



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 373-375

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www.theyogicjournal.com

Received: 15-11-2017

Accepted: 16-12-2017

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Fitness and psychological variables of Atya-Patya and Kho-Kho players

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Abstract

Sports in the present day have become extremely competitive. Previous records are being broken whenever there is a competition. It is not the mere participation after a few days of practice that brings an individual victory but continuous hard work of training right from childhood.

All the sportsmen look for the ways of making themselves better in their chosen sports. Making the players fittest, strongest and more capable of doing exercise can make this possible. Their skills are to be developed with some of the component of physical fitness to give a great boost to performance in games and sports. Competitive sports make tremendous demand on the physical condition, vitality, endurance and mental power of the participant. Only athlete in the extreme condition may withstand the wear and tear of a competitive season. Thus, we can say that only fittest can perform to the best of their ability.

During the past two decades sports psychology has emerged as a legitimate field of scientific enquiry. Researchers are afforded ample opportunity to observe, describe and explain the various psychological factors that influences diverse aspects of sports and physical activities. Kho-Kho and Atya-Patya are indigenous game of India. These are the most popular Indian games and developed in Marathwada region of Maharashtra. These games are simple in nature, easy to organize, less expensive and reach the common people of both sex.

The main objective of this study was to analyze the skill related fitness such as Balance, Coordination and psychological aspect will to win of national level Atya-Patya and Kho-Kho male players. To achieve the purpose of the study data was collected from total of sixty players, and thirty players from each game. They have represented Karnataka state in Atya-Patya and Kho-Kho game. The age of the subjects were ranging from 18-28 years. The data collected was treated with the statistical technique 't' test and found there is a significant difference in the selected skill related fitness and will to win psychological aspect between Atya-Patya and Kho-Kho male players.

Keywords: psychology, Kho-Kho, Atya-Patya, balance, co-ordination, will to win

Introduction

Man is the most intelligent and admirable being among all the creations of god. His quest for knowledge is an internal and insatiable education completely modifies the behaviour of an individual. Human body is the crowning glory of god's creation; it is superior to the best machines that modern technology can build.

The winning attitude has overtaking the joy of participation. The joy of play, the spirit, friendship entirely degenerated into tussle between winning or losing. Today we have concentrate more on these issues. Modern technology employs science not only to improve performance, but also for the modern administration and management for the expansion and achievement in the arena of physical education and sports.

Sports in the present day have become extremely competitive. Previous records are being broken whenever there is a competition. It is not the mere participation after a few days of practice that brings an individual victory but continuous hard work of training right from childhood.

Kho-Kho and Atya-Patya are indigenous game of India. These are the most popular Indian games and developed in Marathwada region of Maharashtra. These games are simple in nature, easy to organize, less expensive and reach the common people of both sex. The fitness is a prerequisite for learning as well as for the successful development, completion and

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displaying owing to fatigue and exhaustion. In these days, competitions at the top ranking level are very tough and contested closely. Therefore, better the fitness, quicker will be the recovering ability. Hence, at the advance stage fitness is directed towards the perfection of technique tactics and its effective use during training as well as competition.

The very nature of sport requires certain amount of skill and physical fitness. It has been due to the growing change in the competitive philosophy of sports that a close liaison has developed among sports scientist, team physician, athletic trainers, coaches and athletes to investigate modern scientific technique in terms of selection of athletes. The performance of a sportsman in any game or event also depends on muscular strength, agility, power, speed and cardiovascular endurance. Along with these physical variables, physiological and psychological components they also play have important role in the execution of the performance.

During the past two decades sports psychology has emerged as a legitimate field of scientific enquiry. Researchers are afforded ample opportunity to observe, describe and explain the various psychological factors that influences diverse aspects of sports and physical activities.

Sports psychology an applied sub division of general psychology, is unique because of the athletic setting in which efforts are concentrated and because of the types of stresses placed on competitors and coaches in this environment. These

stresses include the marked visibility of efforts, operations and results. Exactitude with which success and failure may be evaluated and the often zealous caring that spectator's exhibit for the outcome of events.

Objective of the study

The main objective of this study was to analyze the skill related fitness such as balance, co-ordination and the will to win of national level Atya-Patya and Kho-Kho male players.

Methodology

To achieve the objective of the study, data was collected from sixty players, thirty from each game and they have represented their respective states in Atya-Patya and Kho-Kho game at national level. Subjects were randomly selected during National championships. The age of the subjects were ranging from 18-28 years.

Statistical Technique

The collected data was analyzed by using 't' statistical technique with the help of 19th version of SPSS.

Results

The data collected was treated with 't' test and the results are presented in the following tables.

Table 1: Shows Mean, standard deviation and 't' value of balance between Atya-Patya and Kho-Kho players

Sl No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Atya-Patya	60	36.82	6.23	2.19*
2.	Kho-Kho	60	32.77	12.91	

* indicates significance at 0.05 level.

The above table 1 depicts the mean value, standard deviation and 't' value of balance. The results obtained from the table reveals that there was a significant difference in balance

between Atya-Patya and Kho-Kho players. Atya-Patya players are having good balance than Kho-Kho players.

Table 2: Shows Mean, standard deviation and 't' value of co-ordination between Atya-Patya and Kho-Kho players

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Atya-Patya	60	57.70	1.81	2.50*
2.	Kho-Kho	60	58.42	2.40	

* indicates significance at 0.05 level.

The above table 2 shows the mean value, standard deviation and 't' value of coordination. The data obtained from the table reveals that there was a significant difference in coordination

between Atya-Patya and Kho-Kho players. Atya- Patya players are having good coordinative abilities than Kho-Kho players.

Table 3: Shows Mean, Standard deviation 't' value of will to win of Atya - Patya and Kho-Kho Players.

Sl. No.	players	N	Mean	Standard deviation	't' value
1	Kho-Kho	30	10.57	1.633	2.34
2	Atya-Patya	30	9.67	1.269	

*significant at 0.05 level.

The table 3 states the mean value, standard deviation and 't' value of Kho- Kho and Atya- Patya male players in will to win psychological aspect. In this also Kho- Kho players have shown significant difference than the Atya Patya players.

Kho players have shown significant difference than Atya-Patya male players. Because number of tournaments are conducted more in Kho-Kho games when compared to Atya Patya game.

Discussion on findings

The above result shows that there is a significant differences in the selected skill related fitness such as balance and co-ordination. In balance, Atya-Patya players are having good balance than Kho-Kho players, in co-ordination, the Atya-Patya players are having good coordinative abilities than Kho-Kho players. In psychological aspect will to win, the Kho-

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