



ORIGINAL RESEARCH PAPER

Education

PREDICTION OF INDIVIDUAL PERFORMANCE OF THE UNIVERSITY LEVEL KABADDI PLAYERS WITH THE HELP OF THEIR TRAIT ANXIETY AND OTHER SOME PSYCHOLOGICAL AS WELL AS SOCIOMETRIC MEASUREMENTS

KEY WORDS: Kabaddi, Trait Anxiety, Individual Performance, Sociometric Measurements

Vivekananda Sen*

SACT-II, Hijli College, Kharagpur, Paschim Medinipur and Research Scholar, Department of Education, Swami Vivekananda University, Barrackpore.
*Corresponding Author

SK Sabir Ali

Physical Training Instructor, Aliah University, New Town, Kolkata.

Samirranjan Adhikari

Professor, Department of Education, Sidho-Kanho-Birsha University, Purulia.

ABSTRACT

Performance anxiety symptoms are often present in athletes. Someone becomes “pumped up” during the competition; anxiety can interfere with the ability to perform. The present study was carried out through the “Multiple Regression Analysis” to predict individual performance of the University level Kabaddi players with the help of their trait anxiety and other some psychological as well as sociometric measurements. Different psychological tests and sociometric measurement were administered on 71 players choosing from the teams of 8 university Kabaddi players. Trait anxiety, personal standard, concern over mistake, perceived parental pressure, perceived coach pressure had negative impact; whereas, fuzzy preference index had positive impact on individual performance in Kabaddi.

I. INTRODUCTION

Kabaddi is an indigenous game, popular in the Indian subcontinent and other adjoining Asian countries. It demands both skill and power, and combines the characteristics of wrestling, rugby and gymnastics. Today performance in sports not only requires structured training to evolve physical variables and technical facets of sports, but also requires training and consideration of psychological characteristics for success in this field. Sports in the present day have become exceptionally cut-throat. An athlete cannot even bear to take chance in any quarter as any tiny oversight in his preparation, which may deprive him of success. Therefore, athletes aim to boost their performance and leave no stone unturned in securing extra edge over their opponents. Sports is a psycho-social activity with full of competition against counterparts and co-operation among team mates that bring about anxiety before, during and after completion, in a team game like kabaddi, the players have to communicate with his team mates and perform in the common interest of the team. Psycho-social composing not only assists him to get the better of the ill effects of the anxiety imposed on him during the competition but also helps him to tune with his teammates, which after all yields the best results.

Anxiety is the body's natural response to stress. It is a feeling of fear or apprehension about impending danger. Trait Anxiety is considered as a latent predisposition, which is relatively stable and can be triggered by appropriate stimuli. This is regarded as basic anxiety level. Lazarus (2000a) identifies anxiety as one of the emotions that may have substantial impact upon how an athlete performs. Anxiety plays a vital role in the attainment of motor skills as well as in athletic performance. Both positive and negative effects of anxiety depend on how an individual athlete perceives the situation (Jack, H. Lewellyn & Judy, A. Blucker, 1974).

In the field of sports, some researchers consider perfectionism as an adaptive trait that assists to attain best performance (Gould, Dieffenbach & Moffett, 2002). Other researchers, however, see perfectionism as a maladaptive trait that hampers, rather than supports athletic performance (Flett & Hewitt, 2005).

Sociometry as one of the methods of social psychology is defined as the statistical study of behavior and relationship within social groups, especially expressed in terms of performances. Sociometry can be a useful tool for reducing conflict and improving interaction because it allows an

athletic team to see itself objectively and analyze its own dynamics. Even it helps a coach to know the form and structure of team. i.e. patterns of the sub groups, cliques and friendship. These factors play an important role in determining how the team will react to competitive situations.

II. Aim of the Research Problem

To make a game like kabaddi worldwide popular and to rise it up to the international standard different rules should be framed, effective coaching should be provided, skills should be acquired and performance should be measured and as well as increased. For this purpose, research should be done. But very few researches have been done till now. Through this research study we have tried to predict individual performance of the university level kabaddi players with the help of their trait anxiety and other some psychological as well as sociometric measurements

III. Method

The present study was carried out through a descriptive cross-sectional survey method within ex-post facto research design to know level of the Trait Anxiety of the University level Kabaddi players.

A. Participants

The research was carried out on a sample of 71 kabaddi players of different university teams participated in the East Zone Inter University Kabaddi (Men) Tournament.

B. Tool

The following research tools were used in the present study for data collection. The tools were selected by applying yardsticks of relevance, appropriateness, reliability, validity and suitability. Brief descriptions of the tools are given hereunder.

1. The State-Trait Anxiety Inventory (STAI) - Spielberger, et al. (1983)

State-Trait Anxiety Inventory (STAI) designed by Spielberger, Gorsuch, Lushane, Vagg and Jacobs (1983) was administered on to measure “Trait Anxiety” of kabaddi players.

