kabbadi is an aggressive and heavy contact game. Compared to kabaddikho- kho is less aggressive and less contact game. kho-kho and kabaddi players are differing with each other in their skills, techniques and strategies.

Kho-kho and kabaddi players conduct can be spoken to on a continuum going from irregular to supernormal, with ordinary falling some place in the middle of when they significant mental issue, their behavioral is to one side of typical. Sports fill in as a sort of passionate gauge. On the off chance that the players experience difficulty in their own lives, these issues are probably going to appear in their games execution. Whenever players, analysts, or mentor or advocates are fitting experts, to furnish help with the assistance of some mental abilities like inspiration, planning, fixation and so forth the principle aptitudes required in mental aptitudes are tension, focus, certainty, mental readiness, inspiration and group accentuation. Through the psychological skill development the kho-kho and kabaddi players can achieve the peak performance. In direction to recognize the variance in psychological skills of national level of kho-kho kabaddi players, the scholar has to make attempts of assessing psychological skills of national level of kho-kho and kabaddi players. The variables of psychological skills are highly influenced in the game kho-kho and kabaddi.

METHODOLOGY

Selection of subjects

For the purpose of the study 100 male national kho-Kho payers and 100 male national kabaddi players selected from different part of kerala, their age ranged between 18 to 24.

Selection of variables

Michel J Mahoney's Psychological skill inventory (PSIS) as used for the data collection of the study, the variables of the study are team emphasis, motivation, mental preparation, confidence, concentration, and anxiety.

Administration of questionnaire and collection of data

Prior to the administration of tests, the investigator held a series of meetings with the subjects who were made clear about the objectives and purpose of the study. The PSI can be scored by use of manual scoring templates on scoring each individual item according to its direction of wording (+/_) transforming all negative items into their positive equivalent and summing the items specific to each scale.

Anxiety inventory

The standard psychological tool constructed by Michel J Mahoney (1987) was using to measure psychological skill questionnaire among which 10 statements are about anxiety. It includes both positive and negative statements. Each statement consists of 5 responses.

The test was self-evaluated questionnaire. Among the questionnaire 6,11,15,41 and 40 were the positive statements and 20,25,29,32 and 38 were negative statements. The

following key was used for calculating the score. This scoring was used to measure all other factors.

Grading	Points of positive statements	Points of positive statements
Strongly disagree	0	4
Disagree	1	3
Not sure	2	2
Agree	3	1
Strongly agree	4	0

Scoring

The PSI can be scored by a manual scoring templates hence maximum response score for the total inventory in male was maximum 34 and minimum 9 in female 26 maximum and 10 minimum.

Concentration inventory

With the psychological skill inventory of Michel J Mahoneys 6 statements were concerning the concentration skills. In that 8 and 16 positive statements 2,17,21 and 26 were negative Statements. It was also a self-evaluated questionnaire.

Scoring

The total score of the concentration range in male from 11 minimum to 24 maximum and in female from 5 minimum to 24 maximum.

Confidence

It was the test for the players or athletes confidence during the competitive situation. Hence Michel J Mahoneys psychological skills inventory 9 statements were ring confidence. Among them 4 statements were positive and 5 statements were negative. These negative scores were converted into positive scores. Positive statements were 4, 14, 34, and 44 and the negative statements were 18,23,28,30 and 36. They were scored according to the sme key.

Scoring

The manual scoring templates were used. The total score of confidence was ranging in male from 6 minimum and 32 maximum and in female from 10 minimum to 32 maximum.

Mental preparation

It is unavoidable during the competitive situation. For measuring the mental preparation Michel J mahoneys psychological skills inventory has 6 statements. There were positive and negative statements. Those statements were self evaluated questionnaire, with that statement 3, 33 and 45 were positive statements and 7, 13 and 35 were negative statements.

Scoring

Total score range from minimum 2 and maximum 19 in amle and from minimum 4 to maximum 19 in female.

Motivation

Motivation is an important factor of an athlete in the competitive sports. Depending upon motivation the performance level can be increased. To measure motivation, 7 statements were used in Michel J mahoneys psychological skills inventory. Here also there were positive and negative

statements. Positive statements were 1, 12, 24, 39, and 42; negative statements were 9 and 22.

Scoring

Self-evaluated questionnaire was used for scoring the motivational level. The total score ranged from 4 minimum to 27 maximum in male and from 4 minimum to 27 maximum in female.

