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## Comparative analyzes of team effectiveness and selected psychological variables among inter university level kabaddi players

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### Abstract

The purpose of the study was to analyze the team effectiveness and selected psychological variables among Kabaddi players. Four different University men Kabaddi teams participated in the south zone, inter university men Kabaddi tournament organized by Satyabhama University, Chennai during September 2017 were selected as subjects. They are Manonmaniam Sundarnar University, Tamil Nadu Physical education & Sports University, Bharathidasan University and Bharathiar University. Team Effectiveness (Dependability, Cooperation, and Sharing), Sports Achievement Motivation, Self-Concept and Aggression were selected as variables. Analysis of variance was used to find out the significant differences among the kabaddi players on team effectiveness, sports achievement motivation, self-concept and aggression. If 'F' ratio was significant, the scheffe's post-hoc test was used. The results of the study showed that there was significant difference in Team Effectiveness (Dependability) and Sports Achievement motivation among south zone inter university participated players in Tamil Nadu Physical Education University, Manonmaniam Sundaranar University, Bharathidasan University, and Bharathiyar University players. The results of the study showed that there was no significant difference in Team Effectiveness (Sharing, Co-operation), Self-Concept and Aggression among south zone inter university participated players in Tamil Nadu Physical Education University, Manonmaniam Sundaranar University, Bharathidasan University, and Bharathiyar University players.

**Keywords:** Effectiveness, psychological variables

### Introduction

Sport is a psycho-social activity, Sports psychology focuses on learning performance and training performance. Sports psychology considers both the participants and the spectators' emotional factors like tension, anxiety, stress and motivation. Which are plays an important role in sports psychology certain amount of tension, anxiety is necessary to put forth the best performance. It has both psychological and social dimensions besides physical, psycho-logical and technical aspects. Most of the nation's share a common interest in sports competitions especially at certain times during the Olympic Games where people from all nations focus their attention on that drama at competition.

Sports psychology focuses on learning performance and training performance sports psychology considers both the participants and the spectators' emotional factors like tension, anxiety, stress and motivation plays an important sale in sports psychology certain amount of tension, anxiety is necessary to put forth the best performance. The various personality factors like extrovert, intelligence, emotional stability, dominance reserved anxiety etc. affect the performance at athlete's sports psychology helps to make sports more attractive to prospective athletes' family and economic conditions are to play an important part in sport psychology (Thelma, 1992) [1].

An individual's reaction in sport has been described as on interaction of personal factors and situational constraints. However, as every coach and athlete know, we are not always dealing with just the individual athlete. In essence, a coach usually has to deal with a group of athletes who make up a team; somehow all these individuals have to mesh together for the common goals of the team. This does not mean that individual needs, interests, personalities, and abilities are not considered,

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but instead points out how difficult it can be to have diverse individuals working together in a group framework (White, 1970)<sup>[2]</sup>.

**Procedure**

The purpose of the study was to analyze the team effectiveness and selected psychological variables among Kabaddi players. It was hypothesis that there would be a significant difference in team effectiveness among men university Kabaddi players. It was hypothesis that there would be a significant difference in self-concept among men university Kabaddi players. It was hypothesis that there would be a significant difference in aggression among men university Kabaddi players. It was hypothesis that there would be a significant difference in sports achievement motivation among men university Kabaddi players.

The ultimate aim of the good research in physical education is to help the coaches and physical educators to train their athletes and players based on new concepts to improve their performance. Four different University men Kabaddi teams participated in the south zone, inter university men Kabaddi tournament conducted by Satyabhama University, Chennai during September 2017 were selected as subjects. They are Manonmaniam Sundarnar University, Tamil Nadu Physical education & Sports University, Bharathidasan University and Bharathiar University.

**Methodology**

Forty subjects were selected from the south zone and Inter University men’s Kabaddi Tournament organized by Satyabhama University, Chennai during September 2017.

Forty players randomly were selected as subjects for this study. Ten players from each from Tamil Nadu Physical Education University, Manonmaniam Sundaranar University, Bharathidasan University, and Bharathiyar University players in south zone inter university men kabaddi tournament were selected as subjects.

In the field of psychology there are many variables such as the following variables Team Effectiveness (Dependability, Cooperation, and Sharing), Sports Achievement Motivation, Self Concept and Aggression were selected. etc., plays a vital role in determining their performance.

**Tools used**

To collect utilizing the following questionnaires collected the data from subjects’ psychological variables. The team effectiveness scale questionnaire developed by Dr, Santhosh Dhar and Dr. Upinder Dhar was used to set the details of team effectiveness. (Dependability, Co-operation, Sharing). The “Achievement motivation test” questionnaire developed by M.L. Kamalesh was used to set the details of (SAMT). “Self-concept scale” questionnaire developed by piens-harsis was used to set the detail s of self-concept. The “Aggression” questionnaire developed by KM. Rimapal, Dr. Smt. Tasneemnagui was used to set the details of aggression.

