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A comparative study of psychological aspects of different level for the tribal Kabaddi players of Madhya Pradesh

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Abstract

The purpose of this study was purposive selected from the The study was assessing to selected psychological variable (sports competition Anxiety, Self-concept and Group-cohesion) different level like National, State and District level of tribal kabaddi players in relation to different level of achievement. To compare to selected psychological variable (sports competition Anxiety, Self-concept and Group-cohesion) different level like National, State and District level of tribal kabaddi players in relation to different level of achievement. Age ranged between 18 to 28 years is presented. The subject for this study was be 90 male kabaddi players of different level (30 National, 30 State, 30 District). The group of the player shall range between 18 to 28 years and the data was be collected from tribal Dhar Jhabua, Alirajpur, Barwani, in Madhya Pradesh. The study was selected psychological variables like sports competition anxiety, self-concept and Group-cohesion questionnaire was used for this study Sports Competition Anxiety developed by Rainer Marte, Self-concept by Swata Bodh Parkinson Swara (S.B.P.) and group cohesion questionnaire developed by Brawley, and Widener were used for this study. Age ranged between 18 to 28 years is presented for the research purpose, Descriptive statistics and ANOVA Analysis Variance of were applied for SPSS-21 software and the following findings were drawn: **Statistical Analysis:** According to objectives of the study to gathering the data Analysis of descriptive statistics were used. (Mean Standard Deviation), ANOVA Analysis of variance with POST HOC test was applied for SPSS-21 software to analyze and compare of Tribal kabaddi players for the among level of (National state and District) of Madhya Pradesh. Conclusion for the this study to find out the Mean and Standard Deviation score of selected psychological variables like sports competition anxiety, self-concept and Group-cohesion tribal area of kabaddi players for the different level (National, State and District) of achievements of Madhya Pradesh and to find out the compare (f-value) and multiple compare of selected psychological variables like sports competition anxiety, self-concept and Group-cohesion tribal area of Kabaddi players for the different level (National, State and District) of achievements of Madhya Pradesh.

Keywords: psychological, Kabaddi players

Introduction

Psychology is the science or study of human behavior. It permeates our whole way of life from birth to death and from generation to generation. It is involved in our work, in sickness and health, our ability to live amicably with ourselves and people around us. Psychology is the study of behavior.

The term Kodokan breaks down into ko (lecture, study, method), do (way or path), and kan (hall or place). Thus it means "a place to study the way". Similarly, judo breaks down into ju (gentle) and do (way or path) or "the gentle way".

Anxiety is one of the greatest problems of modern trends in scientific knowledge cultural conflicts economic problem and in detribalization all add to be the problem of man thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of hearing is a prominent feature. It generally arises as a result of fear of something, unknown creates tension and disturbance.

The importance of role of self-concept as a determinant to the human behavior and critical factor of personality is increasingly realized. Adjustment academic achievement and general behavior are among the development feature of an individual it would seem to be of interest of coaches and physical educators to determine whether individual who participate in specific

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Sports have self-concept, which distinguishes them from others. Self-concept can be define or an organized configuration of perceptions of the self which are admirable to awareness. It is compared to such elements as perceptions of ones characteristics and abilities, the percepts and concepts of the self in relation to others and to environment, the value qualities which are perceived as associated with expenses and objects and the goals and ideals which are perceived as having positive or negative aspects. A physical educator plays an important role in enhancing a player's self-concept. There is a highly positive relationship between self-concept and physical achievement. As the individual learns to move more skill fully, he or she also tends to develop as stronger self-concept. In general self-concept means those perceptions, belief, attitudes and feelings which the individual views as part of characteristics of him. It is his own concept of his health and physique, intellectual abilities, mental health, habits and behavior emotional tendencies and socio-economic status.

