

ISSN: 2456-0057
 IJPNPE 2016; 1(2): 20-21
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 Impact Factor: RJIF 4.68
 www.journalofsports.com
 Received: 06-05-2016
 Accepted: 07-06-2016

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Anger and confusion mood state of group game players

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Abstract

Kho-Kho and atya-patya group games are the most ancient forms of outdoor sports; these group games were basically played by children in the simplest form of chasing and running.

The main objective of this study was to compare the anger and confusion mood state of national level Kho-Kho and atya-patya male players. To achieve the purpose of the study data was collected from sixty players of each game, who have represented different states in Kho- Kho and atya-patya game. The age of the subjects were ranging from 18-28 years. The data collected was treated with the statistical technique 't' and found there is a significant difference in anger and confusion mood state of group Game Players.

Keywords: Kho-Kho, Atya-Patya, anger, confusion, mood state

1. Introduction

Nature of human beings are competitive and aspire for excellence in every given field, even no exception to sports not only individuals but nations also wants to show their supremacy in the field of sports. This friendly rivalry has inspired and motivated all to sweat and strive to run faster, jump higher, throw faster, and exhibit greater strength, endurance and skill in the competition arena.

The unpredictability of the outcome is the most captivating component of the sports and games, which has fascinated the human race since their inception. Sports and games helps in lighting our consciousness while purifying the mind. Sports are all about growing. The other enduring element of sports celebrated status in society is its ability to provide much needed impetus to the body by muscles. These are known to recharge the body by reinvigorating the physiological as well as psychological aspects of human beings. Sports acts as a great enabler in positive utilization of pent-up energy and consequently led to enhanced concentration. They tend to promote gregarious, social and enjoyable environment. Sports and games are the lifeline of living beings thereby priming them for the challenges posed by the nature and fellows competitions. One of the fascinated aspect of the sports is that consciousness and concentration is at the crest while playing or engaging in sports.

During the past two decades sports psychology has emerged as a legitimate field of scientific enquiry. Researchers are afforded ample opportunity to observe, describe and explain the various psychological factors that influences diverse aspects of sports and physical activities.

Kho-Kho and atya-patya group games are the most ancient forms of outdoor sports; these group games were basically played by children in the simplest form of chasing and running.

2. Objective of the Study

The main objective of this study was to compare the anger and confusion mood state of national level Kho-Kho and atya-patya male players.

3. Methodology

To achieve the purpose of the study, data was collected from one hundred and twenty players, sixty from each game. Players have represented their respective states in Kho-Kho and atya-patya game at national level. Subjects are randomly selected. The age of the subjects were ranging from 18-28 years.

3.1 Statistical Technique

The collected data was analyzed by using 't' statistical technique with the help of 19th version of SPSS.

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4. Results

Table 1: Shows mean value, standard deviation and 't' score of anger of Kho-Kho and Atya-Patya male players.

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Atya-Patya	60	75.92	18.25	9.40*
2.	Kho-Kho	60	51.85	7.76	

*significant at 0.05 level.

Graphical representation of mean value of anger between Atya-Patya and Kho-Kho players is shown in figure 1.

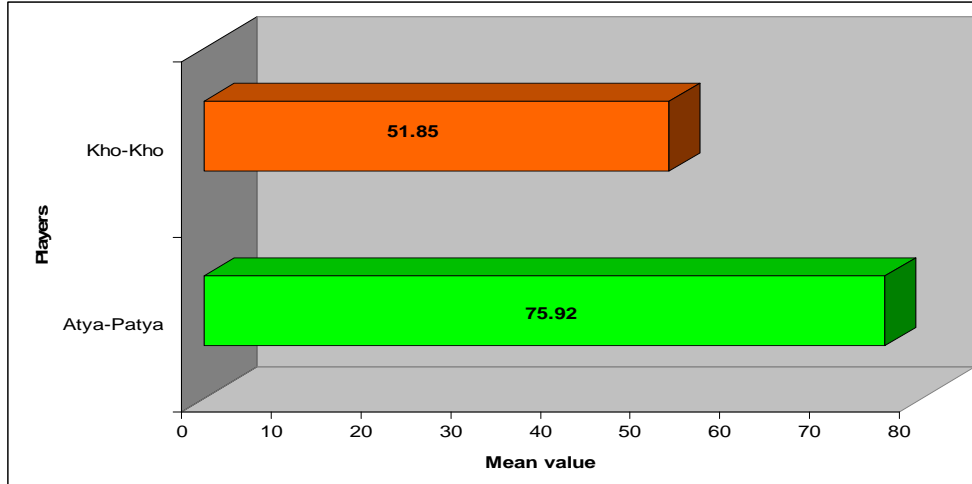
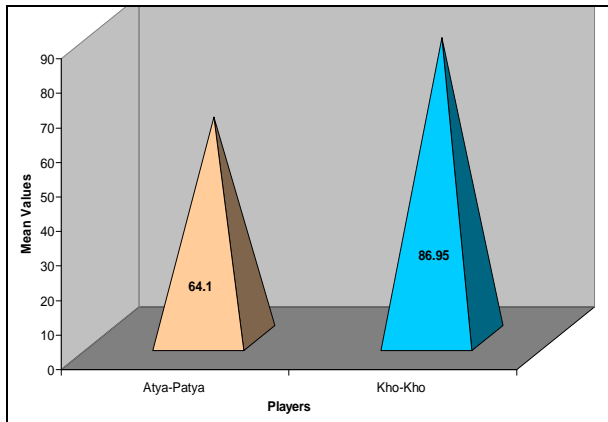


Table 2: Shows mean value, standard deviation and 't' score of confusion of Kho-Kho and Atya- Patya male players.

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Atya-Patya	60	64.10	13.13	7.54*
2.	Kho-Kho	60	86.95	19.45	

*significant at 0.05 level.

Graphical representation of mean value of anger between Atya-Patya and Kho-Kho players is shown in figure 2.



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5. Discussion on Findings

There is a significant difference in will to win psychological aspect between Kho-Kho and Atya-Patya male players. In this psychological concept Kho-Kho male players have shown more will to win determination than atya-patya players because when both the games are compared kho-kho players are having more movement and strategies than the atya-patya game.

6. References

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