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Avinash Yadav

Research Scholar, School of
Physical Education, Devi Ahilya
University, Indore, Madhya
Pradesh, India

Dr. Vivek B Sathe

Assistant Professor, School of
Physical Education, Devi Ahilya
University, Indore, Madhya
Pradesh, India

Assessment of cognitive behavioural coping strategy among male Kabaddi players: Special reference to playing positions

Avinash Yadav and Dr. Vivek B Sathe

Abstract

The aim of the present study is to assess cognitive behavioural coping strategy among male kabaddi players on the basis of their playing positions. To conduct the study 300 interuniversity male kabaddi players were selected. The sample of male kabaddi players comprise of 100 subjects from each playing position namely raiders, blockers and corners. The sample for the present study was selected with the help of purposive sampling. The age of the selected male kabaddi players was between 17 to 28 years. To assess cognitive behavioural coping strategy of male kabaddi players, Coping Strategies Scale prepared by Srivastava (2001) was used. Results indicate that among male kabaddi players, raiders have considerably more efficient cognitive behavioural approach to coping as compared to male kabaddi players with playing positions as blockers and corners. It was concluded that raiders possess significantly superior cognitive behavioural coping strategy as compared to male kabaddi players with playing positions as blockers and corners.

Keywords: Cognitive behavioural coping, playing positions, kabaddi

Introduction

According to general definition of stress given by Lazarus and Folkman (1984) [7], stress is association between an individual with surrounding environment that is judged by an individual as a threat to his/her overall wellbeing which an individual cannot cope with existing resources. According to Jones (1990) stress is a demand placed on a person who either react or avoid that situation to cope with that particular situation. Stein and Cutler (2002) [13] in their definition of stress considered it as complete response or action from an individual to cope with environmental demands. As per White (2008) [15], stress is inescapable in everyone's life and each individual cope with stressful circumstances in a unique manner.

Studies conducted by Gould *et al.* (1993) [5], Pensgaard and Ursin (1998) [10], Waples (2003) [14], Anshel and Si (2008) [2] Bahramizadea and Besharata (2010) [3], Acharya (2017) [1] have explored the coping strategies used by athletes for stress management. They also analysed the utility of correct coping strategy for optimal performance. To cope with stressors different coping strategies are used and one such coping strategy is cognitive behavioural coping strategy. This coping strategy helps to reduce depression, severe anxiety, negative aggression etc. Cognitive behavioural strategies are used to reduce psychological problems arising out of own behaviour, negative thoughts or wrong assessment of situation. Self monitoring, decision making, cognitive restructuring and proper goal setting are mainly included in this type of coping strategy.

Under the domain of sports psychology, so many studies have been conducted to assess psychological factors associated with kabaddi performance. Researchers mainly Pawar (2014) [9], Mishra (2015) [8], Durge and Bhagwati Chandra (2016) [4], Sana and Shrivastava (2017) [11] and Jyothi Kumari and Sudhakara (2019) [6] have focussed their studies on psychology of sports performance in kabaddi. But like so many other sports a kabaddi players specialize on different positions on mat.

Corresponding Author:

Avinash Yadav

Research Scholar, School of
Physical Education, Devi Ahilya
University, Indore, Madhya
Pradesh, India

Behavioural aspect of coping strategy is of great importance to coaches and sports psychologist. With the help of this data There are specialist kabaddi players such as raiders, blockers and corners on the mat. Since each has specific role during a match it is necessary to understand the cognitive behavioural coping strategies used by them. The data pertaining to cognitive they can plan exact psychological training plan for male kabaddi players on the basis of their playing position. Hence the present study was carried out to assess cognitive behavioural coping strategy among male kabaddi players with special reference to their playing positions.

Objective

The objective of the present study was to compare cognitive behavioural coping strategies among male Kabaddi players in relation to different playing positions.

Methodology

The following methodological steps were taken in order to conduct the present study.

Selection of the subjects

To conduct the study 300 interuniversity male kabaddi players selected. The sample of male kabaddi players comprise of 100 subjects from each playing position namely raiders, blockers and corners.

The sample for the present study was selected with the help of purposive sampling. The age of the selected male kabaddi

players was between 17 to 28 years.

Tools

Coping Strategies Scale

To assess cognitive behavioural coping strategy of male kabaddi players, Coping Strategies Scale prepared by Srivastava (2001) [12] was used. There are 8 items to assess cognitive behavioural approach coping strategy in this scale. The test-retest reliability of this scale is 0.92.

The split half reliability of approach coping strategies is 0.78 while for avoidance coping strategies it is 0.69.

The content validity for Approach subscale is 0.18-0.53 with.01 level of statistical significance.

Collection of Data

300 male interuniversity kabaddi players were selected as per requirement of playing position protocol. Subjects were briefed about the basic objectives of the present study and assured that the information given by them will be kept confidential. The basic information on coping strategies scale was given to the subjects prior to its administration. Coping Strategies Scale prepared by Srivastava (2001) [12] was administered to each subject. The scoring pertaining to responses on items pertaining to cognitive behavioural coping strategy was carried out according to author's manual.

Results depicted in table 1.

Result and Discussion

Table 1: Characterization of cognitive behavioural approach coping strategy in male Kabaddi players on the basis of their playing position

Percentile	Raiders		Blockers		Corners	
	Number	%	Number	%	Number	%
25th percentile or below	14	14%	36	36%	30	30%
Between 26th and 75th Percentile	51	51%	42	42%	45	45%
76th Percentile and Above	35	35%	24	24%	25	25%
Total	100	100%	100	100%	100	100%

According to author's manual score lying on 25th percentile or below is considered as low/deficient level of coping, score between 26th and 75th percentile is considered as moderate level of coping and score lying on 76th percentile or above is considered as high/efficient level of coping.

