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Analysis of psychological characteristics of among level for the tribal male kho-kho players of Madhya Pradesh

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Abstract

The purpose of this study was purposive selected from the The study was assessing to selected psychological variable (sports competition Anxiety, Self-concept and Group-cohesion) different level like National, State and District level of tribal Kho-Kho players in relation to different level of achievement. To compare to selected psychological variable (sports competition Anxiety, Self-concept and Group-cohesion) different level like National, State and District level of tribal Kho-Kho players in relation to different level of achievement. The subject for this study was 90 male tribal Kho-Kho players of different level (30 National, 30 State, 30 District). The group of the player shall range between 18 to 28 years and the data was collected from tribal Dhar Jhabua, Alirajpur, Barwani, in Madhya Pradesh. The study was selected psychological variables like sports competition anxiety, self-concept and Group-cohesion questionnaire was used for this study Sports Competition Anxiety developed by Rainer Marte, Self-concept by Swata Bodh Parkinson Swara (S.B.P.) and group cohesion questionnaire. Developed by Brawley, and Widener were used for this study.

Statistical Analysis: According to objectives of the study to gathering the data Analysis of descriptive statistics were used. (Mean Standard Deviation), ANOVA Analysis of variance with POST HOC test was applied for SPSS-21 software to analyze and compare of Tribal Kho-Kho players for the among level of (National state and District) of Madhya Pradesh.

Conclusion: For the this study to find out the Mean and Standard Deviation score of selected psychological variables like sports competition anxiety, self-concept and Group-cohesion tribal area of Kho-Kho players for the different level (National, State and District) of achievements of Madhya Pradesh and to find out the compare (f-value) and multiple compare of selected psychological variables like sports competition anxiety, self-concept and Group-cohesion tribal area of Kabaddi players for the different level (National, State and District) of achievements of Madhya Pradesh.

Keywords: Psychological characteristics, tribal male kho-kho

Introduction

Psychology is the science or study of human behavior. It permeates our whole way of life from birth to death and from generation to generation. It is involved in our work, in sickness and health, our ability to live amicably with ourselves and people around us. Psychology is the study of behavior.

The term Kodokan breaks down into ko (lecture, study, method), do (way or path), and kan (hall or place). Thus it means "a place to study the way". Similarly, judo breaks down into ju (gentle) and do (way or path) or "the gentle way".

Anxiety is one of the greatest problems of modern trends in scientific knowledge cultural conflicts economic problem and in detribalization all add to be the problem of man thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear of danger or loss of hearing is a prominent feature. It generally arises as a result of fear of something, unknown creates tension and disturbance.

The importance of role of self-concept as a determinant to the human behavior and critical factor of personality is increasingly realized. Adjustment academic achievement and general behavior are among the development feature of an individual it would seem to be of interest of coaches and physical educators to determine whether individual who participate in specific Sports have self-concept, which distinguishes them from others. Self-concept can be define or an organized configuration of perceptions of the self which are admirable to awareness.

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It is compared to such elements as perceptions of one's characteristics and abilities, the percepts and concepts of the self in relation to others and to environment, the value qualities which are perceived as associated with expenses and objects and the goals and ideals which are perceived as having positive or negative aspects. A physical educator plays an important role in enhancing a player's self-concept. There is a highly positive relationship between self-concept and physical achievement. As the individual learns to move more skillfully, he or she also tends to develop a stronger self-concept. In general self-concept means those perceptions, belief, attitudes and feelings which the individual views as part of characteristics of him. It is his own concept of his health and physique, intellectual abilities, mental health, habits and behavior emotional tendencies and socio-economic status.

There are many group dynamics that take place within a sporting team. One of the most important is cohesion. One is always hearing about how important it is for a team to "gel" or "bond" or "have good chemistry." Cohesive teams can achieve dramatic and awesome things. The way players interact has a tremendous impact on the way a team performs. As Hall (1960) put it, "The fittest to survive and succeed are those able to find their strength in cooperation, able to build teams based upon mutual helpfulness, and responsibility for one's fellow teammates. To often the unspoken attitude is, "If it happens, that's great, but if not, well, we don't have a close group this year and there's not much that can be done."

