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Comparative assessment on achievement motivation of national, state and district level male Kabaddi players

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Abstract

The purpose of the present study was to compare sports achievement motivation between national, state and district level male Kabaddi players of Uttar Pradesh state. A total 60 male Kabaddi players (20 for each group) were randomly selected as subjects for the purpose of the present study. The age of the subjects ranged from 20 to 25 years. For the acquisition of psychological data of the participants on sports achievement motivation a test developed by M.L. Kamlesh (1990) was used. The ANOVA and LSD test was used to compare the mean difference among three groups of Kabaddi players. National players had higher level of achievement motivation as compared to State and District level Kabaddi players. Significant differences were found in the achievement motivation level of the three groups of Kabaddi players.

Keywords: Achievement motivation, Kabaddi players

Introduction

Kabaddi is a contact team sport that originated in Tamil Nadu. It is the national sport of Bangladesh. It is also popular in South Asia and is the state game of the Indian states of Kerala, Andhra Pradesh, Bihar, Haryana, Karnataka, Maharashtra, Punjab, Tamil Nadu and Telangana. Two teams compete, each occupying its own half of the court. They take turns sending a "raider" into the opposing team's half and earn points if the raider manages to touch opposing team members and return to the home half, all while chanting word "Kabaddi". However, if the raider is tackled and prevented from returning, the opposing team gets the point.

The game is known by its regional names in different parts of the subcontinent, such as Kabaddi or "Chedugudu" in Andhra Pradesh Kabaddi in Kerala and Telangana, Hadudu in Bangladesh, Bhavatik in Maldives, Kauddi or Kabaddi in the Punjab region, Hu-Tu-Tu in Western India and Hu-Do-Do in Eastern India and Chadakudu in south India.

In earlier versions, the raider had to continuously sing a song, which varied by region. This was later condensed to repeating the name of the game (Kabaddi, Sadugudu, etc.).

Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by India. The game was introduced in the Indian National Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation (AIKF) came into existence and framed the rules.

The objective of the present study was to assess the Achievement Motivation level of National, State and District level male Kabaddi players of Uttar Pradesh.

History

Kabaddi is a 4,000 year old team sport originated in India and played by many South Asian nations. The name derives from a Tamil word meaning "holding of hand", which is the crucial aspect of play. It is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby. It was originally meant to develop self defense, in addition to responses to attack, and reflexes of counter attack by individuals, and by groups or teams. It is a rather simple and inexpensive game, and neither requires a massive playing area, nor any expensive equipment.

Modern Kabaddi is a synthesis of the game played in various forms under different names. It was introduced by Vivek Samvedi from Mumbai. Samit Damad then introduced some new rules which are effective since 14th July 2011.

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The game has been played in its original form since Vedic times. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra.

The game was introduced in the Indian Olympic Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation came into existence and compiled standard rules. In 1955, First Kabaddi Indian National Championship was held in Calcutta. It was here that women played competitively for the first time. Although this thigh slapping, full body contact sport doesn't seem to be very popular with the ladies, it is fancied by men worldwide, yet rarely seen on TV. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. It is the national game of Bangladesh and the state game of Tamil Nadu, Punjab and Andhra Pradesh in India. Kabaddi is the Only Game being played in all the 3 versions of Asian Games i.e. Asian Games, Asian Indoor Games and Asian Beach Games.

In the international team version of Kabaddi, two teams of seven members each occupy opposite halves of a field of 10m × 13m in case of men and 8m × 11 m in case of women. Each has three supplementary players held in reserve. The game is played with 20 minute halves and a five minute halftime break during which the teams exchange sides. Two teams occupy opposite halves of a field and take turns sending a "raider" into the other half, in order to win points by tackling members of the opposing team; the raider then tries to return to his own half, holding his breath and chanting "Kabaddi, Kabaddi, Kabaddi" during the whole raid. Meanwhile, defenders must form a chain, for example, by linking hands; if the chain is broken, a member of the defending team is sent off. The goal of the defenders is to stop the raider from returning to the home side before taking a breath.

