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## A comparative study of selected psychological variables among inter college male athletes and kho-kho players

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### Abstract

The purpose of the study was to compare the sports competitive anxiety, self-concept and aggression between Athletes and Kho-Kho players. For the present study total 120 male players (60 from each athletes and kho-kho) of Inter College competition belonging from various college in west Bengal were selected. The age of the subject was ranged between 18-25 years. Sports competitive anxiety, self-concept and aggression was selected as dependent variables. For the purpose of the study competition anxiety (SCAT) questionnaires prepared by Rainer Martens, Self-concept questionnaire formulated by Dr. Mukta Rani Rastogi and Aggression questionnaire developed by Anand Kumar and Preamp Shankar was used. To find out the difference between athletes and kho-kho players in relation to their sports competition Anxiety, self-concept and aggression the t-test was applied as the statistical treatment. Significant difference was found between Athletes and Kho-Kho players in relation to their sports competition anxiety state where calculated 't' value 3.04 was found more than the tabulated ( $t' = 2.00$ ) value at 0.05 level of confidence, since the self-concept state were calculated' value 5.80 was found greater than the tabulated 't' value 2.00. It is significant at 0.05 level and since the aggression state were calculated' value 2.42 is greater than tabulated' value 2.00, it is significant at 0.05 level.

**Keywords:** psychological variables, sports competitive anxiety, self-concept, aggression

### Introduction

Sports and games are looked upon as avenues for achieving and establishing supremacy, prestigious social recognition. To achieve this recognition, one requires extra-ordinary talent, skills, sustained interest, determination, training and so on. Today in the modern competitive era every sports-man is in a race to excel others, and competition has become a fundamental mode of human expression as it is one of the very important functions by which National and international recognition and prestige is gained. Form its very simple form, sports have emerged into highly organized activity of human society and it has become a complex social and cultural phenomenon. During the past few years, interest has been increased in the field of sports psychology; cognitive sports Psychology focuses on the influence of mental factors on performance. Sports Psychologists have acknowledged that an individual's thoughts and feelings can have a critical impact on his or her performance. The Role of Psychology in selection training, materials and rehabilitations would definitely help in achieving sports excellence. The emphasis has been laid on pointing out that psychology and sports coverage at the same point and excellence in sports can be optimally obtained by developing appropriate strategies.

Anxiety plays an important role in the acquisition of motor skills as well as in athletic performance. Anxiety can either enhance or inhabit performance. Whether its effect is positive or negative depends on how an individual athlete perceives the situation. Anxiety plays an important role in sports and games, it is considered as an important phenomenon in motor performance. Anxiety especially the state it plays a significant role in the motor performance of individual. Athletes may be either inward attainders or out word attainders. Adjustment of these natural propensities may have to be done with some care.

There has been growing realization of the importance of self-concept in recent years for understanding and predicting human behavior, which plays an important role in sports performance. Self-concept selected for the investigation is not an inherited quality, but it is

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formed as a result of one's experience and reaction to the environments. As the child grows learns not only about his surroundings but also about himself.

The word aggression comes from the Latin root agreed (to attack) and grade (to go toward) literally then the word means to walk towards or approach to "move against" or "to move with intender" to hurt or "to harm". The major problem when studying aggression in sport is in finding an acceptable universal definition. Most Psychologists describe aggression in terms of behavior.

**Statement of the problem**

The purpose of the study was to compare the differences of selected psychological variables between inter-college athletes and kho-kho players.

**Delimitations**

1. The present study was delimited to Athletes and Kho-Kho players.
2. The study was delimited to Inter College players, who had taken part in the Vidyasager University Inter College Athletics and Kho-Kho competition.
3. The study was confined to male players only.
4. The study was further delimited to selected psychological variables such as sports competition anxiety, self-concept and aggression.
5. The age of the subjects was ranging from 18-25 years.

**Limitations**

1. The psychological tools have their own limitation.
2. Since the subjects selected for this study were from

different certain factors like habits, lifestyle, daily routine, diet and other factors which might have an effect on the results of this study was also considered as one of the limitations of the study.

**Hypothesis**

There will be no significant difference in sports competition anxiety, self-concept and aggression between Athletics and Kho-kho Inter-College male players.

**Methodology**

To achieve the purpose of the study the investigator were selected randomly 60 Athletes and 60 kho-Kho Inter-College players, who have participated in inter-College tournament as subjects.

To compare the sports competition Anxiety, self-concept and aggression between the Athletics and Kho-Kho Inter-College players. The data were collected by using sports competition anxiety (SCAT) questionnaires prepared by Rainer Martens, Self-concept questionnaire formulated by Dr. Mukta Rani Rastogi and Aggression questionnaire developed by Anand Kumar and Prema Shankar.

Student's 't' test at 0.05 level of significance was applied to calculate the significance of difference between Athletes and kho-kho players.

**Result of the study**

Significances Mean, Standard deviation and 't' test in sports competition anxiety, self-concept and aggression between Athletes and Kho-kho Inter-College male players.

**Table 1:** Minimum, Maximum, Mean and Standard Deviation Value of Selected Psychological Variables of Athletes

Variable	Minimum	Maximum	Mean	Standard Deviation
Anxiety	13	28	19.63	2.74
Self-concept	51	72	60.97	5.11
Aggression	7	18	13.2	2.36

Table shows the minimum, maximum, mean and standard deviation of selected psychological variables among Athletes of Inter-College male players. The mean and standard

deviation of, anxiety 19.63 and 2.74, self concept 60.97 and 5.11, Aggression are 13.2 and 2.36 respectively.