Development of Kho-Kho

The current adaptation of the game was actually an adaptation about the time of World War I in 1914, but at the same time lacked exacting rules and regulation that govern the games in the modern times. There was neither any dimension to the playground nor the poles which demarcate the central line, and the factor was also missing!

The Deccan Gymkhana of Pune so named and opened by the great Indian leader Lokmanya Tilak formulated the first ever rule and regulation, that, in a way, symbolized the rules to follow in the future. The initial stage actually marked the restraint of the playground and yet sadly lacked the poles demarking the central line in the field. Instead, two less talented players were posted squatting at the place and chasers to run around them to return to the midfield. It helped to capture the imagination of experts and they did not waste much time to realize that the game demanded high degree of quick reflexes, agile movement, good nerve reflexes and tremendous stamina, that all amount to a supreme athlete.

The year 1919 saw the game of Kho Kho delimit an elliptical field with 44 yards long midline and 17 yards width of ellipse! The 1923-24 saw the foundation of Inter School Sports Organization and Kho Kho was introduced to promote at the grass roots and consequently popularize the sports. The certainly conveyed the results and the game of Kho Kho mainly owe it to the efforts taken by Deccan Gymkhana and Hind Vijay Gmykhana. To develop expertise and skill in Kho Kho the then prevalent games of Langdi and Atya-Patya were the supporting factor. The latter needs special mention which was well-known because of its scuffle skills of defending.

A Kho kho playing field is rectangular. It is 27 by 16 metres (89 ft × 52 ft) in length. In the middle of these two rectangles, there are two wooden poles. The central lane's dimensions are 24 m x 30 cm. There are eight cross lanes which lie across the central lane, whose dimensions are 16 m x 35 cm. It makes the small rectangles and each of them are

16 m x 2.3 m (the two rectangles of near by the wooden poles are 2.55 m wide), at right angles to the central lane and divided equally into two parts of 7.85 m (25.8 ft) each by the central lane. At the end of the central lane, the free zone tangent to the post-line, two smooth wooden posts are fixed, 120 cm - 125 cm high from the ground, and their circumference is 28.25 - 31.4 cms. The equipment used in Kho kho are poles/post, strings, metallic measuring tape, lime powder, wire nails, two watches, types of rings having inner circumference of 28.25 and 31.4 cms, score shots (like a whistle, for instance), and equipment to record the results. However, for unofficial games, only lime powder (or any substitute) may be used as long as the cross lanes, centre lane and field boundaries are clearly distinguished. The strings, as well as the rings, are for the sole purpose of properly demarcating the same.

Objectives of the study

1. The study was assessing to selected psychological variable (sports competition Anxiety, Self-concept and Group-cohesion) different level like National, State and District level of tribal Kho-Kho players in relation to different level of achievement.
2. To compare to selected psychological variable (sports competition Anxiety, Self-concept and Group-cohesion) different level like National, State and District level of tribal Kho-Kho players in relation to different level of achievement.

Methodology

The subject for this study was 90 male tribal Kho-Kho players of different level (30 National, 30 State, 30 District). The group of the player shall range between 18 to 28 years and the data was collected from tribal Dhar Jhabua, Alirajpur, Barwani, in Madhya Pradesh. The study was selected psychological variables like sports competition anxiety, self-concept and Group-cohesion questionnaire was used for this study Sports Competition Anxiety developed by Rainer Marte, Self-concept by Swata Bodh Parkinson Swara (S.B.P.) and group cohesion questionnaire Developed by Brawley, and Widener were used for this study. Age ranged between 18 to 28 years is presented for the research purpose, Descriptive statistics and ANOVA Analysis Variance of were applied for SPSS-21 software and the following findings were drawn:

Statistical Analysis

- According to objectives of the study to gathering the data Analysis of descriptive statistics were used. (Mean Standard Deviation)
- Analysis of Variance (ANOVA) was applied was applied for SPSS-21 software to analyze and compare of tribal male Kho-Kho players' areas of various groups National state and District level of Madhya Pradesh. Significant was set at 0.05

Findings and Results of the Study Table 1

Descriptive statistics tables

Mean and Standard Deviation Values of Different Level of National, State and District Tribal Kabaddi Players of Madhya Pradesh

