



ORIGINAL RESEARCH PAPER

Physical Education

COMPARATIVE STUDY ON SELECTED PSYCHOLOGICAL ABILITIES BETWEEN KABADDI AND KHO KHO PLAYERS

KEY WORDS: Concentration ability, sports competition, anxiety, Kabaddi, Kho-Kho players etc.

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ABSTRACT

The main objective of the current study was to compare the kabaddi and Kho-Kho players of Murshidabad district, who was attained position at district level sports competition on selected psychological abilities through the selected test items such as: psycho-motor Ability, Concentration and sports Competition Anxiety Test between the players of kabaddi and Kho-Kho. For the purpose of the present study, finally sixty players were selected as subject. Out of total sixty subject, 30 subjects from the Kho-Kho have been selected on purposive and random sampling basis, who was won medal/position district level sports competition. All the subjects were involved in regular practise as a preparation for their targeted competition in their own sports. The data ware collected in raw from and analysed by calculating the descriptive statistical techniques and 't' test were applied. The level of significance was set at 0.05 level of confidence. There was significant difference was found in the Psycho-motor Ability in relation to the Kabaddi and Kho-Kho players. There was no significant difference found in relation to consultation ability measured through great taste between Kabaddi and Kho-Kho players. The significant difference watch found in the sports competition hello anxiety test (SCAT) in relation to the Kabaddi and Kho-Kho players.

1. INTRODUCTION

According to Moran (1996) Sports psychology, the youngest of the sport science, is worried with the psychological consequence consequential from participation. Today many outlets & Coaches look to sport psychology for a competitive edge by looking for psychological training Programme in order to learn amongst other thing, way to accomplish, competitive stress, central concentration, improve confidence & increase communication skill & team harmony. Competitive sports provide psychologist with many fascinating openings to explore the success with which people can control their own mental processes in the face of adversity. If paying attention is watched as an struggle to exert control over what we observe and do, then the study of concentration in athletes offers a possibly prolific new avenue for the study of how the mind works.

1.1 Hypothesis

It was hypothesized that there was no significant difference in psychological factors of Kabaddi and Kho-Kho payers.

2. METHODOLOGY

The following methodological steps were taken in order to conduct the present study.

2.1 Selection of the Subjects:

Primarily, Sixty Kabaddi and Kho-Kho players were selected on haphazard basis for the present study College students from Murshidabad District. The designated delimitations for the present study were kept in mind for the selection of the subjects; those have participated in district level competition. It was also taken into deliberation that all the selected subjects were ranged from 19 to 21 years of age and who were involved in regular practice for their respective games of Kabaddi and Kho-Kho to persist physically and mentally fit. Finally, total 30 players were randomly selected from Kabaddi and 30 players were selected from game of Kho-Kho. It was also kept in mind that all the subjects should participate willingly for purpose of data collection during present study.

2.2 Selection of the Psychological Components and their Tests:

- a. **Psycho-motor Ability:** Eye-hand Coordination Test
- b. **Concentration :** Grid Concentration Test
- c. **Competition Anxiety:** Sports Competition Anxiety Test (SCAT)

2.3 Statistical Procedure:

For the purpose of the analyses, the following statistical procedures were employed:

In first step, descriptive statistics was employed in which Mean; SD, were computed. The required statistical calculations were computed with the help of SPSS software. The descriptive calculation and "t"- test were computed. Then, both the groups were tested to observe the differences among the selected variables. The level of significance was set at .05 level of confidence.

3. RESULT AND DISCUSSION

Table 1 Mean, Standard deviation and 't'-ratio in respect of Psycho-motor Ability between Kabaddi and Kho-Kho Players

VARIABLES	KABADDI		KHO-KHO		t-ratio
	Mean	Standard Deviation	Mean	Standard Deviation	
Muscular Strength	35.73	6.88	40.53	7.10	2.61*

*Significant "t">0.05 (58) =2.00

Table-1 indicated that the mean and standard deviation scores of Psycho-motor Ability of Kabaddi had been found 35.73±16.88 and those of Kho-Kho Players had been found 40.53±7.10. The calculated 't' value (2.61 >2.00) of Psycho-motor Ability of the subjects were found to greater than the table value; so, the result reflected significant difference at 0.05 level of confidence. The results had been presented graphically in figure-6.