There are many group dynamics that take place within a sporting team. One of the most important is cohesion. One is always hearing about how important it is for a team to "gel" or "bond" or "have good chemistry." Cohesive teams can achieve dramatic and awesome things. The way players interact has a tremendous impact on the way a team performs. As Hall (1960) put it, "The fittest to survive and succeed are those able to find their strength in cooperation, able to build teams based upon mutual helpfulness, and responsibility for one's fellow teammates. To often the unspoken attitude is, "If it happens, that's great, but if not, well, we don't have a close group this year and there's not much that can be done."

Kabaddi received its first international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra. The game was introduced in the Indian Olympics Games at Calcutta, in the year 1938. It was in 1950, that the All India Kabaddi Federation came into existence. But the modernised version of Game was founded in Maharashtra. Kabaddi received International exposure in 1936 Olympics, Demonstrated by India. The game was introduced in Indian Games in Calcutta 1938. Kabaddi is popularized by Sunder Ram of India in Japan, when he toured on behalf Asian Amateur Kabaddi Federation.

Kabaddi often seen as one of the ancient wrestling sport. The word Kabaddi has come from a Tamil word, Kai-pidi which means "holding hands". Kabaddi is popular not only in India but it is a National Game of Bangladesh as well. Most of the Indian states do play this game, but it is far more popular in the villages of Punjab, Tamil Nadu, Andhra Pradesh, Uttar Pradesh, Bihar, Maharashtra, Madhya Pradesh, and Gujarat. Many of these states even call Kabaddi as 'Hu Tu Tu'. To understand the game of Kabaddi is very simple. It is a seven a side game where one player from one side chants "kabaddi...kabaddi..kabaddi.." and enter's the opposition's half and tries to touch at least one player of the opposition so that he can go back to his own half safely. On the other hand, all of the seven players try to stop that opposition player to go back to his half safely by trying to grab him and keep him under their control till he loses his breath. If a player touches the opposition player and returns to his half safely then not

only the player whom he has touched is out but he can make a player alive from his own side who had been out before him, just in case.

Objectives of the study

1. The study was assessing to selected psychological variable (sports competition Anxiety, Self-concept and Group-cohesion) different level like National, State and District level of tribal kabaddi players in relation to different level of achievement.
2. To compare to selected psychological variable (sports competition Anxiety, Self-concept and Group-cohesion) different level like National, State and District level of tribal kabaddi players in relation to different level of achievement.

Methodology

The subject for this study was 90 male kabaddi players of different level (30 National, 30 State, 30 District). The group of the player shall range between 18 to 28 years and the data was collected from tribal Dhar Jhabua, Alirajpur, Barwani, in Madhya Pradesh. The study was selected psychological variables like sports competition anxiety, self-concept and Group-cohesion questionnaire was used for this study Sports Competition Anxiety developed by Rainer Marte, Self-concept by Swata Bodh Parkinson Swara (S.B.P.) and group cohesion questionnaire Developed by Brawley, and Widener were used for this study. Age ranged between 18 to 28 years is presented for the research purpose, Descriptive statistics and ANOVA Analysis Variance of were applied for SPSS-21 software and the following findings were drawn:

Statistical Analysis

- According to objectives of the study to gathering the data Analysis of descriptive statistics were used. (Mean Standard Deviation)
- Analysis of Variance (ANOVA) was applied was applied for SPSS-21 software to analyze and compare of tribal kabaddi players' areas of various groups National state and District level of Madhya Pradesh. Significant was set at 0.05

Findings and Results of the Study Table 1

Descriptive statistics tables Mean and Standard Deviation Values of Different Level of National, State and District Tribal Kabaddi Players of Madhya Pradesh (Sports competition sports competition anxiety)

Table 1: shows Sports competition sports competition anxiety of different level (National, State and District,) tribal kabaddi players of Madhya Pradesh. with the help of descriptive statistics (Mean and standard deviation) of tribal areas of for this study. Psychological variables sports competition sports competition anxiety was 17.86 ± 1.76 , 18.93 ± 1.94 , 17.80 ± 2.36 ,

