



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 1087-1089

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www.theyogicjournal.com

Received: 11-11-2017

Accepted: 12-12-2017

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A comparative study on selected psychological variables among kabaddi and Gatka players

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Abstract

The purpose of the study was to know about the comparison of psychological variables among Kabaddi and Gatka Players. The study was conducted among 220 male players (110 kabaddi and 110 gatka) those who was represented interuniversity from north India. The subjects were thoroughly aware with the testing procedure as well as the purpose and significance of the study. Subjects were made aware about the conduct of the study and related information was given by the researcher. The variables selected for the study are psychological respectively. They are Self confidence, Aggression and Anxiety. Further the data were analyzed to find out the significant differences among the groups. 't'-test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. Further the data were analyzed to find out the significant differences among the groups.

The results revealed that there was insignificant difference among the kabaddi and gatka player in Self-confidence and Aggression.

Keywords: Psychological variables, kabaddi and Gatka players

Introduction

The games Kabaddi and Gatka are the most popular sports in Punjab as well as in India. They are considered as strenuous games because the games demands a high degree of fitness as well as speed, agility, endurance and jumping ability which are the basic qualities of the players. To achieve the best possible performance, the training has to be formulated according to the requirement and of game.

The Sport Kabaddi has Indian origin, played by teams of seven on a court. The players attempt to tag or capture opponents and must hold their breath while running, repeating the word 'kabaddi' to show that they are doing so. It is a contact team sport that originated in Indian subcontinent in Tamil Nadu. It is popular in South Asia and is the state game of the Indian states of Tamil Nadu, Maharashtra, Bihar, Andhra Pradesh, Telangana and Punjab. It is also the national sport of Bangladesh. Two teams compete with each other while occupying its own half of the court. They take turns of sending a "raider" into the half of opposing team and earn points if the raider manages to touch the member of opposing team members and return the home half, all while taking only a single breath. If, however, the raider is tackled and prevented from returning, the opposing team earns the point. Similar, by nature of Sports (Gatka) is also popular in one of the state of India, i.e. Punjab. The study of this project is linked to national style kabaddi and the second game, under study is also popular in Punjab region as gatka.

Gatka is a traditional South Asian form of combat-training, (martial art) developed by Sikhs, in which wooden sticks are used to simulate swords in sparring matches. In modern usage, it commonly refers to the northwestern Indian martial arts, which should more properly be called shastara vidiya from Sanskrit (shastra-vidya or "science of weapons"). Attacks and counterattacks vary from one community to another but the basic techniques are the same. This study will primarily use the extended definition of Gatka, making it synonymous with shastara-vidiya. Gatka can be practiced either as a sport or ritual. The sport form is played by two opponents wielding wooden staves called gatka. These sticks may be paired with a shield. Points are scored for making contact with the stick.

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The other weapons are not used for Full-contact sparring, but their techniques are taught through forms training. The ritual form is purely for demonstration and is performed to music during occasions such as weddings, or as part of a theatrical performance. A practitioner of Gatka is called a gatkabaj while a teacher is addressed as Guru or Gurudev.

Gatka is a traditional sports or marshal art of Punjab. Gatka is direct related to the culture of Sikhism and it is performed mostly at occasion of Sikhs religion, like any Gurburb and other special days. So that this activity to work of bind up different cultures in a single role. The requirement of the Gatka and Kabaddi Players are different in relation to the parameters such as Physical, Physiological, Anthropometrical, Bio-chemical and Psychological etc.

I define self-confidence as how strongly you believe in your ability to achieve your goals. Self Confidence is so important because you may have all of the ability in the world to perform well, but if you don't believe you have that ability, then you won't perform up to that ability. For example, a gymnast may be physically and technically capable of executing a back somersault with a full twist on the floor exercise, but he won't attempt the skill in a meet if doesn't have the confidence that he can successfully execute the skill. Although we hear athletes and exercisers talk about confidence all the time, it is not an easy term to define. Sport psychologists define self-confidence as the belief that you can successfully perform a desired "behavior. The desired behavior might be kicking a soccer goal or raid in kabaddi, staying in an exercise regimen, recovering from a knee injury, serving an ace, or hitting a her run. But the common factor is that you believe you will perform everything by the confidence.

