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## Relationship of selected psychological variables to the performance in Karate and Kalaripayattu

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### Abstract

The purpose of the study was to find out the relationship of Self-confidence and Aggression to performance in Karate and Kalaripayattu. The secondary purpose of the study was to find out the difference in psychological characteristics among the participants of Karate and Kalaripayattu. Thirty male subjects each from Karate and Kalaripayattu belongs to the district Malappuram were selected for the study. The subject had 6-8 years of training background and their age was between 18 - 25. The following psychological variables were selected for the purpose of the study; namely Self Confidence and Aggression. The confidence level data was collected from the subjects by using the questionnaire developed by Philippa David "how do you respond" and to measure the data on aggression level was collected from the subject by using the questionnaire developed by Tiwari and Chauhan. For the purpose of analyzing the relationship of selected psychological variables to the performance of Kalaripayattu and Karate players, Pearsons product moment method of correlation was applied and to find out the difference in self-confidence and aggression of Karate and Kalaripayattu dependent's' test was calculated. The level of significance was set at 0.05 level. Within the delimitation and limitation of the present study on the basis of the obtained following results are; There was significant relationship on self-confidence to the performance of Karate and Kalaripayattu participants, There was no relationship of aggression to the performance of Karate and Kalaripayattu participants. And there was no significant difference in self-confidence and aggression in both Karate and Kalaripayattu participants. The reason for the above results may be due to the fact that Karate and Kalaripayattu are being contact games and individual event the person participating in these sports required self-confidence to meet the opponent in a successful manner. The reason for no relationship between aggressions to performance in this event may be, the aim of a player is to get maximum point over the opponent. Hence one required to have perfect skill and technique to be successful in these sports. There is no need to injure or harm the opponent. Hence the aggression level may be minimum for Karate and Kalaripayattu performance. The results of the present study are in agreement with the Terry PC, Slade (1995) [6].

**Keywords:** Psychological variables, performance, Karate and Kalaripayattu

### Introduction

Psychological characteristics of sports person have an important role in the performance in a sports activity. Sports performance and psychology are interlinked. Depending upon the nature and demand of the particular activity the characteristics will also vary. A sport brings about changes in the behavior and attitude of individuals through training and participation. An individual with a suitable psychological makeup will always have better chance to win a completion. Success in sports is facilitated by self -confidence, productive cognitive strategies and copying mechanisms, adherence to personality optimal patterns of pre competitive and competitive emotions and extreme level of commitment and determination.

Karate originated in Japan and is practiced primarily for sport. It involves the typical kicking, punching, and elbows and also incorporates open hand techniques. The main focus is on attack deflection, controlling and disabling attacks that come from directly in front of us. Instead of focusing on hits to the face and head, punches are directed towards the solar plexus, just below the sternum, a weak point on the body. This will effectively knock the air out of the opponent and disable them (Eva Dixon, April 16, 2014) [4].

Kalaripayattu the oldest martial art form of Kerala in South India, is formed by the combination of two words Kalari means school, gymnasium and Payattu means to fight or

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exercise. This unique martial art form is said to be more than 2000 years old. Kalaripayattu is said to be very old form of martial art and has its connection with the fighting arts described by the Vishnu Purana as one of the eighteen traditional branches of knowledge. Kalaris are the schools where training in this martial art form is imparted by Gurukals or masters According to historic believes this martial art form is indigenous to the Southern Indian state of Kerala which legend has it, was created by the sage Parasurama, an incarnation of Lord Vishnu, by throwing his axe into the sea which receded till the point where it fell. Parasurama then established forty-two kalaris and taught twenty-one masters of these kalaris to protect the land he created. Till then it's evident that this historic martial art form has been deep rooted in the traditional form of Kerala and is still flourishing with pride and glory.

**Objectives of the study**

The purpose of the study was to find out the relationship of Self-confidence and Aggression to performance in Karate and Kalaripayattu. The secondary purpose of the study was to find out the difference in psychological characteristics among the participants of Karate and Kalaripayattu.

**Significance of the Study**

1. To find out the influence of self-confidence and aggression level on performance of athletes participating in Karate and Kalaripayattu.
2. To find out the difference, if any on selected psychological variables of Karate and Kalaripayattu participants.
3. Based on the result of the study, the instructors of Karate and Kalaripayattu can give adequate emphasis on the selected psychological variables

**Review of Related Literature**

Terry PC, Slade A conducted a study on Discriminant effectiveness of psychological state measures in predicting performance outcome in karate competition Male Shotokan karate players (Karnataka) (N = 208) completed the Competitive State Anxiety Inventory-2 and the Profile of Mood States about 40 minutes before a competition. Single-factor multivariate analysis of variance of pre-performance mood and anxiety scores indicated significant differences between winning and losing competitors. Winners scored higher on Vigor, Anger, and Self-confidence, and lower on Tension, Depression, Fatigue, Confusion, Cognitive Anxiety, and Somatic Anxiety. Discriminant function analysis showed that 91.96% of participants could be correctly classified as winners or losers on the basis of pre-performance mood scores. This figure rose to 93.47% when scores on the anxiety subscales were also included in the discriminant function analysis. Anxiety scores alone produced 78.89% discrimination. Mood profiles for winning karate were in line with the "mental health" profile of Morgan except for above-average scores on Anger. This result supports the view of McGowan and Miller that anger may facilitate performance in karate competition. The capacity of measures of psychological state to discriminate performance exceeds previous reports, suggesting that karate performance may be exceptionally mood-dependent. These results suggest that interventions, which increase scores on Vigor and Anger and

reduce scores on Tension, Depression, Fatigue, and Confusion may be particularly efficacious for Shotokan karate performance. For effective training and improving performance.