2. Sport Multidimensional Perfectionism Scale (Sport MPS) - Dunn, Causgrove Dunn & Syrotuik, 2002

To measure “Sports Multidimensional Perfectionism” of kabaddi players Sports-MPS developed by- Dunn, Causgrove Dunn & Syrotuik, (2002) was considered.

3. Socio

-metric Variable–Fuzzy Preference Index - Sk., Adhikari & Chatterjee (2013a)

Fuzzy Nominating Technique was used to assess Fuzzy Preference Index of Kabaddi players.

This technique is developed by Sk., Adhikari & Chatterjee (2013a) and is reported here under.

4. Individual Performance - Sk., Adhikari and Chatterjee (2013b)

For "Individual Performance" a method developed by Sk., Adhikari and Chatterjee (2013b) was applied and for "Group Performance" the total points acquired by the teams in games were considered.

IV. RESULTS

The result of Individual Performance as Dependent Variable and Psychological as well as Sociometric Measurements as Independent Variables

We have considered Individual Performance as Dependent Variable and Psychological as well as Sociometric Measurements as Independent Variables. The results of multiple regression analysis are shown in table-1, table-2, table-3 and table-4.

Table - 1 : Variables Entered in Multiple Regression Analysis with Individual Performance as Dependent Variable

Dependent Variable	Variables Entered	Method
Individual Performance	Trait Anxiety, Personal Standard, Concern Over Mistake, Perceived Parental Pressure, Perceived Coach Pressure and Fuzzy Preference Index	Enter

Here-

Dependent variable was Individual Performance of University Level Kabaddi Players.

Independent variables were Trait Anxiety, Personal Standard, Concern Over Mistake, Perceived Parental Pressure, Perceived Coach Pressure and Fuzzy Preference Index.

Method of analysis-

Here enter method of analysis was considered.

Table-2: Model Summary in Multiple Regression Analysis with Individual Performance as Dependent Variable

R	R ²	Adjusted R ²	Std. Error of the Estimate	Change Statistics				
				R ² Change	F Change	df ₁	df ₂	Sig. F Change
0.604	0.365	0.306	2.254074	0.365	6.135	6	64	0.000

Table-2 shows the model summary in multiple regression analysis. From this table it is clear that the F change was highly significant.

Table-3: ANOVA in Multiple Regression Analysis with Individual Performance as Dependent Variable

	Sum of Squares	df	Mean Square	F	Sig.
Regression	187.041	6	31.173	6.135	0.000
Residual	325.174	64	5.081		
Total	512.215	70			

Table-3 shows ANOVA in multiple regression analysis, from where we can see that the F was highly significant.

Table-4: Coefficients in Multiple Regression Analysis with Individual Performance as Dependent Variable

Predictors	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	β		
(Constant)	19.365	2.644		7.324	0.000

Trait Anxiety	-0.041	0.042	-0.099	-0.973	0.334
Personal Standard	-0.221	0.075	-0.383	-2.947	0.004
Concern Over Mistake	-0.070	0.068	-0.143	-1.028	0.308
Perceived Parental Pressure	-0.056	0.075	-0.094	-0.743	0.460
Perceived Coach Pressure	-0.329	0.097	-0.418	-3.372	0.001
Fuzzy Preference Index	0.358	0.174	0.209	2.052	0.044

Table 4 shows coefficient of multiple regression analysis. The multiple regression equation was-

Individual Performance = 19.365 - 0.041 × Trait Anxiety - 0.221 × Personal

Standard + 0.070 × Concern Over Mistake - 0.056 × Perceived Parental Pressure -

0.329 × Perceived Coach Pressure + 0.358 × Fuzzy Preference

V. DISCUSSION AND CONCLUSION

Trait anxiety, personal standard, concern over mistake, perceived parental pressure, perceived coach pressure had negative impact; whereas, fuzzy preference index had positive impact on individual performance in Kabaddi. Here, personal standard and perceived coach pressure put statistically significant negative impact on Kabaddi performance. In case of trait anxiety, concern over mistake and perceived parental pressure the negative impacts were not statistically significant. Now, let us recapitulate the results of comparative analysis where it has been shown that the lower group acquired (statistically) significantly higher mean values in personal standard, concern over mistake and perceived coach pressure; though not (statistically) significantly yet higher mean values in trait anxiety and perceived parental pressure. Here, it may be safely asserted that higher value of personal standard, concern over mistake, perceived coach pressure, perceived parental pressure and trait anxiety are detrimental to the performance in Kabaddi.

In the field of sociometric measurements (FPI) the impact on individual performance was statically significant; in comparative analysis it has been shown that the upper group achieved higher mean value (though not statistically significant). Here also it may be safely said that the players, popular among the co-players of the same team, exhibit better performance in Kabaddi.

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