Variables	Groups	Mean	Std. Deviation	Minimum	Maximum
Sports competition sports competition anxiety	National	17.8667	1.76743	15.00	20.00
	State	18.9333	1.94447	15.00	22.00
	District	17.8000	2.33605	15.00	23.00
	Total	18.2000	2.05161	15.00	23.00

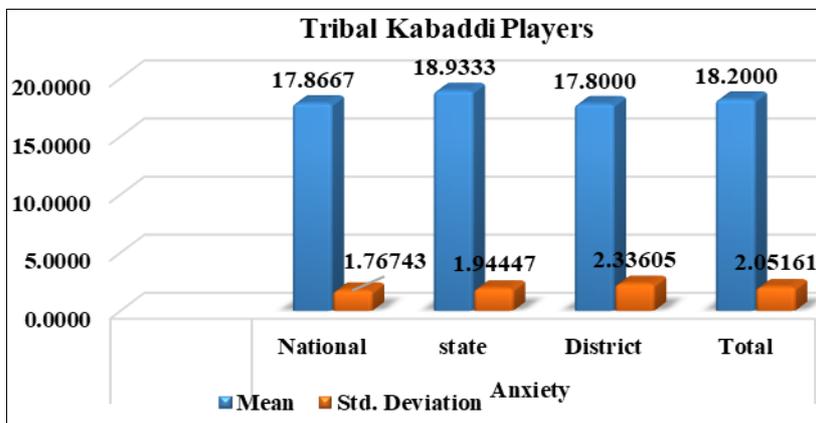


Fig 1: Graphical Representation of mean and standard deviation with regard to Different Level of National, State and District, Tribal Kabaddi Players

Table 2: Mean and Standard Deviation Values of Different Level of National, State and District Tribal Kabaddi Players of Madhya Pradesh (Self-Concept)

Variables	Groups	Mean	Std. Deviation	Minimum	Maximum
self-concept	National	30.5333	7.83642	14.00	46.00
	State	27.0667	8.42163	7.00	39.00
	District	22.8000	6.20138	14.00	36.00
	Total	26.8000	8.03572	7.00	46.00

Table 3: Mean and Standard Deviation Values of Different Level of National, State and District Tribal Kabaddi Players of Madhya Pradesh (Group-cohesion)

variables	Groups	Mean	Std. Deviation	Minimum	Maximum
Group cohesion	National	84.6000	7.83582	72.00	99.00
	State	88.2667	9.07482	80.00	108.00
	District	88.0000	13.49603	56.00	108.00
	Total	86.9556	10.32199	56.00	108.00

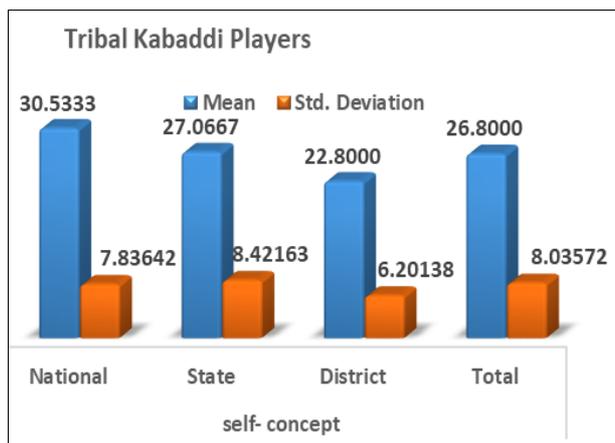


Fig 2: Graphical Representation of mean and standard deviation with regard to Different Level of National, State and District, Tribal Kabaddi Players of Self concept