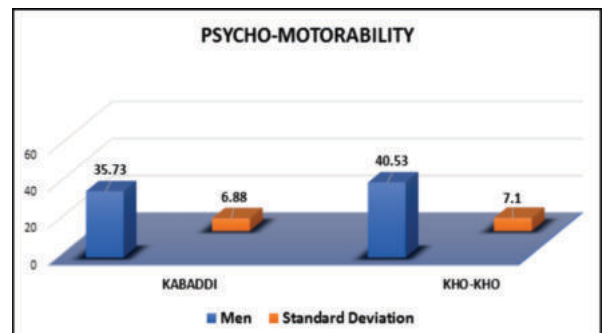


Fig. 1: Comparison of Psycho-motor Ability Test between the Kabaddi and Kho-Kho Players.

Table-2 Mean, Standard deviation and 't'-ratio in respect of Grid Concentration Test between Kabaddi and Kho-Kho Players.

VARIABLES	KABADDI		KHO-KHO		"t"-Ratio
	Mean	Standard Deviation	Mean	Standard Deviation	
Grid Concentration test	14.867	3.964	16.167	3.578	1.31*

*Significant "t" 0.05 (58) =2.00

Table-2 indicated that the mean and standard deviation scores of Grid Concentration Test of Kabaddi had been found 14.867±3.964 and those of Kho-Kho Players had been found 16.167±3.578. The calculated 't' value (1.31 <2.00) of Grid Concentration Test of the subjects were found to less than the table value; so, the result reflected no significant difference at 0.05 level of confidence. The results had been presented graphically in figure-7.

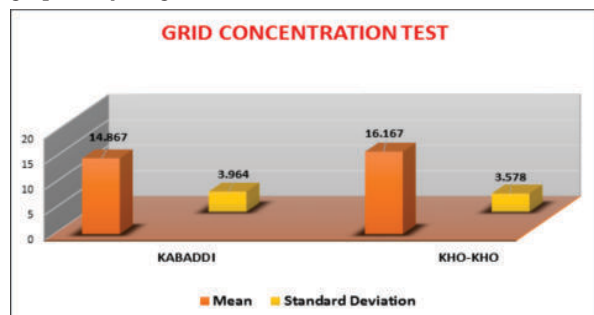


Fig-2: Comparison of Grid Concentration Test between the Kabaddi and Kho-Kho Players.

Table-3 Man, Standard deviation and 't'-ratio in respect of Sports Competition Anxiety Test (SCAT) between Kabaddi and Kho-Kho players.

VARIABLES	KABADDI		KHO-KHO		"t"-Ratio
	Mean	Standard Deviation	Mean	Standard Deviation	
Sports Competition Anxiety Test (SCAT)	14.03	2.359	16.93	2.85	4.22*

*Significant "t" 0.05 (58) =2.00

Table-3 indicated that the mean and standard deviation scores of Sports Competition Anxiety Test (SCAT) of Kabaddi had been found 14.03±2 359 and those of Kho-Kho Players had been found 16.93±2 850. The calculated 't' value (4.22>22.00) of Sports Competition Anxiety Test (SCAT) of the subjects were found to greater than the table value; so, the result reflected significant difference at 0.05 level of confidence. The results had been presented graphically in figure-8.

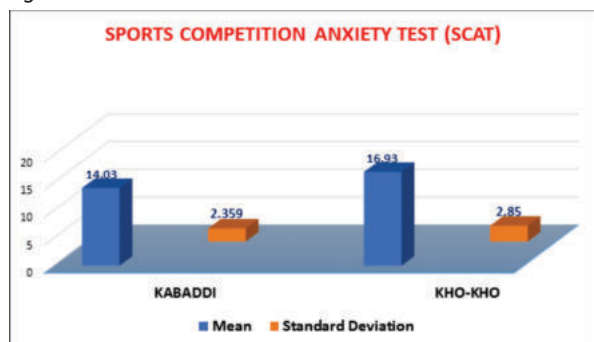


Fig-3: Comparison of Sports Competition Anxiety Test (SCAT) between the Kabaddi and Kho-Kho Players.

4. CONCLUSION

On the basis of the data analysis, confines and findings of the present study, the following conclusions were drawn:

The significant difference was found in the Psycho-motor Ability in relation to the Kabaddi and Kho-Kho players' group had better Psycho-motor Ability or Eye-hand Co-ordination, proving better mental and physical Coordinative Ability than the Kabaddi players.

There was no significant difference found in relation to Concentration Ability measured through Grid Test between Kabaddi and Kho-Kho players.

The significant difference was found in the Sports Competition Anxiety Test (SCAT) in relation to the Kabaddi and Kho-Kho players. The Kho-Kho players' group had higher level of anxiety than the selected group of Kabaddi players. Whereas, both the groups had optimal level of anxiety to perform better in their own sports competitions.

5. REFERENCES

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