



A STUDY ON SELF EFFICACY OF KABADDI PLAYERS OF NAXAL AND NON-NAXAL AREAS OF GADCHIROLI DISTRICT

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ABSTRACT The objective of this study was to compare the self –efficacy of kabaddi players of naxal and non – naxal areas of Gadchiroli district. For the purpose of the study 37 male Kabaddi players from Naxal areas and 35 kabaddi players from non- naxal area of Gadchiroli District of Maharashtra were selected from various talukas and Regional level Kabaddi Competitions. The age ranged from 18 to 25 years. For comparing the self – efficacy 'Self-efficacy scale' developed by **Sud et.al (1998)** was used. Z-test was used on gathered data for comparing means of Kabaddi players of naxal and non-naxal area of Gadchiroli district. Results of the study revealed that self efficacy of kabaddi non-naxal area Kabaddi players was greater than kabaddi players of naxal area Gadchiroli district of Maharashtra.

KEYWORDS : self –efficacy, naxal ,non-naxal Kabaddi Players,

INTRODUCTION

The preparation of an athlete today for achievement is a complex dynamic matter, characterized by a high level of physical and physiological efficiency and the degree of perfection of necessary skill and knowledge and proper teaching and tactics. An athlete arrives at this state only as a result of corresponding training sports activity in this respect is an activity directed at steadily enhancing the preparation of an athlete and grooming him for a higher level achievement. Many other factors are also brought in to action in his preparation such as special nutrition; organization of a general region in accordance with conditions of sports activity rehabilitation after injury etc., thus athletes training today is a multisided process of expedient use of aggregate factors so as to influence the development of an athlete (**Matveyer, 1981**).

Kabaddi is a combative team game, played on a rectangular court, either out-doors or indoors with seven players on the ground for each side. Each side takes interchange chances of offence and defense. The basic idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. During play, the players on the defensive side are called "Antis" while the player of the offense is called the "Raider". Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching, the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider.

Sport is as old as human society and it has achieved as unusual following in the modern time, it has now become an integral part of educational process and social activities, many participate in sports for fun, adventure health, physical fitness and financial benefits like a high degree of polarity (**Elizbeth and Ken 1978**). The last decade has seen a growing interest in physical fitness and its relationship to good health, recent significant developments seem to indicate that a new era may be drawing for physical education as the public slowly becomes aware of the damages of physical deterioration.

Role of Psychology in selection training, materials and rehabilitations would definitely help in achieving sports excellence. The emphasis has been laid on pointing out that psychology and sports coverage at the same point and excellence in sports can be optimally obtained by developing appropriate strategies (**Josiwer, Khan and Saini, 1986**).

Self-efficacy is defined as a personal judgement of "how well one can execute courses of action required to deal with prospective situations" (**Bandura, 1982**).

Expectations of self-efficacy determine whether an individual will be able to exhibit coping behavior and how long effort will be sustained in the face of obstacles. Individuals who have high self-efficacy will exert sufficient effort that, if well executed, leads to successful outcomes, whereas those with low self-efficacy are likely to cease effort early and fail (**Stajkovic, & Luthans, 1998**).

Psychologists have studied self-efficacy from several perspectives, noting various paths in the development of self-efficacy; the dynamics of self-efficacy, and lack thereof, in many different settings; interactions between self-efficacy and self-concept; and habits of attribution that contribute to, or detract from, self-efficacy.

Self-efficacy affects every area of human endeavor. By determining the beliefs a person holds regarding his or her power to affect situations, it strongly influences both the power a person actually has to face challenges competently and the choices a person is most likely to make. These effects are particularly apparent, and compelling, with regard to behaviors affecting health (**Luszczynska, Schwarzer, 2005**).

The objective of this study was to compare the self – efficacy of kabaddi players of naxal and non-naxal areas of Gadchiroli district.

Selection of Subjects:

For the purpose of the study 35 male Kabaddi players from naxal areas and 35 kabaddi players from non-naxal areas of Gadchiroli District of Maharashtra were selected from various talukas and Region Kabaddi Competitions. The age ranged from 18 to 25 years.

Design of the Study

For the purpose of this study, both the samples were considered the true representative of the entire Kabaddi population of naxal and non-naxal area of Gadchiroli District at the time their assessment of the self –efficacy was done.

The present study was a status study, which did not require the investigator basically to manipulate any of the variables included in it. Rather the collection of data became instrumental in providing correct insight into the self-efficacy, which cannot otherwise be assessed. It was not intended to study the interaction among various variables.