A perusal of entries shown in table 1 reveals that 14% male raiders, 36% male blockers and 30% male kabaddi players with playing position as corners have deficient or low level of cognitive behavioural approach towards coping with stressful situations.

51% male raiders, 42% male blockers and 45% male kabaddi

players with playing position as corners exhibited moderate level of cognitive behavioural approach towards coping with stressful situations.

A perusal of entries shown in table 1 also reveals that 35% male raiders, 24% male blockers and 25% male kabaddi players with playing position as corners have efficient/high level of cognitive behavioural approach towards coping with stressful situations.

In table 2 mean scores of male kabaddi players on cognitive behavioural approach coping strategies in relation to their playing position are presented.

Table 2: One Way ANOVA- Descriptive Statistics on Cognitive Behavioural Approach Coping Strategies of Male Kabaddi Players with Different Playing Positions

Playing Position of Male Kabaddi Players	N	Cognitive Behavioural Coping Strategies	
		Mean	S.D.
Raiders	100	21.86	5.37
Blockers	100	19.15	5.09
Corners	100	19.67	5.36

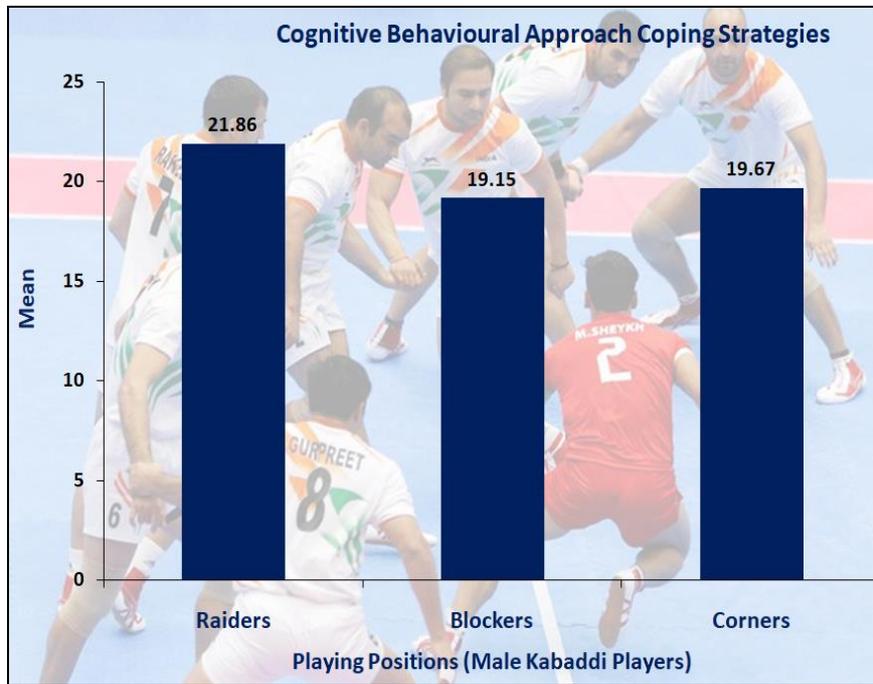


Fig 1: Bar Diagram Showing Mean Scores on Cognitive Behavioural Approach Coping Strategies of Male Kabaddi Players with Different Playing Positions

Table 3: ANOVA Summary

Source	df	SS	MS	F
Between Groups	02	413.687	206.843	7.41**
Within Groups	297	8282.900	27.889	
Total	299	8696.587		

F (2,297) = 3.03 at.05 level and 4.68 at.01 level

** Significant at.01 level

The F ratio of 7.41 given in table 2 indicates statistically significant impact of playing positions on cognitive behavioural approach towards coping with stress among male kabaddi players.

The results shown in table 2 and table 3 are evaluated with the help of Least Significant Difference Test. The obtained observations are shown in table 4.

Table 4: Comparison of Group Means on Cognitive Behavioural Coping Strategies of Male Kabaddi Players with Reference to Playing Position

Mean (I)	Mean (J)	Mean Difference (I-J)
Raiders	Blockers	2.71*
	Corners	2.19*
Blockers	Corners	-0.52

* Significant at.05 level

LSD test revealed that mean scores of raiders on cognitive behavioural approach coping strategies was significantly higher as compared to male kabaddi players occupying the positions of blockers and corners. The mean difference of 2.71 and 2.19 was statistically significant which indicate that findings have 5% chance of not being true.

LSD test shown in table 20 also revealed statistically non-significant difference in mean scores of male kabaddi players occupying blockers and corners on cognitive behavioural approach coping strategies. (Mean difference = -0.52, p>.05)

The results clearly indicate the superiority of raiders in using cognitive behavioural approach to coping with stress as compared to male kabaddi players with playing positions of blockers and corners.

Although a team game, raiders are considered elite in

kabaddi. This is not surprising because winning percentage of teams is dependent upon their successful raid. Being elite the raiders perform that extra bit in the form of cognitive behavioural coping to tackle different problems. This is why raiders have better cognitive behavioural coping strategy as compared to male kabaddi players occupying positions of corner and blockers.

Conclusion

On the basis of results it was concluded that efficacy of cognitive behavioural coping strategies among male kabaddi players can be predicted by their respective playing positions.

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