(Sports competition sports competition anxiety)

Table 1: Mean and Standard Deviation Values of Different Level of National, State and District Tribal Kho-Kho Players of Madhya Pradesh (Sports competition sports competition anxiety)

variables	Groups	Mean	Std. Deviation	Minimum	Maximum
Sports competition sports competition anxiety	National	18.3333	1.34519	16.00	21.00
	state	17.7333	1.98086	15.00	23.00
	District	19.4000	1.91982	16.00	23.00
	Total	18.4889	1.86623	15.00	23.00

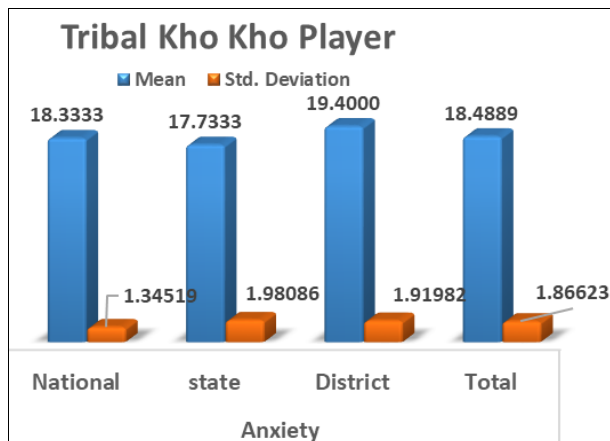
**Fig 1:** Graphical Representation of mean and standard deviation with regard to Different Level of National, State and District, Tribal Kho Kho Players of Sports competition sports competition anxiety

Table 1 shows Sports competition anxiety of different level (National, State and District,) tribal kho kho players of Madhya Pradesh. with the help of descriptive statistics (Mean and standard deviation) of tribal areas of for this study. Psychological variables sports competition anxiety was, 18.33 ± 1.94 , 17.73 ± 1.98 , 19.40 ± 1.91 ,

Table 2: Mean and Standard Deviation Values of Different Level of National, State and District Tribal Kho-Kho Players of Madhya Pradesh (Self-Concept)

Variables	Groups	Mean	Std. Deviation	Minimum	Maximum
self- concept	National	31.7333	6.56252	21.00	43.00
	State	30.3333	5.47288	17.00	41.00
	District	28.3333	4.01189	22.00	35.00
	Total	30.1333	5.50867	17.00	43.00

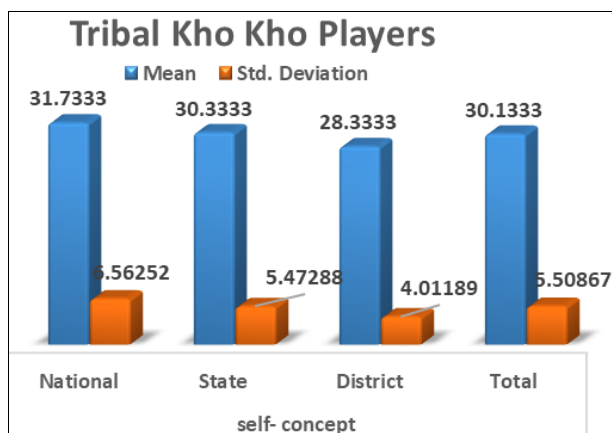
**Fig 2:** Graphical Representation of mean and standard deviation with regard to Different Level of National, State and District, Tribal Kho Kho Players of Self-Concept

Table 2 shows Sports competition anxiety of different level (National, State and District,) tribal kho kho players of Madhya Pradesh. with the help of descriptive statistics (Mean

and standard deviation) of tribal areas of for this study. Psychological variables sports competition anxiety was 31.73 ± 6.56 , 30.33 ± 5.47 , 28.33 ± 4.01 ,

Table 3: Mean and Standard Deviation Values of Different Level of National, State and District Tribal Kho-Kho Players of Madhya Pradesh (Group cohesion)

variables	Groups	Mean	Std. Deviation	Minimum	Maximum
Group-cohesion	National	90.8000	8.30834	76.00	107.00
	State	88.4000	4.89606	81.00	101.00
	District	82.8667	11.78902	59.00	105.00
	Total	87.3556	9.22486	59.00	107.00

