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Analysis on aggression and self-esteem among rural urban semi urban Kabaddi women players

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Abstract

This study delves into the analysis of aggression and self-esteem among women Kabaddi players from rural, urban, and semi-urban backgrounds. The research aims to uncover potential disparities in these psychological attributes based on the players' diverse living environments. A sample of participants was selected using a purposive sampling technique, resulting in a diverse representation of 150 women Kabaddi players. Aggression and self-esteem were measured using established psychological scales, and the data obtained were subjected to statistical analysis. The findings of the study revealed intriguing insights into the psychological dynamics of women Kabaddi players across different living environments. Analysis using appropriate statistical methods, such as ANOVA, highlighted significant variations in aggression and self-esteem levels among the rural, urban, and semi-urban groups. These variations suggest that the distinct socio-cultural, economic, and environmental factors associated with each setting may contribute to the observed differences in psychological attributes.

Keywords: Aggression, self-esteem, rural, urban, semi-urban, women Kabaddi players, psychological attribute

Introduction

In recent years, sports psychology has garnered increasing attention for its role in understanding the psychological attributes that influence athletes' performance and well-being. Among these attributes, aggression and self-esteem stand out as crucial factors that can significantly impact an athlete's approach to competition and overall mental state (Deci & Ryan, 2008; Weinberg & Gould, 2014) [6, 15]. Kabaddi, a traditional sport with a rich history, has gained prominence on both national and international platforms, particularly among women players. The psychological dynamics of women athletes in Kabaddi, particularly in relation to their living environments, have become a subject of growing interest.

The field of sports psychology recognizes that an athlete's mind set and psychological attributes are pivotal components of their overall success and well-being (Mellalieu *et al.*, 2009; Van Raalte *et al.*, 2020) [9, 14]. Aggression, often perceived as a complex blend of intensity and assertiveness, plays a multifaceted role in an athlete's performance and interactions both on and off the field (Gould *et al.*, 2013) [7]. Self-esteem, on the other hand, underpins an athlete's self-worth and belief in their capabilities, directly influencing their motivation, resilience, and performance outcomes (Robson & Cook, 2006; Hagger *et al.*, 2019) [11, 8].

The global resurgence of Kabaddi has led to increased attention on the sport's various dimensions, including the psychological aspects that contribute to an athlete's success. Kabaddi's unique blend of physicality, strategy, and mental acuity requires players to navigate intricate challenges both individually and collectively (Narula *et al.*, 2017) [10]. Particularly among women players, who have been making significant strides in Kabaddi, understanding the psychological dynamics becomes imperative as they juggle societal expectations, competitive pressures, and personal aspirations.

Furthermore, the living environment, characterized by factors such as socio-cultural background, economic conditions, and urbanization levels, can exert a profound influence on

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an athlete's psychological attributes (Sagar & Stoeber, 2009; Schneider *et al.*, 2018) ^[12, 13]. These influences are particularly pertinent in the context of Kabaddi, where players come from diverse backgrounds spanning rural, urban, and semi-urban settings. The interplay between living environments and psychological attributes becomes a critical area of exploration to gain insights into how athletes' mental states are shaped by the broader context they inhabit.

This study seeks to unravel the intricate relationships between aggression, self-esteem, and living environments among women Kabaddi players. By investigating how these psychological attributes are influenced by diverse backgrounds, this research aims to contribute to the evolving discourse surrounding women's participation in Kabaddi and provide valuable insights for enhancing both performance and well-being in the sport.

Methodology

Participants: A sample of participants was selected using a purposive sampling technique, resulting in a diverse representation of 150 women Kabaddi players. Aggression and self-esteem were measured using established psychological scales, and the data obtained were subjected to statistical analysis. The findings of the study revealed intriguing insights into the psychological dynamics of women Kabaddi players across different living environments. Analysis using appropriate statistical methods, such as ANOVA. All the statistics were performed with 0.05 level of significant.

Analysis of Data

The result on the physical variable Aggression among the urban, semi, urban and rural Kabaddi players of Tamil Nadu is presented in Table 1.

Table 1: Showing the analysis of variance on the means obtained from urban, semi urban and rural Kabaddi players on aggression

Mean Values of Kabaddi Players			Source of Variance	Sum of Square	DF	Mean Square	F
Urban	Semi Urban	Rural					
202.20	206.04	216.40	Between	2697.63	2	1348.81	10.77*
			Within	9014.96	72	125.21	

*Significant at 0.05 level

Table 4.1 shows that the mean values in aggression for urban Kabaddi players were 202.20, semi urban Kabaddi players were 206.04 and rural Kabaddi players was 216.40. The differences were subjected to statistical analysis and it was found that the obtained F value 10.77 was greater than the required F value of 3.10 to be significant at 0.05 level. Hence,

it was found that there were significant differences between the groups tested.

