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Relationship of selected psychological skills with level of achievement of Kho kho players in Kerala

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Abstract

The purpose of the study was to find out the relationship of selected psychological skills to level of achievement of kho kho players in Kerala. The subjects of the study were 90 kho kho players who practiced in different coaching centres in Kerala, out of which 45 were male and others were female. The variables selected for the study were: 1) Psychological Skills such as Arousal Regulation, Goal Setting, Imagery, Attention, Motivation, Self-Awareness, Self-Confidence and Total Psychological Skills. Psychological skills were assessed by Psychological Skills Assessment Scale developed by Dr. Lalit Sharma and Dr. Mallika Sharma. 2) Level of achievement which was assessed by interview with the player. Data were collected by meeting the players personally with the consent from the coaches from the coaching centres. Descriptive statistics such as mean, standard deviation, minimum score and maximum score were calculated to understand the nature of spread of the data. To find out the relationship between selected psychological variables to level of achievement Pearson product Moment Correlation was computed. Arousal Regulation and Total Psychological Skills of female players showed significant positive relationship to level of achievement whereas Imagery and Motivation of female players showed negative relationship. Goal Setting, Attention, Self-Awareness and Self-Confidence showed positive but not significant relationship to level of achievement of female players. Arousal Regulation of male players showed no relationship to level of achievement. Total Psychological Skills showed non-significant positive relationship and Goal Setting, Imagery, Attention, Motivation, Self-Awareness and Self-Confidence showed non-significant negative relationship to level of achievement of male kho kho players.

Keywords: relationship, selected psychological skills, achievement of Kho kho players, Kerala

1. Introduction

Human mind is complex. Psychology studies the processes and phenomena going through the human mind. Sport is a field where human potential is tested and confronted with many problems. Human capabilities are exaggerated there in order to achieve excellence. If one can understand his psychological strengths and weakness then he can manage it well and achieve better result.

Kho-kho is a very fast and agile game played in a comparatively smaller field surrounded by lot of spectators. Players have to be psychologically strong enough to take quick and efficient decisions and they have to with stand the deviations developed by the spectators and opponents. There are many psychological skills like arousal, attention. Imagery, goal setting, self-appreciation, self-confidence that contributes to better sports performance.

One can achieve better if they are psychologically fit enough. As a result of advancement of modern training methodology, players competing in a particular level will have almost same level of physical and physiological status. The winners are born out of mental strength. Those are psychologically fit enough to confront the problems will succeed.

Here the researchers make an attempt to study whether there is any relationship between the psychological skills and level of achievement of kho-kho players in Kerala.

2. Materials and Methods

The subjects of the study were 90 kho kho players who practiced in different coaching centres in Kerala, out of which 45 were male and others were female. The subjects were further selected on the basis of their level of achievement i.e. 15 each from district level, 15 from state

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and 15 from national level participation. Their age ranged between 18 and 25 years. The variables selected for the study were: 1) Psychological Skills such as Arousal Regulation (AR), Goal Setting (GS), Imagery (I), Attention (A), Motivation (M), Self- Awareness (SA), Self-Confidence (SC) and Total Psychological Skills (TPS). Psychological skills were assessed by Psychological Skills Assessment Scale developed by Dr. Lalit Sharma and Dr. Mallika Sharma. 2) Level of achievement which was assessed by interview with the player. Data were collected by meeting the players personally with the consent from the coaches from the coaching centres. Descriptive statistics such as mean, standard deviation, minimum score and maximum score were calculated to understand the nature of spread of the data. To find out the relationship between selected psychological variables to level of achievement Pearson product Moment Correlation was computed. For the study the level of significance was chosen at 0.05 level. Data were analysed using Statistical Package for Social Sciences (SPSS) 21.0 version.

3. Results and Discussion

Following results were drawn from the analysis of the data collected.

Table 1 depicts the correlation coefficients of selected psychological skills of female kho kho players with level of achievement. When comparing with the critical values for correlation only Arousal Regulation shows a significant positive correlation with level of achievement among female players. This means that as level of achievement increased the Arousal regulation also increased. Imagery and Motivation showed negative but insignificant correlation. As level of achievement increased imagery and motivation of female kho kho players reduced in an insignificant manner. Goal setting, Attention, Self-Awareness, self Confidence and Total Psychological Skills of female players showed insignificant positive correlation.

