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## **A Critical Study Of Psychological Factors Of Sportspersons Of Vidarbha Region Playing Indian Games**

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### **Abstract**

*The purpose of this study was to find out psychological factors of sportspersons of Vidarbha region playing Indian games among the intercollegiate Kho kho and Kabaddi men players .objective of the study the correlation between psychological factors and sports performance of college players playing Indian games. Methodology of the study Random sample of 200 subjects male, each games, was taken. In this study Bell's adjustment inventory, Anxiety A.K.P Shinh, and self concept inventory Pratibha Dev variables all psychological were administered to find at the various adjustment, players anxiety, and players self concept about games and players attitudes also games levels among the different Indian games. Significant difference at 0.05 levels was also found in favor of kabaddi games. It is concluded that. from study results that, there is significant difference between Anxiety, Self-Concept, Adjustment, Attitude & Sports performance of Kabaddi players of Vidarbha region.*

**Key words:** Kho Kho, Kabaddi, Anxiety, Self concept, Adjustment, Attitude.

### **Introduction**

Sports and games are very important for us. They keep us healthy and fit. They offer us a change from the monotony of daily life. It is a useful means of entertainment and physical activity. Sports and games help in character building. They give us energy and strength. Sports and games are means of mental and physical growth. During sports we come to learn many things. We learn how to maintain mental balance in the midst of hopes and despair. They make us learn how to tackle the difficult situation. Sports develop a sense of friendliness. They develop in us team spirit. They help in developing mental and physical toughness. They shape our body and make it strong and active. They give us energy and strength. They remove tiredness and lethargy. They improve blood circulation. This improves our physical well-being.

Sports and games give us opportunity to grow in life. These days' sports have been commercialized. They have become a good means of earning. The sports person who does well in sports is showered with name, fame and wealth. He becomes a hero overnight. Sports have great potential to offer career opportunities. So there are should take them very seriously from the very early age of life. Sports are good means of earnings. Sports offer opportunity to prove talents. Sports have great value in life. Sports facilities are being developed in rural and semi-urban areas. There are playgrounds in villages. Sports infrastructure are being developed everywhere so as to promote them. Various sport organizations are also doing well in promotion of sports.



Kabaddi is a South Asian team sport. The game is known as Kabaddi in northern India. Breath control, raid, dodging and movement of hand and feet are the basic skills that one has to acquire, in order to play kabaddi. The player has to acquire power and learn both offensive and defensive skills to excel in the game, which combines the characteristics of rugby and wrestling. Read on to explore the history of kabaddi in India.

Kho-Kho ranks as one of the most popular traditional sports in India. Like all Indian games, it is simple, inexpensive and enjoyable. It does, however, demand physical fitness, strength, speed and stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.

### **Psychological Factors**

#### **Anxiety**

Feeling worried or nervous is a normal part of everyday life. Everyone frets or feels anxious from time to time. Mild to moderate anxiety can help you focus your attention, energy, and motivation. If anxiety is severe, you may have feelings of helplessness, confusion, and extreme worry that are out of proportion with the actual seriousness or likelihood of the feared event. Overwhelming anxiety that interferes with daily life is not normal. This type of anxiety may be a symptom of another problem, such as depression. Anxiety can cause physical and emotional symptoms. A specific situation or fear can cause some or all of these symptoms for a short time. When the situation passes, the symptoms usually go away.

Anxiety affects the part of the brain that helps control how you communicate. This makes it more difficult to express you creatively or function effectively in relationships. Emotional symptoms of anxiety include:

- Restlessness, irritability, or feeling on edge or keyed up.
- Worrying too much.
- Fearing that something bad is going to happen; feeling doomed.
- Inability to concentrate; feeling like your mind goes blank.

#### **Attitude**

A tendency to respond positively or negatively towards a certain idea, object, person, or situation. Attitude influences an individual's choice of action, and responses to challenges, incentives, and rewards (together called stimuli).

#### **Adjustment**

Adjustment is the behavioral process by which humans maintain equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. In general, the adjustment process involves four parts: (1) a need or motive in the form of a strong persistent stimulus, (2) the thwarting or no fulfillment of this need, (3) varied activity, or exploratory behavior accompanied by problem solving, and (4) some response that removes or at least reduces the initiating stimulus and completes the adjustment.

Social and cultural adjustments are similar to physiological adjustments. People strive to be comfortable in their surroundings and to have their psychological needs (such as love or affirmation) met through the social networks they inhabit. When needs arise, especially in new or changed surroundings, they impel interpersonal activity meant to satisfy those needs. In this way, people increase their familiarity and comfort with their environments, and they come to expect that their needs will be met in the future through their social networks. Ongoing difficulties in social and cultural adjustment may be accompanied by anxiety or depression.