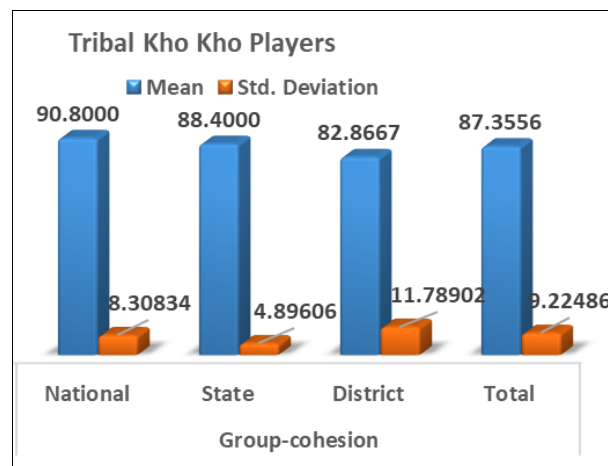
**Fig 3:** Graphical Representation of mean and standard deviation with regard to Different Level of National, State and District, Tribal Kho Kho Players of Group cohesion

Table 3 shows Group cohesion of different level (National, State and District,) tribal kho kho players of Madhya Pradesh. with the help of descriptive statistics (Mean and standard deviation) of tribal areas of for this study. Psychological variables Group cohesion was 90.80 ± 8.306 , 88.40 ± 4.89 , 82.89 ± 11.78 ,

Table 4 Analysis of Variance (ANOVA) for psychological variables like Sports competition anxiety, self-concept and Group-cohesion Tribal Kho Kho players for the different level (National, State and District) of Madhya Pradesh.

Table 4: Tribal Kho Kho Players

ANOVA						
Variables		Sum of Squares	Df	Mean Square	F	Sig.
Sports competition anxiety	Between Groups	21.378	2	10.689	3.404	.043
	Within Groups	131.867	42	3.140		
	Total	153.244	44			
Self-Concept	Between Groups	87.600	2	43.800	1.475	.240
	Within Groups	1247.600	42	29.705		
	Total	1335.200	44			
Group-cohesion	Between Groups	496.578	2	248.289	3.211	.050
	Within Groups	3247.733	42	77.327		
	Total	3744.311	44			

Table-5 It was reveal that the calculated f- value for psychological variables like Sports competition anxiety (3.404), and Self-concept (1.475) and Group cohesion (3.211) non-tribal Kabaddi players for the different level of National, State and District level of Madhya Pradesh less than the tabulated f-value is 3.23 (2, 45), there was no significant deferent Sports competition anxiety, Self-concept and Group cohesion among the different level (National, State and District) of tribal Kho- Kho players. therefore, no significant

difference between the all psychological variables and among level (National, State and District) of tribal Kho Kho players of Madhya Pradesh.

Table 5: Multiple competition (LSD with Post Hoc Test) of Tribal Kho-Kho Players Selected Psychological Variables Sports competition anxiety

S.N.	Group mean			MD	CD
	National Level	State Level	District Level		
	18.3333	17.7333		.60000	1.30
	18.3333		19.4000	-1.06667	
		17.7333	19.4000	-1.66667*	

Table-5 reveal that the mean score for the different level of tribal kabaddi players of Madhya Pradesh. National level mean value (18.3333), State level (17.7333) and district level (19.4000) state level were found superior to state level mean value hence it is concluded that there is no significant difference between national and state level non-tribal kabaddi players obtained mean difference value (MD) (.600) which was less than the critical difference value (CD) (1.30), there was no significance difference Between national level and district level mean score obtained mean difference value (MD) (1.06) which was less than the critical difference value (CD) (1.30) mean score and between state and district level tribal kho kho players no significance difference obtained mean difference value (MD) (1.66) which was less than the critical difference value (CD) (1.30). It was significance difference of selected psychological variables Sports competition anxiety and among level (National, State and District) all groups were no significance difference (between national and district level) of tribal kho kho players from

Indore, Khandwa, Khorgone and Burhanpur of Madhya Pradesh.