Along with self-confidence, another variable aggression is also one of the most important parameters in the selected sports in the study; it has been emphasized since few decades that aggression or aggressive behavior of a player/s plays a vital role in different sports and games according to the nature of activity. Aggression directly affects the sportsman's performance either way. This is particularly true in combative/dual/body contact games.

The word aggression comes from Latin root *raggedy*, *ad* (to or toward) and *grad* or *walk*, literally then the word means to walk or approach, to "move against" or to "move with intent to hurt or harm". Most psychologists describe with aggression in terms of behavior. Aggressive behavior has been associated with genital activity, drug and alcohol addiction, sport and exercise, crying, complaining, waging war etc.

Aggressive behavior is quite visible in sports. Not all aggressive behavior in sports is violent and destructive. In fact, many forms of aggressive behavior are accepted and even prompted; often aggression is "part of the game". Use of the term aggression refers to a wide range of sports behaviors that causes confusion. Most aggressive behavior in sports is neither clearly desirable nor clearly undesirable. Instead, most aggressive acts are seen as distasteful by some people and justifiable by others. It is many form of behavior directed towards the objective of harming or injuring another living being who is motivated to avoid such treatment. This definition by Baron raises several key, points. First, aggression is behavior. Aggression is not an attitude, emotion or motive. Thinking negative thoughts or wanting to hurt someone is not aggression. Aggression anger is not aggression. Anger and other thoughts and motives might play a role in the occurrence of aggressive behavior, but-they are neither necessary nor defining characteristics of aggression.

Hays *et al.* (2007) ^[3] this study identified the sources and types of confidence salient to 14 (7 male, 7 female) successful World Class athletes. Nine sources of self-confidence were identified: Preparation, performance accomplishments, coaching, innate factors, social support, experience, competitive advantage, self-awareness, and trust. A testament to the multi-dimensional nature of sport confidence, six types of sport confidence was also identified: skill execution, achievement, physical factors, psychological factors, superiority to opposition, and tactical awareness. Gender was related to both the sources of confidence and the subsequent types of confidence experienced by the athletes. For example, females placed more importance on good personal performances than males who derived confidence from winning. Results were discussed in the context of previous sport confidence literature and implications for sport psychology and coaching practices were drawn.

According to Kirker, B. Tenenbaum, G. Mattson, J. (2000) ^[4], there have been significant problems in the study of sports aggression, and they are linked to how aggression has been defined, measured, and analyzed, following a review of the whole domain, this study aimed to construct a theoretically coherent and ecologically valid, framework, on processes underlying sports aggression and to contribute to the advancement of knowledge in the area. An explanatory method using computer observational analysis as the primary research method, along with a complementary questionnaires and personal reflections, considered aggression in two comparison sports: ice-hockey and basket-ball. Data were compiled and classified by involved and independents experts relative to factors and behaviours associated with sports aggression derived from a comprehensive review of the literature. The finding of the study were that: (a) aggression was instrumental in nature two thirds of the time; (b) aggressive acts typically occurred in clusters and varied in frequency according to game circumstances; and (c) multiple variables and aggression theories were related to severely aggressive acts. The complex dynamics of sports aggression via similar naturalistic methodologies is discussed.

Objective of the Study

- To compare the psychological variables between male players of kabaddi and gatka from interuniversity North Zone of India.

Hypothesis of the Study

For the present study it was hypothesized that:

1. There will be no significant difference of self-confidence between male players of kabaddi and gatka from inter university North Zone of India.
2. There will be no significant difference of Aggression between male players of kabaddi and gatka from inter university North Zone of India.

Procedure and Methodology

The study was conducted among 220 male players (110 kabaddi and 110 gatka) those who *was* represented interuniversity from north India. The subjects were thoroughly acquainted with the testing procedure as well as the purpose and significance of the study. Subjects were made aware about the conduct of the study and relevant information was given by the researcher. Further the data were analyzed to find out the significant differences among the groups. 't'-test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level

for testing the hypothesis. Further the data were analyzed to find out the significant differences among the groups.

Tools: Psychological Variables

1. Self-confidence.
2. Aggression.

Criterion Measure

Selection of Test Item for Psychological variable:-

1. To assess Self Confidence of Kabaddi and Gatka, self-confidence scale constructed by Agnihotri's Self-confidence Inventory (ASCI) developed by Dr. Rekha Gupta will used.
2. To measure Aggression of Kabaddi and Gatka the aggression scale constructed by Km. Roma Pal and Mrs. Tasneem Naqvi (1980) will administered.