In this study the analysis of variance was used to find out the significant differences among the kabaddi players on team effectiveness, sports achievement motivation, self-concept and aggression. If ‘F’ ratio was significant, the scheffe’s post-hoc test was used.

**Analysis of data and results of the study**

**Table 1:** Analysis of variance on team effectiveness and selected psychological variables among south zone inter university participated men kabaddi players

Variables	Sources of Variance	SS	DF	MS	F
Dependability	Between	530.4	3	176.8	7.68*
	With in	829.2	36	23.03	
Co-operation	Between	320.27	3	106.76	2.43
	With in	1582.1	36	43.95	
Sharing	Between	11.7	3	3.9	2.00
	With in	70.2	36	1.95	
Sports achievement motivation	Between	131.2	3	43.73	3.18*
	With in	494.4	36	13.73	
Self-concept	Between	6.67	3	2.22	0.61
	With in	131.3	36	3.65	
Aggression	Between	6.9	3	2.3	0.01
	With in	6581	36	182.81	

\*Significance at 0.05 level (3, 36) = 2.66

The obtained F ratio for the dependability and sports achievement motivation was 7.68 and 3.18, since the F – value was higher than the required table value of 2.66 for the degrees of freedom 3 and 36, it was significant at 0.05 level of confidence. The obtained F ratio for the co-operation, sharing, self-concept and aggression were 2.43, 2.00, 0.61 and 0.01, since the F – value was less than the required table value of 2.66 for the degrees of freedom 3 and 36, it was not

significant at 0.05 level of confidence.

Further these results show that kabaddi players of different universities were having significance deference in dependability and sports achievement motivation.

Weather in the cases of co-operation, sharing, self-concept and aggression there is no significant difference among the selected team university players.

**Table 2:** Scheffe's test for the differences between the paired means of (team effectiveness) dependability

M.S. U	Bharathidasan	Bharathiyar	TNPESU	Mean Differences	C.I
37.4	37	-	-	0.40	7.78
37.4	-	35.6	-	1.80	
37.4	-	-	28.4	9.00*	
-	37	35.6	-	1.40	
-	37	-	28.4	8.60*	
-	-	35.6	28.4	7.20	

\*Significant at 0.05 level

Table 2 indicates that the mean difference of dependability between south zone inter university participated players. The obtained mean difference of paired means between the MSU and TNPESU was 9.00 and between Bharathaidasan and TNPASU was 8.60, it was significant at 0.05 level of confidence. In the case of other between other paired means between MSU and Bharathidasan (0.40), MSU and Bharathiar

(1.80), Bharathidasan and Bharathiar (1.40) and bhrathiar and TNPESU (7.20) were found to be not significant at 0.05 level of confidence.

It reveals that there are significant differences exist only on dependability between MSU and TNPESU and between Bharathaidasan and TNPASU.

**Table 3:** Scheffe's test for the differences between the paired means of sports achievement motivation

M.S. U	Bharathidasan	Bharathiyar	TNPESU	Mean Differences	C.I
27.4	25	-	-	2.40	4.64
27.4	-	23	-	4.40	
27.4	-	-	23	4.40	
-	25	23	-	2.00	
-	25	-	23	2.00	
-	-	23	23	0.00	

\*Significant at 0.05 level

Table 3 indicates that the mean difference between south zone inter university participated players, 2.4 was less than that confidence interval value 4.64 and at reveals that there was no significant difference exist in sports achievement motivation between participated players of south zone inter university men kabaddi tournament and also the mean difference value of participated players 4.4, 4.4, 2, 2 and 0 respectively were less than that of confidence interval value 4.64.

It reveals that there was no significant difference exist on sports achievement motivation between Tamil Nadu Physical Education University, Manonmaniam Sundaranar University, Bharathidasan University, and Bharathiyar University players in south zone inter university men kabaddi tournament.

### Discussion on Findings

The results and figures, the study showed that there was clearly defined the psychological variables among south zone inter university participated players. The results of the study showed that there was significant difference in Team Effectiveness (Dependability) and Sports Achievement motivation among south zone inter university participated players in Tamil Nadu Physical Education University, Manonmaniam Sundaranar University, Bharathidasan University, and Bharathiyar University players.

The results of the study showed that there was no significant difference in Team Effectiveness (Sharing, Co-operation), Self-Concept and Aggression among south zone inter university participated players in Tamil Nadu Physical Education University, Manonmaniam Sundaranar University, Bharathidasan University, and Bharathiyar University players.

### Conclusions

On the basis of the results obtained from the study the following conclusions were drawn. The results of the study showed that there was significant difference in Team Effectiveness (Dependability) and Sports Achievement motivation among south zone inter university participated players in Tamil Nadu Physical Education University, Manonmaniam Sundaranar University, Bharathidasan University, and Bharathiyar University players.

The results of the study showed that there was no significant difference in Team Effectiveness (Sharing, Co-operation), Self-Concept and Aggression among south zone inter university participated players in Tamil Nadu Physical Education University, Manonmaniam Sundaranar University, Bharathidasan University, and Bharathiyar University players.

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