The raider is sent off the field if: (1) the raider takes a breath before returning or (2) the raider crosses boundary line or (3) A part of the raider's body touches the ground outside the boundary (except during a struggle with an opposing team member). Each time a player is out the opposing team earns a point. A team scores a bonus of two points, called a lona, if the entire opposing team is declared out. At the end of the game, the team with the most points wins.

Kabaddi originated in ancient Tamil region, which is predominantly present day Tamil Nadu and parts of other South Indian states. Tamil empire spread this game to south east Asia during their sea trade. The word Kabaddi might have been derived from the Tamil word "kai-pidi" meaning "to hold hands". Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by India. The game was introduced in the Indian National Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation (AIKF) came into existence and framed the rules. Kabaddi was introduced to and popularised in Japan in 1979 by Sundar Ram of India, who toured Japan on behalf of Asian Amateur Kabaddi Federation for two months to introduce the game. In 1979, matches between Bangladesh and India were held across India. The first Asian Kabaddi Championship was held in 1980 and India emerged as champion, beating Bangladesh in the final. The other teams in the tournament were Nepal, Malaysia, and Japan. The game was included for the first time in the Asian Games in Beijing in 1990 where seven teams took part.

Modern Kabaddi is a synthesis of the game played in various forms under different names. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra.

The game was introduced in the Indian Olympic Games at Calcutta in 1938.

In 1950 the All India Kabaddi Federation came into existence and compiled standard rules. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. After formation of the Amateur Kabaddi Federation of India, the first men's nationals were held in Madras (renamed Chennai), while the women's were in Calcutta (renamed Kolkata) in 1955. The AKFI has given new shape to the rules and has the right to modify them. The Asian Kabaddi Federation (AKF) was founded under the chairmanship of Mr. Janardan Singh Gehlot.

Kabaddi was introduced and popularised in Japan in 1979. The Asian Amateur Kabaddi Federation sent Professor Sundar Ram of India to tour Japan for two months to introduce the game. In 1979, a return test between Bangladesh and India was held at different places of India including Mumbai, Hyderabad, and Punjab. The Asian Kabaddi Championship was arranged in 1980 and India emerged as champion and Bangladesh runner-up. Bangladesh became runner-up again in 1985 in the Asian Kabaddi Championship held in Jaipur, India. The other teams in the tournament were Nepal, Malaysia and Japan. The game was included for the first time in the Asian Games in Beijing in 1990. India, China, Japan, Malaysia, Sri Lanka, Pakistan and Bangladesh took part. India won the gold medal and has also won gold at the following six Asian Games in Hiroshima in 1994, Bangkok in 1998, Busan in 2002, Doha in 2006 and Guangzhou in 2010.

An attempt to popularise Kabaddi in Great Britain was carried out by Channel 4, who commissioned a programme dedicated to the sport. The programme, Kabaddi in the early 1990s, however, failed to capture viewer attention despite fixtures such as West Bengal Police versus the Punjab. Kabaddi was axed in 1992. Alt-rock band The Cooper Temple Clause formed a kabaddi team in 2001 and were, at one stage, ranked seventh in the British domestic standings.

In the 1998 Asian games held at Bangkok (Thailand), the Indian Kabaddi team clinched the gold medal. The chief coach of the team was former Kabaddi player and coach Ft. Lt. S.P. Singh. Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath.

One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges into the opponent court and try to touch the opponent closest to him, while the seven opponents make maneuvers to catch the attacker. This is Kabaddi, the match of one against seven, known as the game of struggle.

The players on the defensive side are called "Antis" while the player of the offence is called the "Raider". The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider.

The origin of the game dates back to pre-historic times played in different forms. The modern Kabaddi game was played all over India and some parts of South Asia from 1930. The first known framework of the rules of Kabaddi as an indigenous sport of India was prepared in Maharashtra in the year 1921 for Kabaddi competitions on the pattern of Sanjeevani and Gemini in a combined form. Thereafter a committee was

constituted in the year 1923, which amended the rules framed in 1921. The amended rules were applied during the All India Kabaddi Tournament organized in 1923.