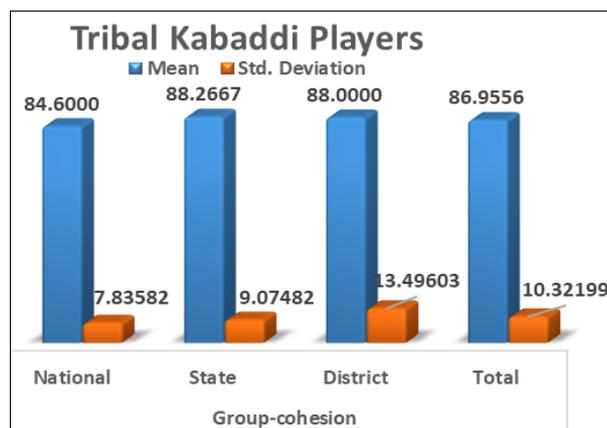


Fig 3: Graphical Representation of mean and standard deviation with regard to Different Level of National, State and District, Tribal Kabaddi Players of Group cohesion

Table 2 shows Self-concept of different level (National, State and District,) tribal kabaddi players of Madhya Pradesh. with the help of descriptive statistics (Mean and standard deviation) of tribal areas of for this study. Psychological variables sports competition sports competition anxiety was 30.53 ± 7.83 , 27.06 ± 8.42 , 22.80 ± 6.20 ,

Table 3 shows Group cohesion of different level (National, State and District,) tribal kabaddi players of Madhya Pradesh. with the help of descriptive statistics (Mean and standard deviation) of tribal areas of for this study. Psychological variables Group cohesion was, 84.60 ± 7.83 , 88.26 ± 9.47 , and 88.00 ± 13.49 .

Table 4: Analysis of Variance (ANOVA) for psychological variables like Sports competition anxiety, self-concept and Group-cohesion tribal Kabaddi players for the different level of National, State and District level of Madhya Pradesh.

ANOVA						
Variables		Sum of Squares	Df	Mean Square	F	Sig.
Sports competition anxiety	Between Groups	12.133	2	6.067	1.472	.241
	Within Groups	173.067	42	4.121		
	Total	185.200	44			
Self-Concept	Between Groups	450.133	2	225.067	3.953	.027
	Within Groups	2391.067	42	56.930		
	Total	2841.200	44			
Group-cohesion	Between Groups	125.378	2	62.689	.577	.566
	Within Groups	4562.533	42	108.632		
	Total	4687.911	44			

Table-4 It was reveal that the calculated f- value for psychological variables like Sports competition anxiety (1.472), and Group-cohesion (.577) tribal Kabaddi players for the different level of National, State and District level of Madhya Pradesh. Was more than the tabulated f-value is 3.23 (2, 45), there was no significant deferent for Sports competition anxiety and Group cohesion and self-concept calculated f value (3.953) and tabulated f- value less than the calculated value so there was insignificant difference between the self-concept of different level national, state and District level of tribal kabaddi players of Madhya Pradesh two variables Sports competition anxiety and groups cohesion no significance and one variable self-concept was insignificant difference for this study of tribal kabaddi players national state and District level of Madhya Pradesh.

Table 5: Multiple competition (LSD with Post Hoc Test) of Tribal Kabaddi Players Selected Psychological Variables Sports competition anxiety

S.N.	Group mean			MD	CD
	National Level	State Level	District Level		
	17.8667	18.9333		-1.06667	1.49
	17.8667		17.8000	.06667	
		18.9333	17.8000	1.13333	

Table-21 reveal that the mean score for the different level of tribal kabaddi players of Madhya Pradesh. National level mean value (17.8667), State level (18.9333) and district level (17.8000) state level were found superior to national level mean value hence it is concluded that there is no significant difference between national and state level tribal kabaddi players obtained mean difference value (MD) (1.06) which was less than the critical difference value (CD) (1.49), there was significance difference Between national level and district level mean score obtained mean difference value (MD) (.066) which was less than the critical difference value (CD) (1.49) mean score and between state and district level tribal kabaddi players no significance difference obtained mean difference value (MD) (1.13) which was less than the critical difference value (CD) (1.49) there was no significance different selected psychological variables Sports competition anxiety and among level (National, State and District) of tribal kabaddi players from Dhar Jhabua, Alirajpur and Barwani, of Madhya Pradesh.

Table -13 Analysis of Variance (ANOVA) for psychological variables like Sports competition anxiety, self-concept and Group-cohesion Non-Tribal Kabaddi players for the different level (National, State and District) level of Madhya Pradesh.