From this it may be concluded that as players advance to higher level of competition either they lose imagery and motivation or they give least importance to those aspects at the same time improves arousal regulation.

Table 1: Relationship of Selected Psychological Skills with Level of Achievement of Male Kho Kho Players

		LOA	AR	GS	I	A	M	SA	SC	TPS
LOA	Pearson Correlation	1	.000	-.147	-.231	-.320*	-.026	-.129	-.209	-.170
	Significance		1.000	.336	.126	.032	.864	.398	.167	.263
AR	Pearson Correlation		1	.419**	.245	.387**	.367*	.433**	.525**	.571**
	Significance			.004	.105	.009	.013	.003	.000	.000
GS	Pearson Correlation			1	.486**	.320*	.298*	.555**	.563**	.628**
	Significance				.001	.032	.047	.000	.000	.000
I	Pearson Correlation				1	.282	.515**	.206	.293	.587**
	Significance					.061	.000	.175	.051	.000
A	Pearson Correlation					1	.164	.157	.445**	.424**
	Significance						.281	.302	.002	.004
M	Pearson Correlation						1	.079	.181	.408**
	Significance							.606	.235	.005
SA	Pearson Correlation							1	.522**	.563**
	Significance								.000	.000
SC	Pearson Correlation								1	.695**
	Significance									.000
TPS	Pearson Correlation									1
	Significance									

** $r_{0.01}(88) = 0.267$

* $r_{0.05}(88) = 0.205$

Table 2: Relationship of Selected Psychological Skills with Level of Achievement of Female Kho Kho Players

		LOA	AR	GS	I	A	M	SA	SC	TPS
LOA	Pearson Correlation	1	.424**	.259	-.258	.269	-.014	.188	.223	.268
	Significance		.004	.085	.087	.074	.929	.216	.141	.075
AR	Pearson Correlation		1	.581**	.191	.621**	.236	.465**	.614**	.814**
	Significance			.000	.209	.000	.118	.001	.000	.000
GS	Pearson Correlation			1	.268	.455**	.353*	.365*	.521**	.723**
	Significance				.075	.002	.018	.014	.000	.000
I	Pearson Correlation				1	.386**	.352*	.245	.349*	.542**
	Significance					.009	.018	.105	.019	.000
A	Pearson Correlation					1	.083	.397**	.562**	.735**
	Significance						.586	.007	.000	.000
M	Pearson Correlation						1	.264	.298*	.528**
	Significance							.080	.047	.000
SA	Pearson Correlation							1	.264	.647**
	Significance								.080	.000
SC	Pearson Correlation								1	.750**
	Significance									.000
TPS	Pearson Correlation									1
	Significance									

** $r_{0.01}(88) = 0.267$

* $r_{0.05}(88) = 0.205$

Table 2 presents the correlation coefficients of selected psychological skills of male kho kho players with level of achievement. When comparing with the critical values for correlation only Attention shows a significant negative correlation with level of achievement among male players. This means that as level of achievement increased the Attention decreased. Arousal Regulation showed no correlation. Which means Arousal Regulation did not affect kho kho players even if their level of achievement increased. Goal Setting, Imagery, Motivation, Self-Awareness, Self Confidence and Total Psychological Skills showed negative but insignificant correlation to level of achievement.

From this it may be concluded that as players advance to higher level of competition attention is reduced significantly. Arousal regulation had no impact on level of achievement. All other skills decreased in an insignificant fashion.

In Kerala kho kho players and coaches give least importance to psychological skills training and they never utilise the service of psychologists. It is also reflected in their game also. If they incorporate psychological skills training into their coaching/ training aspect their performance may be benefited.

4. Conclusion

From the analysis of data the following conclusions were drawn:

1. Arousal Regulation of female players showed significant positive relationship to level of achievement.
2. Imagery and Motivation of female players showed insignificant negative relationship to level of achievement.
3. Goal Setting, Attention, Self-Awareness and Self-Confidence showed positive but not significant relationship to level of achievement of female players.
4. Attention shows a significant negative correlation with level of achievement among male players.
5. Arousal Regulation showed no correlation.
6. Goal Setting, Imagery, Motivation, Self Awareness, Self Confidence and Total Psychological Skills showed negative but insignificant correlation to level of achievement.

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