The All India Kabaddi Federation was formed in the year 1950 to look after the promotion of the game and the Senior National championship started from the year 1952. The new body, Amateur Kabaddi Federation of India (AKFI) came in to existence from the year 1972 affiliated to Indian Olympic Association (IOA) with a view to popularize the game in India & neighboring countries of Asia. After formation of this body, Kabaddi took a new shape and National level competitions started for Junior and Sub-junior boys & girls also

The 1st Asian Kabaddi Championship was held in the year 1980 and was included as a demonstration game in the 9th Asian Games, New Delhi in the year 1982.

The game was included in the South Asian Federation (SAF) games from the year 1984 at Dacca, Bangladesh. Kabaddi was included as a discipline in the 11th Asian Games Beijing 1990 and India won the lone Gold Medal of Kabaddi in the 11th Asian Games Beijing 1990. India is the reigning champion in the succeeding Asian Games held in Hiroshima 1994, Bangkok 1998, and Busan 2002 & recently at Doha 2006 and created history in Indian sports by winning five consecutive Gold medals in the Asian Games so far.

1st World Cup of Kabaddi was organised in 2004 at Mumbai (India), India won the First World Cup by beating Iran in the finals. The second World Cup was held Panvel (India) in 2007 and India once again became Champion.

The First Asian Women Championship was held at Hyderabad in 2005 and India won the Gold Medal. Women Kabaddi was included for the first time in the South Asian Games held in Colombo, Sri Lanka in 2006.

For the first time in the history of Asian Games a separate indoor stadium was built for Kabaddi competition and training in the 15th Asian Games held at Doha [Qatar] 2006. The training/ warming up courts and main field of play was made up of puzzle mats of Korean make. The main field of play was equipped with a giant public screen, which displayed replays and the running score. Two 'Tissot' plasma scoreboards, info terminals for the presentation crew, the ceremony crew and the media were provided.

The 15th Asian Games Doha provided an excellent opportunity to showcase Kabaddi to the Europeans and Australians who were in great numbers in organizing the Asian Games. A good many spectators belonging to European countries, USA, Australia, Western Asia, and the Mediterranean countries, who saw the Game for the first time, were very impressed with the simple rules and the thrill of the sport and desired to introduce the sport in their countries. This has given Kabaddi very good and positive exposure for its future development in the continents of Europe, USA, Australia and Africa.

Kabaddi was included in the 2nd Asian Indoor games held at Macau from 25th October to 3rd November 2007. Once again India Won the Gold Medal. Kabaddi Men & Women both was included in 1st Asian Beach Games being hosted by Indonesia in 2008 at Bali, India Won Both the Gold Medals of Men & Women Events.

There has been a gradual but significant change in the trends of the game since the past 50 years. What was once considered a game of brawn is not so now. The introduction of mats, shoes, new techniques & changes in rules has made the sport more interesting and advantageous to skilled players who are now able to defeat heavier players with better skills

& techniques.

Ancient history of Kabaddi

It always irks me that almost nine out ten people I talk to about Kabaddi have almost no inkling to the origin of Kabaddi. Kabaddi has attained Asian Games status but even many of national players have little or no knowledge as to the games origins. Many still believe that the sport has a history dating to pre-historic times and was probably invented to ward off group attacks. But, Kabaddi has a more tragic history and is said to have its beginning some 3,000 to 5,000 years ago during the Kurukshetra War. The ancient Indian epic Mahabharata describes the battle between the Pandavas and the Cauravas and how Abhimanyu managed to penetrate the Cauravas seven tiered defense, but died because he did not know the way out. Legend has it that as an unborn child in his mother's womb, Abhimanyu learned the knowledge of entering the deadly and virtually impenetrable seven tiered defense called Chakravyuha.

It is said that Lord Krishna tutored Abhimanyu's father Arjuna the technique of attacking and escaping from various army formations. And as a foetus in his mother Subadhra Devi's womb, Abhimanyu is said to have absorbed all the words of wisdom from Krishna. It is also said that Subadhra Devi decided to retire when Krishna was explaining the method of escaping from the Chakravyuha. Thus Abhimanyu never got the chance to learn on how to escape the Chakravyuha. On the 13th day of the Kurukshetra War, the courageous and dashing Abhimanyu, was called upon to break through the Chakravyuha formed by the Cauravas. The sixteen year old gallantly broke through the formation but after a fierce battle to get out was killed by his enemies. It is said that the sport of kabaddi was created in remembrance of Abhimanyu the Warrior.

