

## **Relationship between selected psychological characteristics and performance of Kabaddi players**

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### **Abstract**

The purpose of the study was to determine the Psychological characteristics of the National level Kabaddi Players. The data pertaining to the psychological characteristics were collected from subjects belonging to state and Institutes of Uttar-Pradesh, who represented the state at various National level tournaments. Hundred players were selected randomly for this study from Senior National Kabaddi championship 2011-12. Based on literary evidences and scholar's own understanding the following variables were selected for the purpose of this study: Sports Anxiety, Sports Aggression, Locus of Control and Self Concept. The Kabaddi performance of the players were evaluated by the panel of three Kabaddi experts on the basis of subjective observation of the player's performance during the series of the matches during the course of the competition and each experts evaluated each players out of 10 points. Further, the aggregate points of three experts were recorded as the final score for the performance of each player. Anxiety was measured by using Sports Competition Anxiety Test (SCAT) developed by Renier martin. Aggression was measured by using Sports Aggression Inventory, developed by Dr. Anand Kumar and Dr. Prem Shankar Shukla. Locus of control was measured by Locus of Control Questionnaire (LCQ) developed by Rotter. Self-concept was measured by using Self-Concept Questionnaire, developed by Dr. (Mrs.) Pratibha Dev. To find out the relationship of selected Psychological characteristics to Kabaddi performance, Product moment method of correlation was used at 0.05 level of significance. Result shows that significant relationship between Psychological characteristics and Kabaddi performance as the correlation coefficient value were found greater than the tabulated value 0.195 at 0.05 level of significance. Psychological characteristics such as Anxiety and Aggression were found significantly related to the performance with the found value of 0.80 and 0.76 respectively. While insignificant relationship were found between Locus of control, self concept and performance in Kabaddi.

**Keywords:** relationship, psychological characteristics, performance, Kabaddi

### **Introduction**

In modern competitive sports Psychological preparation of an athlete or a team is as much important as technique of the different skills of the game on a specific line. In modern competitive sports the athletes and teams are prepared not only to play the game and for winning the game it is not only the proficiency in the skills, which bring victory but more important is the mental preparation.

### **Aim**

The purpose of the study was to determine the Psychological characteristics of the National level Kabaddi Players.

### **Methodology**

The data pertaining to the psychological characteristics were collected from subjects belonging to state and Institutes of Uttar-Pradesh, who represented the state at various National level tournaments. Hundred players were selected randomly for this study from Senior National Kabaddi championship 2011-12. Based on literary evidences and scholar's own understanding the following variables were selected for the purpose of this study: Sports Anxiety, Sports Aggression, Locus of Control and Self-Concept.

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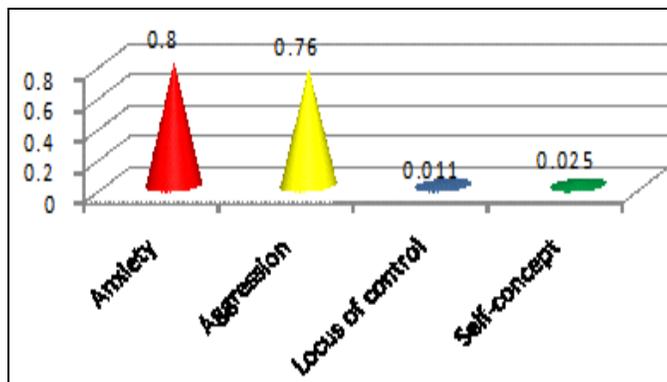
### **Results**

The relationships of Psychological characteristics to Kabaddi performance were computed by Product moment method of correlation which are presented in Table No-1.

**Table 1:** Relationship of Psychological Characteristics with Performance in Kabaddi

Psychological Characteristics	Correlation coefficient
Anxiety	0.80*
Aggression	0.76*
Locus of control	0.011
Self- concept	0.025

\*significant at 0.05 level  
 R 0.05(98)= 0.195



**Fig 1:** Relationship of Psychological Characteristics with Performance in Kabaddi

Table-1 indicates that, there exist a significant relationship between Psychological characteristics and Kabaddi performance as the correlation coefficient value were found greater than the tabulated value 0.195 at 0.05 level of significance. Psychological characteristics such as Anxiety and Aggression were found significantly related to the performance with the found value of 0.80 and 0.76 respectively. While insignificant relationship were found between Locus of control, self concept and performance in Kabaddi.

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