Since significant differences were obtained the data were further subjected to statistical treatment using Scheffe's confidence interval and the results are presented in Table 2.

Table 2: Scheffe's confidence interval test scores on aggression

Means			Mean Difference	CI Value
Urban	Semi Urban	Rural		
202.20	206.04		3.84	8.84
202.20		216.40	14.2*	
	206.04	216.40	10.36*	

* Significant at 0.05 level of confidence

The results presented in Table 2 showed that the mean difference between urban and rural Kabaddi players was 14.2. Semi urban and rural Kabaddi players was 10.36. The required mean difference to be significant at 0.05 level was 8.84. The mean difference between urban and semi urban

Kabaddi players 3.84 lesser than the required value of 0.18, hence it was found insignificant at 0.05 level.

The mean values presented in Table 1 were presented through a line diagram in Figure 1 for better understanding of the results

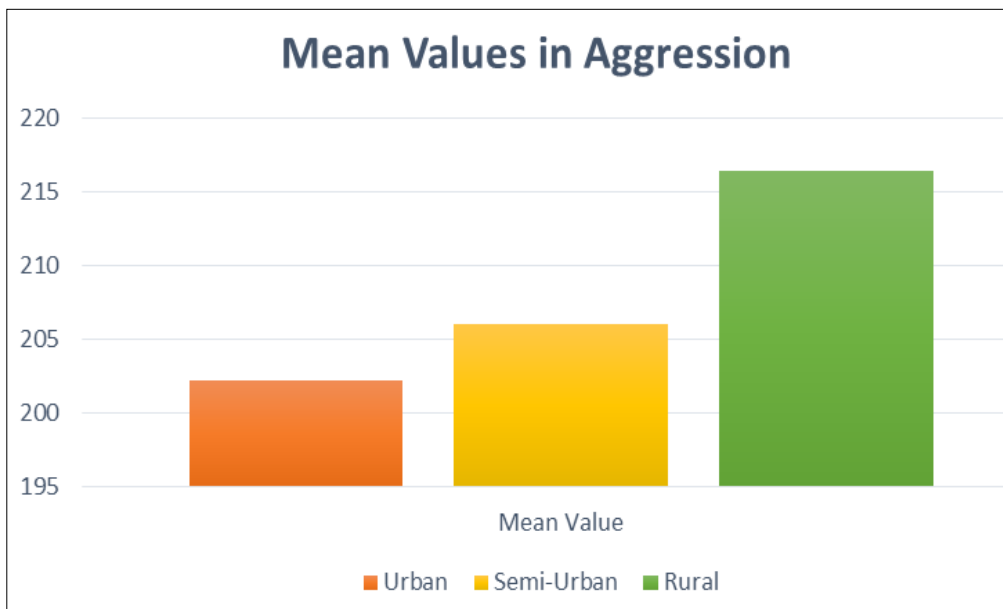


Fig 1: Bar diagram showing the aggression mean values in aggression among urban, semi urban and rural Kabaddi players

Table 3: Showing the analysis of variance on the means obtained from urban, semi urban and rural Kabaddi players on self esteem

Mean Values of Kabaddi Players			Source of Variance	Sum of Square	DF	Mean Square	F
Urban	Semi Urban	Rural					
18.92	19.24	21.52	Between	100.507	2	50.253	33.31*
			Within	108.640	72	1.509	

Table 4: Scheffe's confidence interval test scores on self-esteem

Means			Mean Difference	CI Value
Urban	Semi Urban	Rural		
18.92	19.24		0.32	0.97
18.92		21.52	2.6*	
	19.24	21.52	2.28*	

* Significant at 0.05 level of confidence

Table 4.3 shows that the mean values in self-esteem for urban Kabaddi players were 18.92, semi urban Kabaddi players were 19.24 and rural Kabaddi players was 21.52. The differences were subjected to statistical analysis and it was found that the obtained F value 33.31 was greater than the required F value of 3.10 to be significant at 0.05 level. Hence, it was found that there were significant differences between the groups tested. Since significant differences were obtained the data were further subjected to statistical treatment using Scheffe's confidence interval and the results are presented in Table 4.

The results presented in Table 4 showed that the mean difference between urban and rural Kabaddi players was 2.6. Semi urban and rural Kabaddi players was 2.28. The required mean difference to be significant at 0.05 level was 0.97. The mean difference between urban and semi urban Kabaddi players 0.32 lesser than the required value of 0.97, hence it was found insignificant at 0.05 level.

The mean values presented in Table 3 were presented through a line diagram in Figure 2 for better understanding of the results.