If you look closely at a kabaddi match, you would notice the seven defensive players forming a semicircle to entrap the lone raider just like how the Cauravas trapped Abhimanyu. Just like in a war, it is believed that Kabaddi was invented to develop a defensive responses by an individual against group attacks and group's responses to an individual attack. This is the only combative sport in which offence is an individual effort whereas defense is a group effort.

History reveals that kabaddi was played by princes' of the past to display their strength. Buddhist literature also mentions of Gautama Buddha playing kabaddi with his peers. For those of you who have not seen Bernardo Bertolucci's 1993 movie Little Buddha starring Keanu Reeves, try to get a copy and you can catch a scene showing Buddha playing kabaddi. The extras in the scene were Nepalese kabaddi players and officials, who still talk about it fondly. The game, known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India and Bangladesh, Chedugudu in Southern India and Kaunbada in Northern India, has changed through the ages.

Modern Kabaddi is a synthesis of the game played in various forms under different names. The excitement and thrill provided by the game has made it very popular and is rightly called the Game of the Masses. It is also called the Game of the Warriors (Veera Vilayatu) in South India. Millions of people from as many as 65 countries of the world play this game in its various forms now. The game is popular and played in India, Nepal, Pakistan, Bangladesh, Japan, Sri Lanka, Thailand, Malaysia, Iran, Korea, Argentina, Canada, U.K, China, Trinidad and Tobago, Australia, Indonesia and many more countries. Kabaddi, is surprisingly also the national sport of Bangladesh.

Kabaddi is played in three styles – National Style Kabaddi, Beach Kabaddi and Circle Kabaddi. The National Style Kabaddi was introduced as a medal sport at the Beijing Asiad in 1990. The Circle Style Kabaddi was demonstration during the 1936 Berlin Olympics. The demonstration was made possible by the Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra. Beach Kabaddi was included at the Bali Asian Indoor Games in 2008 and is perhaps the closest to the original game. The three styles of Kabaddi are also played in three different formats.

In the Amar format of Kabaddi, there is no out or revival rule. When any player is touched, goes out of bounds or is caught, he is not sent out of the court but point is awarded to the rival team. In the Sanjaveeni format, the revival and our rule is in play. When any player is touched or goes out of bounds, or is caught, the player concerned is sent out of court. Points are awarded to the rival team in addition to having their out players being revived. In the Gaminee format, a player touched, caught or out of bounds, has to remain out until all his team members are out. Despite the differences in styles, Kabaddi calls for tremendous fitness of body and mind and the ability to concentrate as well as anticipate the opponent's moves. The Game demands agility, muscular co-ordination, breath holding capacity, speed, strength, stamina, catching, kicking, as well as quick responses and a great deal of presence of mind.

Kabaddi in India

Kabaddi is a contact sport that originated in ancient India. According to Collins English Dictionary, the word "Kabbadi" originates from the Tamil language. The word Kabaddi might have been derived from the Tamil word "kai-pidi" meaning "to hold hands". However, the word might have been prevalent in North India. It is one of the most popular sports in India, played mainly among people in villages. It is regarded as a team-contact sport as a recreational form of combat training. Two teams occupy opposite halves of a small field and take turns sending a raider into the other half, in order to win points by tagging/wrestling members of the opposing team; the raider then tries to return to his own half while holding his breath and chanting "Kabaddi, Kabaddi, Kabaddi" during the whole raid. India has taken part in four Asian Games in Kabaddi, and won gold in all of them. There are 4 forms of Kabaddi played in India are Amar, Suranjeevi, Huttuttoo, and Gaminee. Amar is generally played in Punjab, Haryana, America, Canada, and other parts of the world, mostly by Punjabi sportsmen. Suranjeevi is the most played form of Kabaddi in India and the world. This is the form used in international matches generally and played in Asian Games. Huttuttoo was played by men in Maharashtra State. India won the Kabaddi World Championship in 2007, beating Iran 29-19.