Table 1: t-ratio of the scores of Kabaddi and Gatka players on the measure of self-confidence

	N	Mean	SD	t-value
Kabaddi players	110	31.26	4.19	16.84
Gatka players	110	38.82	2.14	

df (218) at 0.05 level = 1.97

Table no.1 shows the Mean, S.D. and 't'-value for self-confidence of kabaddi and gatka players. The table statistically reveals that the calculated 't'-value of self-confidence 16.84 is greater than tabulated value 1.97. Hence it proves that there was significant difference between kabaddi and gatka players in self-confidence. Furthermore the mean value shows that kabaddi player were lower than the gatka players the values of stable no.1 are also illustrated in figure no.1.

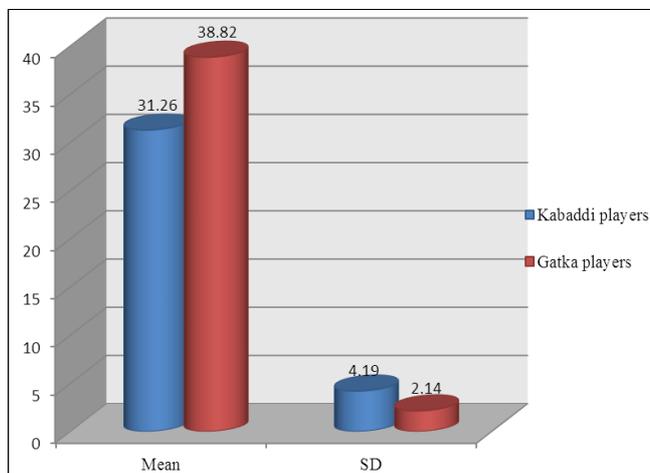


Fig 1: Mean and Standard deviation of the scores of Kabaddi and Gatka players on the measure of self-confidence

Table 2: t-ratio of the scores of Kabaddi and Gatka players on the measure of aggression

	N	Mean	SD	t-value
Kabaddi players	110	87.11	12.61	21.52
Gatka players	110	113.00	2.95	

df (218) at 0.05 level = 1.97

Table no.2 shows the Mean, S.D. and 't'-value for aggression of kabaddi and gatka players. The table statistically reveals that the calculated 't'-value of aggression 21.52 is greater than tabulated value 1.97. Hence it proves that there was significant difference between kabaddi and gatka players in

aggression. Furthermore the mean value shows that kabaddi player were lower than the gatka players the values of stable no.1 are also illustrated in figure no.2.

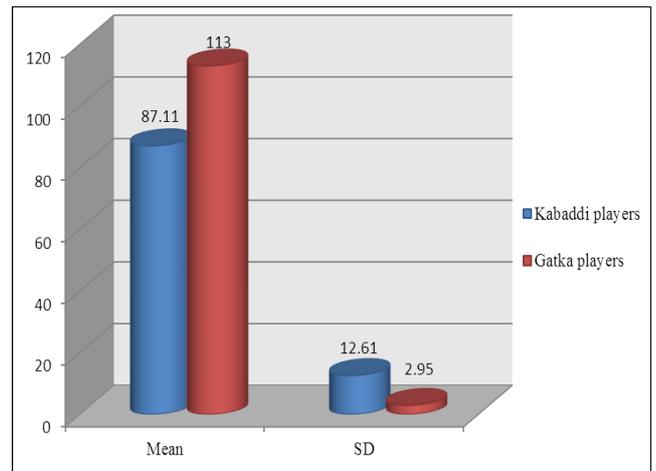


Fig 2: Mean and Standard deviation of the scores of Kabaddi and Gatka players on the measure of aggression

Discussion & Finding

The main purpose of the study was comparison of Psychological kabaddi and gatka players. The study was conducted among 220 male players (110 kabaddi and 110 gatka) those who was represented interuniversity from north India. The data calculated separately for all the ten psychological variables. The variables selected for the study are psychological respectively. They was self-confidence and aggression. Further the data was analyzed to find out the significant differences among the players. 't' test statistical technique was used to analyse the significant differences and the level of significance was set at 0.05 level for testing the hypothesis.

The results revealed that there was insignificant difference among the kabaddi and gatka in self-confidence and aggression.

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