INSTRUMENT AND DATA COLLECTION

For comparing the self- efficacy 'General Self- Efficacy Scale (GSES)' modified by by Sud, R. Schwarzer along and M. Jerusalem (1995) was used.

3. General Self- Efficacy Scale (GSES)

The General self efficacy scale is a 10-items psychometric scale that is designed to assess optimistic self-belief to cope with a variety of difficult demands in life. The scale has been originally developed in Germany by Matthias Jerusalem and Ralf Schwarzer in 1981, first as a 20-item version and later as a reduced 10- item version by Sud, R. Schwarzer along and M. Jerusalem (1995), and the test is self-evaluation questionnaire consisting of 10 statements related to situation. Cronbach's alphas ranged from 0.76 to 0.90, with the majority in the high 0.80. It has been used in many studies with hundred thousands of participants. In contrast to other scales those were designed to assess optimism. This one explicitly refers to personal agency, i.e., the belief that one's actions are responsible for successful outcomes.

Statistical Procedure

Retreating the objective of the study, we have to point out that we intend to comparison of self- efficacy among kabaddi players of naxal

and non-naxal areas of Gadchiroli district of Maharashtra. Thus we had used Z-Test to found out the significant difference of self –efficacy among kabaddi players of naxal and non-naxal area of gadchiroli district. Where the difference was significant, we had used percentage calculation for mean difference.

LEVEL OF SIGNIFICANCE

The differences in various variables of Rural and Urban kabaddi players of Gadchiroli district of Maharashtra was tested at 0.05 level of Significance.

Table – 01 (self efficacy) Self – efficacy in 'Score' of Kabaddi Players of naxal and non-naxal area of Gadchiroli district

Variable	Mean State – Trait Anxiety	Standard Deviation	Z- Value
Kabaddi players of Naxal area	18.1	3.336882169	14.6808
Kabaddi players of Non- naxal area	25.82857143	4.071717327	

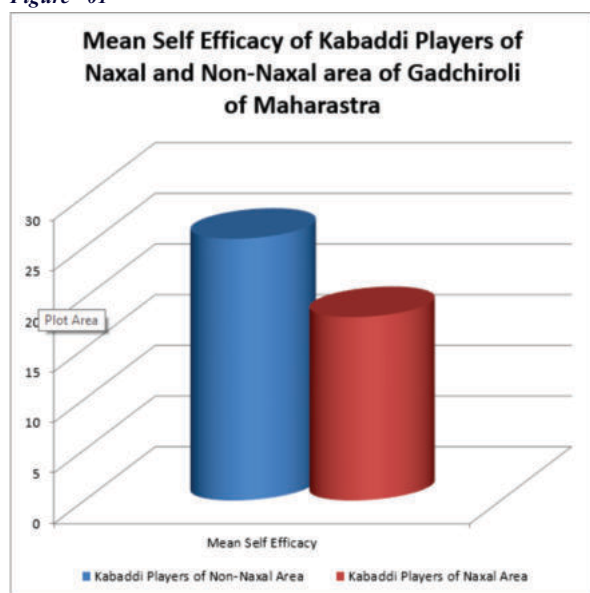
The mean self efficacy of Kabaddi Players of non- naxal area is > than mean self efficacy of Kabaddi players of naxal area by 42.70% of Gadchiroli district.

* Significant at 0.05 level

** Z value for one tail test to be significant at 0.05 level 1.64

Table 1 Shows significant obtained Z value for one tail test, which leads us to conclude that the mean self – efficacy of Kabaddi players of non-naxal area of Gadchiroli district, is significantly greater (42.70%), than the mean self-efficacy of kabaddi players of naxal area of Gadchiroli district.

Figure – 01



DISCUSSION OF FINDINGS

Self Efficacy

The mean self efficacy of non- naxal area's Kabaddi players of Maharashtra, is significantly greater (42.70%), than the mean self efficacy of naxal area's kabaddi players of Maharashtra. This finding may be due to their past successful experience and may be due to the exposure of the players to various level of competition which improves their confidence and in turn their self-efficacy. **Saeed and Sumam (2015)** observed that there is no significant difference in the self-efficacy of sportsman and non sportsman players.

Bandura (1977) suggested that past sports experiences and repeated successes increase and build self-efficacy. Trait sport confidence was a strong robust belief in personal efficacy, while predictor of state sport confidence in super repeated failures. As Bandura suggested that the Experience is very important for the players to have higher self-efficacy an in the present study the subject selected in both the groups had similar level of experience. This could be the reason that there was no significant difference found in the self-efficacy of sportsman and non sportsman players.

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