India is also the host to World's first Kabaddi League. The league follows the Formula 1 touring sports format and will be played across four continents starting from August to December 2014. It is the state game of Punjab, Andhra Pradesh and Tamil Nadu in India where a related game of Sadugudu is played, and Maharashtra in India. It is played by the British Army for fun, to keep fit and as an enticement to recruit soldiers from the British Asian community. The game is also played extensively in the small town of Peebles in the Scottish Borders, mainly in the local primary school playground, where it is favoured to more traditional childhood past-times such as 'British bulldogs' and 'Kiss, Cuddle and Torture'.

India won the 2013 Kabaddi World Cup held at Guru Nanak Stadium, Ludhiana (Punjab) India. India won the Kabaddi World Cup in 2016, 2017 and 2018.

Methodology

The present research endeavour was designed to explore the achievement motivation status of National, State and District level male Kabaddi players. A total 60 male Kabaddi players (20 each group) were randomly selected as subjects for the purpose of the present study. The age of the subject ranged from 20 to 25 years. The players who had participated in senior, women and Inter University competition at National level were selected in National Group. The players who had participated in only state level tournament were selected in State Group. The players who had participated in only district level tournament were selected in District Group. The subjects were participated in competition during 2017-2018. To measure player's level of achievement motivation, the tool constructed and developed by M.L. Kamlesh (1990) was used. The test is self-evaluation questionnaire consisting of 20 statements related to situation.

Results and Discussion

Analyses of variance and LSD test were used to assess the significant difference in the means of three groups.

Table 1: One way analysis of variance of achievement motivation level of national, state and district level Kabaddi players

Sr. No.	Group	N	Sum	Mean	Variance
1.	National	20	602	30.1	9.57
2.	State	20	533	26.65	3.92
3.	District	20	497	24.85	2.8

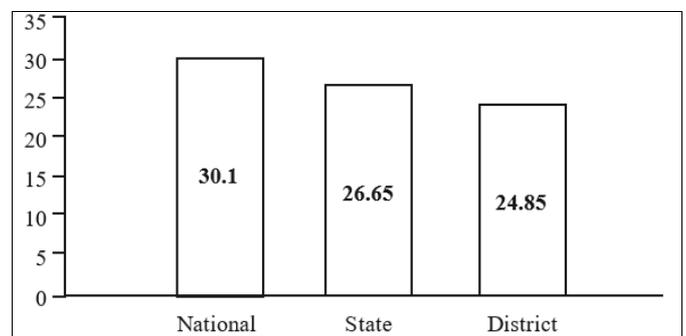


Fig 1: Show the national and state district

Table 2: ANOVA table

Sr. No.	Source of variation	SS	df	MS	F	F Critical
1.	Between Group	284.7	2	142.35	26.27	3.16
2.	Within Group	308.9	57	5.419		

Result shows that calculated f-value is greater than tabulated F-value, it is concluded that significant difference is existing in the achievement motivation level of the three groups of Kabaddi players. Further to find out which group mean is greater than the other LSD test was applied.

Table 3: LSD-test of significance for achievement motivation level means difference among the different groups

Sr. No.	National	State	District	M.D.	C.D
1.	30.1	26.65	-	3.45	.46
2.	30.1	-	24.85	5.25	.46
3.	-	26.65	24.85	1.8	.46

Comparing the means of the three groups with critical difference it is evident that the achievement motivation level of National Kabaddi players is significantly greater than the other two groups. Further mean achievement motivation level of State level Kabaddi players is significantly greater than mean of District Kabaddi player. Thus we see that achievement motivation a definite determining factor in the performance of Kabaddi players. The results of the study had led us to attribute the performance status of national and state Kabaddi players to their achievement motivation level. Further we also see that the gap between the achievement motivation level of national and district level Kabaddi player is more than the gap in achievement motivation level of state and district Kabaddi players.

Conclusion

The results provide evidence that high achievement motivation is a vital factor that distinguishes high level performers. On the basis of the present empirical investigation it is concluded that National Kabaddi players are having higher level of achievement motivation than the State and District level Kabaddi players because they set goals and aims to give the level best performance to win the competition.

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