



# Assess And Compare The Selected Psychological Profile Self-Confidence Of Kabaddi And Kho-Kho Players.

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**ABSTRACT:** This paper is highlighted to Assess and Compare the selected Psychological profile self-confidence of Kabaddi and Kho-Kho players. Today in the modern competitive year every sports man is a race to excel others and competition has become a fundamental mode of human expression as it is one of the every important functions by which national and international recognition and prestige is gained. From its very simple form, sports have emerged into highly organized activity of human society and it has become a complex social and cultural phenomenon.

**Keywords:** Psychology, self-confidence, Sports.

**Introduction:** Today in the modern competitive year every sports man is a race to excel others and competition has become a fundamental mode of human expression as it is one of the every important functions by which national and international recognition and prestige is gained. From its very simple form, sports have emerged into highly organized activity of human society and it has become a complex social and cultural phenomenon. Most of the games and sports activities, which originated as leisure pursuits and recreational activities have acquired a strong competitive and challenging form technological and scientific advancement has influenced the mode of selection, screening and training the athletes in various sports activities. (Kenneth, 1985).

**Psychology:** Human beings and animals are product of a long process of biological evolution. Their activities are highly complex in nature and directed from within. Since ancient times philosophers have tried to understand why human beings and other animals behave as they do (Murphy, 1955). The origin of psychology is often traced to the Greek philosophers. The term 'psychology' is derived from two Greek words psyche and logos, wherein psyche means the soul or mind and the meaning of logos is to talk about or since or study. Thus, the literal meaning of psychology is the science or study of soul. Greek philosophers believed that soul was responsible for various mental activities such as learning, thinking, feeling etc.

**Kabaddi:** Kabaddi is basically a combative sport, with Playing seven players on each side. The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges into the opponent court and try to touch the opponent closest to him, while the seven opponents make

maneuvers to catch the attacker. This is Kabaddi, the match of one against seven, known as the game of struggle. The players on the defensive side are called “Antis” while the player of the offence is called the “Raider”. The attack in Kabaddi is known as a ‘Raid’. The antis touched by the raider during the attack are declared ‘out’ if they do not succeed in catching the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent’s raider. The origin of the game dates back to pre-historic times played in different forms. The modern Kabaddi game was played all over India and some parts of South Asia from 1930. The first known framework of the rules of Kabaddi as an indigenous sport of India was prepared in Maharashtra in the year 1921 for Kabaddi competitions on the pattern of Sanjeevani and Gemini in a combined form. Thereafter a committee was constituted in the year 1923, which amended the rules framed in 1921. The amended rules were applied during the All India Kabaddi Tournament organized in 1923.

**Kho-Kho:** Kho-Kho is an indigenous game of India, whose origin remains in remote antiquity. A similar game was believed to have been played during the epic period; however, the present form of the game took shape during the time of freedom movement in India. In the post independence period Kho-Kho federation of India was established which was the sole controller and regulator of the game. Before the onset of new millennium Kho-Kho federation was also started. The federation conducts the championships in their respective jurisdictional area. Kho-Kho game is played normally on natural soft, smooth moist, bald level mud ground. The fields of different dimensions are used for sub junior and other sections. The peculiarity of the game is that, two wooden posts are fixed inside the field, the area between which will be divided into two halves by a central lane of 30 cm width which runs from one post to the other. The area between the two posts which is called as court will contain 8 cross lanes running parallel at regular intervals and intersecting the central lane causing squares. The area between the post and the area outside of the posts make the Kho-Kho field.

#### **THE DELIMITATIONS OF STUDY**

- The study was delimited to Players of Gulbarga University, Kalburgi.
- The study was delimited to male players.
- The study was further delimited to the sample size of forty.
- The study was delimited to psychological profile self confidence only.
- The subjects selected for this study were in the age of 18 to 28 years.

#### **THE LIMITATIONS OF STUDY**

- Questionnaires are having their own limitation.
- Opinion of the subject may be one of the limitations of the study.
- Data given by the subject may not be faith or honest in all the times, it is another limitation of study.
- Co-operation, socio-economic status, academic pressure, health status etc, of the subjects could be constraints for the study.
- No motivational technique was used during the data collection was another limitation of the study.

#### **HYPOTHESIS**

It was hypothesized that there will not be significant difference in self confidence between Kabaddi and Kho-Kho men players.

#### **THE SIGNIFICANCE OF STUDY**

- The study helps to find out the level of self-confidence of kabaddi and kho-kho players.
- Findings of the study may provide guidelines to kabaddi and kho-kho players.
- The result of the study may be helpful to physical education directors to formulate the training program to improve the self-confidence.
- The study may help for further research in sports psychology.
- The study would make the subjects conscious about their performance.
- The study may help to promote the awareness about psychological variables.

**Methodology:** The purpose of the study was to assess the level of sports competition self confidence of Gulbarga University male players.

**Selection of subjects:** In order to achieve the purpose of study 50 players from each game during the intercollegiate tournament of Gulbarga University, Kalburgi.

**Orientation of the subjects :** The investigator explains the purpose of the study and oriented the players about the test at different stages of administration. The meaning of different words and statements in the questionnaire were explained to the subjects. The self confidence questioner was administered to the players during the Gulbarga University, Kalburgi intercollegiate tournaments. The questionnaires were handed over to the subjects and the subjects were asked to the answer all the questions without omitting any questions. Before collecting the questionnaires were answered or not. The scoring was done by the answer keys suggested by concerned authors.

**The Analysis, Interpretions And Results Of Study:** university belagavi intercollegiate Kabaddi and Kho-Kho men players. The data was collected from Gulbarga University, Kalburgi uinter collegiate men players by using martin's sports competition self confidence and guyton and richmond's self confidence inventories.

**There are three types of self confidence level**

1. Low level of self confidence
2. Average
3. High level of self confidence.

**The rating scale of self confidence is given below**

1. Less than 17 - low level of self confidence
2. 17-24 - average
3. More than 24 - high level of self confidence

**There are three different level of self confidence such as**

- High self confidence
- Medium self confidence
- Low self confidence

**Table Shows The Mean Value Standard Deviation And ' T ' Value Of Self Confidence.**

Sl. No.	Men Players	Sample Size	Mean $\pm$ Standard deviation	't' value
1.	Kabaddi	50	73.36 $\pm$ 6.97	2.28
2.	Kho-Kho	50	70.24 $\pm$ 8.96	

The above table shows the mean value standard deviation and 't' value of self confidence

The 't' value showed in the table found significant since it is more then the table value.

**Summary:** The Purpose of the study was to compare the self confidence of intercollegiate Kabaddi and Kho-Kho men Players. The Main Purpose of the study was to check whether Gulbarga University, Kalburgi Kabaddi and Kho-Kho men Players. In order to achieve the purpose of the study, 40 students from Gulbarga University, Kalburgi were selected randomly and they were Kabaddi and Kho-Kho men players. The standard questionnaire of self confidence was used for the collection of the data.

**Conclusions:** Within the limitations of present study, the following conclusions were drawn. The study showed that there was a significant between Kabaddi and Kho-Kho men players of Gulbarga University, Kalburgi Kabaddi men players better then Kho-Kho men players in self confidence.

**Recommendations:** On the basis of the present research and findings. Of the study, below mentioned recommendations are made.

- It is recommended that similar study may be conducted to different age groups.
- Same study may be conducted on larger sample.
- Similar study may be conducted for different levels.

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