### **Self Concept**

The term self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself. Self Concept is an important term for both social psychology and humanism. Baumeister (1999) provides the following self concept definition: "the individual's belief about himself or herself, including the person's attributes and who and what the self is". "Self-concept is our perception or image of our abilities and our uniqueness. At first one's self-concept is very general and changeable... As we grow older, these self-perceptions become much more organized, detailed, and specific." (Pastorino & Doyle-Portillo, 2013)

"A self-concept is a collection of beliefs about one's own nature, unique qualities, and typical behavior. Your self-concept is your mental picture of yourself. It is a collection of self-perceptions. For example, a self-concept might include such beliefs as 'I am easygoing' or 'I am pretty' or 'I am hardworking.'" (Weiten, Dunn, & Hammer, 2012)

The literature reviewed in this study showed that not many attempts are made to investigate the relationship between different psychological parameters with the physical fitness related aspects. Hence, in view of this, present study was carried out with following set of objectives.

### **Objectives of the Study:**

1. To study the psychological factors of college players playing Indian games.
2. To study the correlation between psychological factors and sports performance of college players playing Indian games.

### **Hypothesis of the Study:**

There is correlation between Psychological factors and sports performance of college players playing Indian games.

### **Methodology:**

All college going players of Vidarbha region playing Indian Games constituted the population. The present study is done by selecting sample size of each 200 Kabaddi and Kho-kho college players of Nagpur division of Vidarbha region.

### **Research Tools:**

For the present study standard questionnaire was used as a research tool.

- Anxiety Scale: Anxiety level of college players of Vidarbha region playing Indian games was calculated by using A.K.P. Sinha & L.A.K Sinha's Comprehensive Anxiety Test.



- Self Concept Scale: Self Concept level of college players of Vidarbha region playing Indian games was calculated by using Pratibha Dev’s Self Concept Scale.
- Adjustment Test: Adjustment level of college players of Vidarbha region playing Indian games was calculated by using S.M. Mohsin, Shamshad Hussain, Khurshid Jahan & Mohsin Samshad’s Bell Adjustment Inventory test.
- Attitude Scale: Attitude of college players of Vidarbha region playing Indian games was analyzed by using self developed Questionnaire. Before using it the questionnaires validity & reliability was tested.

**Analysis of Data:**

Analysis of data was done with the help of suitable statistical tests. The descriptive statistics, such as mean, standard deviation, percentage, minimum and maximum, etc. was determined from the collected data. The relationship between different independent and dependent variables was be determined by using Chi-Square test, and the comparative assessment had done using suitable graphs. The significance level was chosen to be 0.05.

**Results:**

**Table No: 1**

<b>Adjustment</b>	<b>Kho- Kho Players</b>	<b>Kabaddi Players</b>
Excellent	14%	16%
Good	22%	12%
Satisfactory	46%	30%
poor	10%	18%
Very Poor	08%	24%

**Table No: 2**

<b>Anxiety</b>	<b>Kho- Kho Players</b>	<b>Kabaddi Players</b>
Very High	12%	20%
High	20%	48%
Moderate	42%	18%
Low	20%	08%
Very low	06%	06%

**Table no: 3**

	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>SE</b>	<b>MD</b>	<b>t-ratio</b>
<b>Kho Kho</b>	<b>200</b>	<b>182.6</b>	<b>28.9</b>	<b>2.89</b>	<b>18.5</b>	<b>3.243</b>
<b>Kabaddi</b>	<b>200</b>	<b>164.1</b>	<b>30.7</b>	<b>3.07</b>		

**Hypotheses Testing:**

There is correlation between Psychological factors and sports performance of college students playing Indian games.

It is concluded from study results that, there is significant difference between Psychological factors and sports performance of college students playing Indian games. Hence, There is correlation between Psychological factors and sports performance of college students playing Indian games this hypothesis is accepted

**Conclusions:**

The conclusions drawn on the basis of result and the recommendations made on the basis of conclusions are presented below.

***Anxiety level of college players playing Indian games***

• It may be concluded from study results that, There is significant difference ( $P < 0.05$ ) in anxiety level of College players of Vidarbha region playing Indian sports Like Kabaddi & Kho-Kho.

***Self Concept level of college players playing Indian games***

• It may be concluded from study results that, There is significant difference ( $P < 0.05$ ) in Self Concept level of College players of Vidarbha region playing Indian sports Like Kabaddi & Kho-Kho.

***Adjustment level of college players playing Indian games***

• It may be concluded from study results that, There is significant difference ( $P < 0.05$ ) in Adjustment level of College players of Vidarbha region playing Indian sports Like Kabaddi & Kho-Kho.

***Attitude level of college players playing Indian games***

• It may be concluded from study results that, There is significant difference ( $P < 0.05$ ) in Attitude level of College players of Vidarbha region playing Indian sports Like Kabaddi & Kho-Kho.

***Relationship between Psychological Factors & Sports performance of Players***

• Kabaddi Players: It may be concluded from study results that, there is significant difference between Psychological Factors Like (Anxiety, Self-Concept, Adjustment, Attitude) & Sports performance of College going Kabaddi players of Vidarbha region.

• Kho-Kho Players: It may be concluded from study results that, there is significant difference between Psychological Factor s Like (Anxiety, Self-Concept, Adjustment, Attitude) & Sports performance of College going Kho-Kho players of Vidarbha region.

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