**Table 2:** Minimum, Maximum, Mean and Standard Deviation Value of Selected Psychological Variables of Kho-Kho Players.

Variable	Minimum	Maximum	Mean	Standard Deviation
Anxiety	15	28	21.18	2.66
Self-concept	46	85	67.85	6.94
Aggression	6	20	12.05	2.61

Table indicates the minimum, maximum, mean and standard deviation of selected psychological variables among Kho-Kho Inter-College male Players. The mean and standard

deviation of, anxiety 21.18 and 2.66, self-concept 67.85 and 6.94 aggression are 12.05 and 2.6, respectively.

**Table 3:** Mean, Standard Deviation and 'T' Value of Sports Competition Anxiety

Players	Sample Size	Mean	Standard deviation	't' value
Athletes	60	19.63	2.74	3.04
Kho-kho	60	21.18	2.66	

\* Significant at 0.05 level, critical't' value is 2.00

The mean difference in sports competition anxiety was analyzed by 't' test to find the statistical significance between Inter Inter- College Athletes and Kho Kho Players. It is evident from table that there is significant difference between Inter- College Athletes and Kho-Kho Players in sports

competition anxiety. Since the calculated 't' value 3.04 was found more than the tabulated 't' 2.00, it is significant at 0.05 level. Therefore, there is significant difference exist in anxiety between Inter - College Athletes and Kho-Kho Players. Table -3 indicates that Inter college Kho-Kho Players are more

anxious as compared to the inter- College Athletes.

**Table 4:** Mean, Standard Deviation and 'T' Value of Self Concept

Players	Sample Size	Mean	Standard deviation	't' value
Athletes	60	60.97	5.11	5.80
Kho-kho	60	67.85	6.94	

\* Significant at 0.05 level, critical't' value is 2.00

The mean difference in self concept was analyzed by 't' test to find the Statistical significance between Athletes and Kho-Kho players. There is significant difference exist between Athletes and Kho-Kho players in Self-Concept. Since the calculated't' value 5.80 was found greater than the tabulated't' value 2.00. It is significant at 0.05 level. Therefore, Table- 4 indicates that Inter University Kho-Kho male Players are having high Self Concept as compared to inter College Athletes.

**Table 5:** Mean, Standard Deviation and 'T' Value of Aggression

Players	Sample Size	Mean	Standard deviation	't' value
Athletes	60	13.20	2.36	2.42
Kho-kho	60	12.05	2.61	

\* Significant at 0.05 level, critical't' value is 2.00

The mean difference in each of psychological variables were analyzed by 't' test for statistical significance of Inter Inter-College Kho-Kho Players. It is evident from the table – 5 that there is significant difference exist in aggression between Athletes and Kho-Kho players. Since the calculated't' value 2.42 is greater than tabulated't' value 2.00, it is significant at 0.05 level. Therefore the significant difference exists in aggression between Inter-College Athletes and Kho-Kho Players. The result shows that Athletes are significantly better in aggression as compared to the kho-Kho Players.

### Discussion of finding

From the findings of this study it may be concluded that the significant difference was found in sports competition anxiety between Athletes and Kho -Kho Inter-College male players. Kho-kho players are having more sports competition anxiety than the Athletes. In Kho -Kho players must be very alert when they are in defense because chaser may adopt any offensive skill, that to like surprise attack which gives very good result while chasing an opponent. And another important aspect is, if any good defender is got out by one of the advance offensive skill it may effect on the result of a match. These might be the in self-concept when paired means were tested with't' test the result shows.

Significant difference between inter College Athletes and Kho-Kho male players. Kho-Kho players are better than the Athletes. Individual's self-concept has a great influence on the behavior and also directly on general personality. Individual who is having positive self-concept may be more active and contribute more on the success of a given task. In this study. Kho-Kho players are having good self-concept because Kho-Kho game need more activeness than the Athletics. This might be the one of the reasons Kho-Kho players to have good self-concept. Self-concept has been shown to be related to sports performance reasons that Kho-Kho players are more anxious than Athletes.

There was significant difference in Aggression between Athletes and Kho- Kho Inter College players. Athletes are more aggressive than the kho-kho players which is the extremeness degree of aggressiveness is common in sports. In

normal competition aggressiveness is essential to over power to an opponent or to demoralize his physical capacities. Hence a percentage of aggression is needed. The finding of this study is relevant that Athletes are more aggressive than Kho - Kho players. It may be due to the fact that when the involvement in the game which demands more aggressiveness.

### Conclusion

Based on the Discussion of finding all the variables and its components, the following conclusions can be drawn.

1. The significant difference was found in sports competition anxiety between Athletes and Kho-Kho Inter College players. Kho-Kho players are having more sports competition anxiety than the Athletes.
2. In the self-concept psychological variable there was significant difference between Athletes and Kho – Kho players. Kho - Kho players have shown good self-concept than the Athletes.
3. There was significant difference in aggression between Athletes and Kho-Kho players. Athletes are more aggressive than the Kho-kho players.
4. Therefore, the hypothesis of this study stated earlier that "There will be no significant difference in sports competition anxiety, self-concept and aggression between Athletics and Kho-kho Inter-College male players" was rejected.

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