Team emphasis

Team emphasis is the most prominent thing in team sports. Team emphasis test was taken with the help of Michel J mohoneys psychological skills inventory. In the statements were there team emphasis, 10, 27, 31, 37, and 43 were positive statements and 5 and 19 were negative statements.

Scoring

The response values were converted as total score; it ranged from 8 minimum to 27 maximum in female and from 6 minimum to 27 maximum in male.

RESULTS AND DISCUSSION

Descriptive statistics such as mean, standard deviation (SD), minimum and maximum of the scores were calculated for summarizing the collected raw data, Independent sample t test has been applied for comparing two groups with respect each psychological variable, the level of significance was fixed at 0.05 level, and a calculated p value less than 0.05 is considered to be statically significant.

Table 2 Mean Comparison of Selected Psychological Skill Between kho-Kho and Kabaddi Male Players

Variable	N	Group and mean		df	T ratio
		Kho-kho (mean)	Kabaddi (mean)		
Anxiety	50	19.3112	17.4574	98	2.381*
Concentration	50	18.9492	18.0174	98	1.536
Confidence	50	19.3092	16.9282	98	3.382*
Mental preparation	50	13.34	13.68	98	0.62
Motivation	50	16.4389	17.6076	98	1.30
Team emphasis	50	15.16	15.58	98	0.59

From the above table showing that there was a significant difference between kho-kho and kabadi male players on selected psychological skill variables such as Anxiety and confidence, the calculated 't' value is 2.381 and 3.382, which is higher than the table value(1.984).

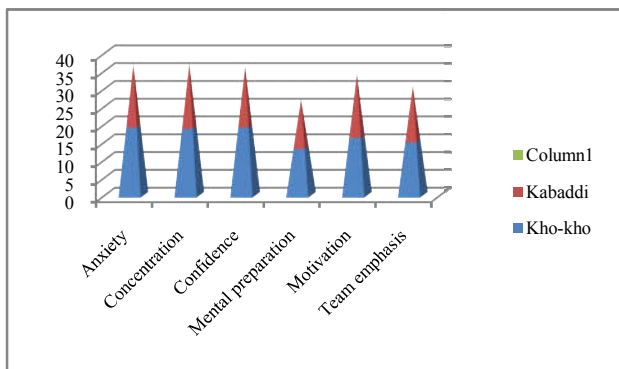


Figure 1 Mean Comparison of Selected Psychological Skill Between Kho-Kho And Kabaddi Male Players

The inference is that Kho-Kho male players have significantly higher level of Anxiety and confidence as compared to kabaddi male players.

There was a significant difference between kho-kho and kabadi male players on selected psychological skill variables such as concentration, mental preparation, motivation and team emphasis, the calculated 't' value is 1.536, 0.62, 1.30 and 0.69 which is less than the table value(1.984).The inference is that Kho-Kho and Kabaddi male players have the same level concentration, mental preparation, motivation and team emphasis.

DISCUSSION ON FINDINGS

Comparison of Kho-Kho and kabaddi male players based Psychological Skills

- Kho-Kho male players have significantly higher level anxiety mean=19.3112 as compared to Kabaddi male players mean 17.4574.
- Kho-Kho and Kabaddi male players have same level concentration.
- Kho-Kho male players have significantly higher level Confidence mean=19.3092 as compared to Kabaddi male players mean 16.9282.
- Kho-Kho and Kabaddi male players have same level mental preparation.
- Kho-Kho and Kabaddi male players have same level Motivation.
- Kho-Kho and Kabaddi male players have same level Team Emphasis.
- Kho-Kho and Kabaddi male players have same level Psychological Skills

CONCLUSION

Under the condition and the limitation of the present investigation of the following conclusion may draw

- There was a significant difference in the Anxiety level of Kho-Kho and Kabaddi male players. The interference is that Kho-kho male players have significantly higher level Anxiety as compared to Kabaddi male players.
- No significant difference in the Concentration level of Kho-Kho and kabaddi male players.
- There was a significant difference in the Confidence level of Kho-Kho and Kabaddi male players. The interference is that Kho-kho male players have significantly higher level Confidence as compared to Kabaddi male players.
- No significant difference in the mental Preparation level of Kho-Kho and kabaddi male players.
- No significant difference in the Motivation level of Kho-Kho and kabaddi male players.
- No significant difference in the Team Emphasis level of Kho-Kho and kabaddi male players.
- No significant difference in the Psychological Skills level of Kho-Kho and kabaddi male players.

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