Table 6: Multiple competition (LSD with Post Hoc Test) of Tribal Kho-Kho Players Selected Psychological Variables Self Concept

S.N.	Group mean			MD	CD
	National Level	State Level	District Level		
	31.7333	30.3333		1.40000	4.02
	31.7333		28.3333	3.40000	
		30.3333	28.3333	2.00000	

Table-6 reveal that the mean score for the different level of tribal kabaddi players of Madhya Pradesh. National level mean value, (31.7333) State level (30.3333) and district level (28.3333) state level were found superior to state level mean value hence it is concluded that there is no significant difference between national and state level tribal Kho-Kho players obtained mean difference value (MD) (1.40) which was more than the critical difference value (CD) (4.02), there was no significance difference Between national level and district level mean score obtained mean difference value (MD) (3.40) which was less than the critical difference value (CD) (4.02) mean score and between state and district level tribal Kho-Kho players no significance difference obtained mean difference value (MD) (2.00) which was less than the critical difference value (CD) (4.02). It was significance difference of selected psychological variables Self Concept and among level (National, State and District) all groups no significance difference (between national and district level) of tribal Kho-Kho players from Dhar, Jhabua, Alirajpur and Barwani, of Madhya Pradesh.

Table 7: Multiple competition (LSD with Post Hoc Test) of Tribal Kho-Kho Players Selected Psychological Variables Group cohesion

S.N.	Group mean			MD	CD
	National Level	State Level	District Level		
1					6.48
2	90.8000	88.4000		2.40000	
3	90.8000		82.8667	7.93333*	
4		88.4000	82.8667	5.53333	

Table-7 reveal that the mean score for the different level of tribal kabaddi players of Madhya Pradesh. National level mean value, (90.8000) State level (88.4000) and district level (82.8667) state level were found superior to state level mean value hence it is concluded that there is no significant difference between national and state level tribal Kho-Kho players obtained mean difference value (MD) (2.40) which was less than the critical difference value (CD) (6.48), there was significance difference between national level and district level mean score obtained mean difference value (MD) (7.93*) which was more than the critical difference value (CD) (6.48) mean score and between state and district level tribal Kho-Kho players no significance difference obtained mean difference value (MD) (5.53) which was less than the critical difference value (CD) (6.48). It was significance difference of selected psychological variables Group cohesion and among level (National, State and District) only one group significance difference (between national and district level) of tribal Kho-Kho players from Dhar, Jhabua, Alirajpur and Barwani, of Madhya Pradesh.

Discussion of Findings

On the basis of the above findings we can say that psychological variables sports competition sports competition anxiety for the different level like national state and district

for the different level like national state and district two groups No significant different Between National and State level, No Significant Difference Between National and District level and one Significant different* Between State and District level groups in tribal Kho-Kho of Madhya Pradesh. Second psychological variables self-concept for the different level like national state and district all variables were no significance difference groups in Kho-Kho Plyers of Madhya Pradesh. last psychological variables of group cohesion one group were Significant different* Between National and State level and two groups were No Significant Different Between National and District level, No Significant Different Between State and District level groups in Kho-Kho Plyers of Madhya Pradesh. The reason of these differences can be associated with above results this is probably due to the different nature of the physical components training and pre-requisite for students. Number of participation and level of participation. The reason may be attributed that the physically trained student or level of achievements and taken deferent types nutrition food. These results may be due to a small sample of size and other factors such as different types of body, differences in body composition. These results may be nutrition diet schedule deference. The reason may be Psychological variables like stress, sports competition anxiety, aggression, fear, motivation confidence, attention

concentration etc.

Conclusions

According to objectives of the study the following conclusions were drawn

1. To find out the Mean and Standard Deviation score of selected psychological variables like sports competition anxiety, self-concept and Group-cohesion tribal area of Kho-Kho players for the different level (National, State and District) of achievements of Madhya Pradesh
2. To find out the compare (f-value) and multiple compare of selected psychological variables like sports competition anxiety, self-concept and Group-cohesion tribal area of Kho-Kho players for the different level (National, State and District) of achievements of Madhya Pradesh.

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