Table 6: Multiple competition (LSD with Post Hoc Test) of Tribal Kabaddi Players Selected Psychological Variables Self Concept

S.N.	Group mean			MD	CD
	National Level	State Level	District Level		
	30.5333	27.0667		3.46667	5.56
	30.5333		22.8000	7.73333*	
		27.0667	22.8000	4.26667	

Table-21 reveal that the mean score for the different level of tribal kabaddi players of Madhya Pradesh. National level mean value (30.5333), State level (27.0667) and district level (22.8000) state level were found superior to national level mean value hence it is concluded that there is no significant difference between national and state level tribal kabaddi players obtained mean difference value (MD) (3.46) which was less than the critical difference value (CD) (5.26), there

was significance difference Between national level and district level mean score obtained mean difference value (MD) (7.73*) which was more than the critical difference value (CD) (5.56) mean score and between state and district level tribal kabaddi players no significance difference obtained mean difference value (MD) (4.26) which was less than the critical difference value (CD) (5.56). It was no significance difference of selected psychological variables self-concept and among level (National, State and District) only between national and district level significance difference of tribal kabaddi players from Dhar Jhabua, Alirajpur and Barwani, of Madhya Pradesh.

Table 7: Multiple competition (LSD with Post Hoc Test) of Tribal Kabaddi Players Selected Psychological Variables Group cohesion

S.N.	Group mean			MD	CD
	National Level	State Level	District Level		
	84.6000	88.2667		-3.66667	7.69
	84.6000		88.0000	-3.40000	
		88.2667	88.0000	.26667	

Table-21 reveal that the mean score for the different level of tribal kabaddi players of Madhya Pradesh. National level mean value (84.6000), State level (88.2667) and district level (88.0000) state level were found superior to state level mean value hence it is concluded that there is no significant difference between national and state level tribal kabaddi players obtained mean difference value (MD) (3.66) which was less than the critical difference value (CD) (7.69), there was no significance difference Between national level and district level mean score obtained mean difference value (MD) (3.40) which was less than the critical difference value (CD) (7.69) mean score and between state and district level tribal kabaddi players no significance difference obtained mean difference value (MD) (.266) which was less than the critical difference value (CD) (7.69). It was no significance difference of selected psychological variables Group cohesion and among level (National, State and District) all groups no significance difference of tribal kabaddi players from Dhar Jhabua, Alirajpur and Barwani, of Madhya Pradesh.

Discussion of Findings

On the basis of the above findings we can say that psychological variables sports competition sports competition anxiety for the different level like national state and district no significance difference of all groups in Tribal Kabaddi Platers of Madhya Pradesh and second psychological variables self-concept for the different level like national state and district. Two groups were No significant different Between National and State level and No significant different Between State and District level, and one group was Significant different* Between National and District level groups in Tribal Kabaddi Plyers of Madhya Pradesh and last psychological variables of group cohesion no significance difference of all groups in Tribal Kabaddi Platers of Madhya Pradesh. The reason of these differences can be associated with above results this is probably due to the different nature of the physical components training and pre-requisite for students. Number of participation and level of participation. The reason may be attributed that the physically trained student or level of achievements and taken deferent types nutrition food. These results may be due to a small sample of size and other factors such as different types of body, differences in body composition. These results may be nutrition diet schedule deference. The reason may be Psychological variables like

stress, sports competition anxiety, aggression, fear, motivation confidence, attention concentration etc.

Conclusions

According to objectives of the study the following conclusions were drawn

1. To find out the Mean and Standard Deviation score of selected psychological variables like sports competition anxiety, self-concept and Group-cohesion tribal area of kabaddi players for the different level (National, State and District) of achievements of Madhya Pradesh
2. To find out the compare (f-value) and multiple compare of selected psychological variables like sports competition anxiety, self-concept and Group-cohesion tribal area of Kabaddi players for the different level (National, State and District) of achievements of Madhya Pradesh.

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