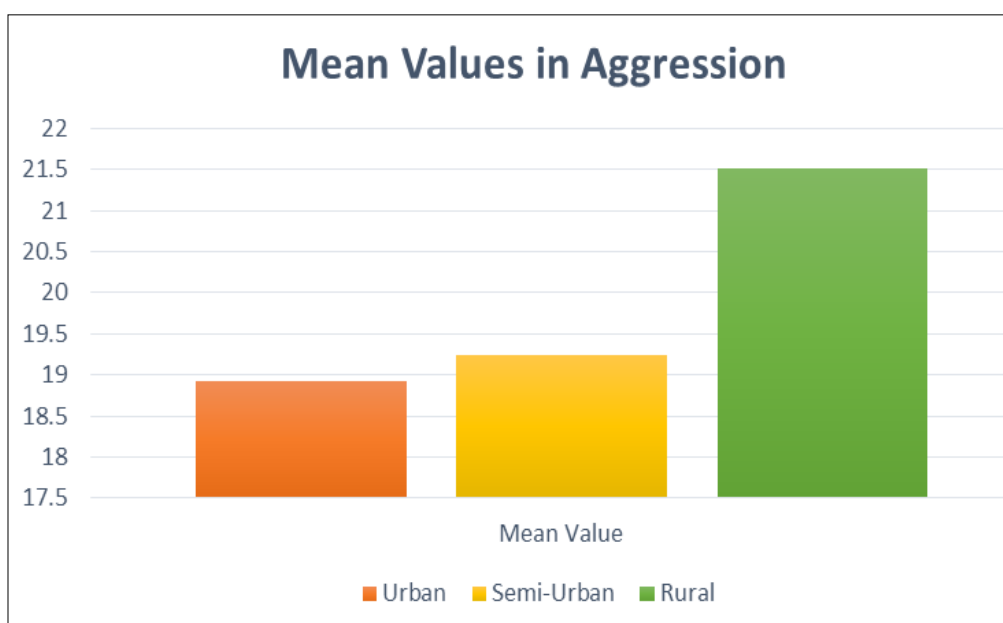


Fig 1: Bar diagram showing the aggression mean values in self-esteem among urban, semi urban and rural Kabaddi players

Discussion

The study delved into the analysis of aggression and self-

esteem among women Kabaddi players from urban, semi-urban, and rural backgrounds. The findings shed light on the intricate interplay between living environments and psychological attributes, offering valuable insights into the psychological dynamics within the context of women's Kabaddi.

Aggression

The significant differences observed in aggression levels among the three groups of Kabaddi players (urban, semi-urban, and rural) highlight the potential influence of living environments on this psychological attribute. The analysis revealed that rural Kabaddi players exhibited significantly higher levels of aggression compared to urban and semi-urban players. This aligns with previous research that suggests that individuals from rural settings might develop more assertive attitudes due to the challenges and demands of their environments (Singh & Chugh, 2016) [2].

The heightened aggression in rural players could be attributed to factors such as a strong sense of community, traditional values, and a competitive spirit ingrained in rural societies (Cohen & Abernethy, 1994) [1]. Additionally, the socio-economic challenges prevalent in rural areas might contribute to a more assertive approach as a means of overcoming obstacles (Sharma & Sharma, 2012) [4]. These findings underscore the intricate interplay between societal context and psychological attributes.

Self-Esteem

The study's examination of self-esteem levels reveals significant differences among the groups, with rural Kabaddi players displaying higher self-esteem compared to urban and semi-urban players. This aligns with the social identity theory, which suggests that individuals from close-knit communities, often found in rural settings, tend to have higher self-esteem due to the strong sense of belonging and positive reinforcement from their social networks (Tajfel & Turner, 1979) [5].

Rural players might benefit from a supportive social structure that fosters a positive self-concept and self-worth. The sense of pride associated with being part of a rural community could contribute to heightened self-esteem (Singh & Kumari, 2020). In contrast, the potential anonymity and detachment in urban and semi-urban environments might influence self-esteem differently. These findings emphasize the role of social context in shaping psychological attributes.

Implications and Future Directions

The study's outcomes hold several implications for both the field of sports psychology and the development of Kabaddi players. Recognizing the impact of living environments on aggression and self-esteem can inform tailored interventions aimed at enhancing players' mental well-being and performance. Coaches and sports psychologists could leverage these insights to design strategies that address the specific psychological needs of players from different backgrounds.

Future research endeavours should consider expanding the scope by incorporating additional variables, such as cultural norms, family dynamics, and social support networks. This comprehensive approach would yield a more nuanced understanding of how these factors interact and collectively influence psychological attributes among women Kabaddi players.

Conclusion

In conclusion, the study underscores the intricate relationship between living environments and psychological attributes, particularly aggression and self-esteem, among women Kabaddi players. The findings highlight the need to consider the socio-cultural and environmental contexts in which athletes develop, as these factors play a crucial role in shaping their psychological characteristics. The insights gained from this study could contribute to the development of targeted interventions that enhance the well-being and performance of women Kabaddi players across diverse backgrounds.

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