**Methodology**

**Selection of subjects**

Thirty male subjects each from Karate and Kalaripayattu belongs to the district Malappuram were selected for the study. The subject had 6-8 years of training background and their age was between 18-25.

**Selection of variables**

The following psychological variables were selected for the purpose of the study; namely Self Confidence and Aggression.

**Selection of Test Items**

a Confidence level questionnaire - The confidence level data was collected from the subjects by using the questionnaire developed by Philippa David "how do you respond". b) Questionnaire of aggression - To measure the data on aggression level was collected from the subject by using the questionnaire developed by Tiware and Chauhan.

**Statistical Techniques**

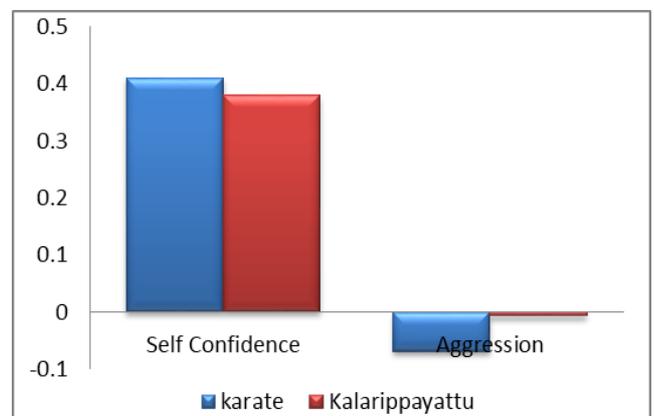
For the purpose of analyzing the relationship of selected psychological variables to the performance of Kalaripayattu and Karate players, Pearsons product moment method of correlation was applied and to find out the difference in self-confidence and aggression of Karate and Kalaripayattu dependent's' test was calculated. The level of significance was set at 0.05 level.

**Data Analysis**

**Table 1:** Relationship between selected psychological variable to the Performance

Subjects	Psychological variables	Co-efficient of correlation
Karate	Self confidence	0.41*
	Aggression	-0.069
Kalaripayattu	Self-confidence	0.38*
	Aggression	-0.007

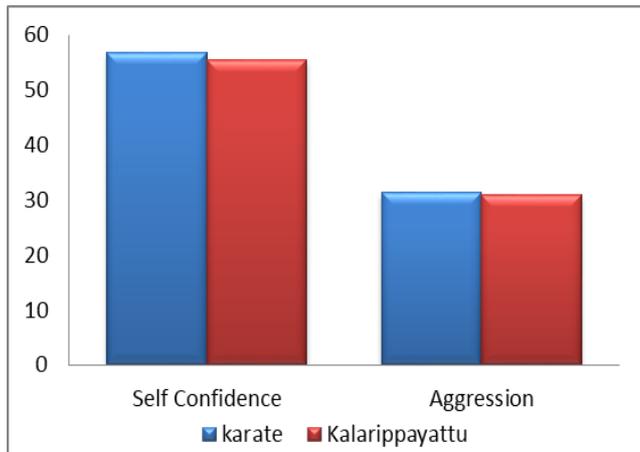
\*Significance at 0.5 level



**Fig 1:** Graphical representation of relationship between selected psychological variable to the Performance

**Table 2:** Comparison of Self-confidence and Aggression between selected groups

Variable	Kalaripayattu		Karate		DM	SDM	't' ratio
	Mean	SD	Mean	SD			
Self Confidence	55.46	9.04	56.73	8.34	1.27	2.24	0.57
Aggression	30.90	3.69	31.37	5.35	0.47	0.185	0.39

**Fig 2:** Graphical representation of comparison of Self-confidence and Aggression between selected groups

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### Discussion and Findings

The study was conducted on male Karate and Kalaripayattu participants. The subject's chosen were from Malappuram and Kannur districts. The purpose of the study was to find out the relationship between self-confidence and aggression of Karate and Kalaripayattu participants. Within the delimitation and limitation of the present study on the basis of the obtained following results are:

1. There was significant relationship on self-confidence and no relationship of aggression to the performance of Karate participants.
2. There was significant relation on self-confidence and aggression to the performance of kalaripayattu participants.
3. There was no significant difference in self-confidence and aggression in both Karate and Kalaripayattu participants.

The reason for the above results may be due to the fact that Karate and Kalaripayattu are being contact games and individual event the person participating in these sports required self-confidence to meet the opponent in a successful manner. The reason for no relationship between aggressions to performance in this event may be, the aim of a player is to get maximum point over the opponent. Hence one required to have perfect skill and technique to be successful in these sports. There is no need to injure or harm the opponent. Hence the aggression level may be minimum for Karate and Kalaripayattu performance. The results of the present study are in agreement with the Terry PC and Slade (1995) [6].

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