



## Comparative study on selected psychological abilities between kabaddi and kho-kho players

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### Abstract

The main objective of the present study was to compare the Kabaddi and Kho-Kho players of from North 24 Parganas District, who has obtained position at district level sports competition on selected psychological abilities through the selected test items such as: Psycho-motor Ability, Concentration and Sports Competition Anxiety Test between the players of Kabaddi and Kho-Kho. For the purpose of the present study, finally sixty players were selected as subjects. Out of total sixty subjects, 30 subjects from the game of Kabaddi and 30 subjects from the Kho-Kho has been selected on purposive and random sampling basis, who has won medal/position district level sports competition. All the subjects were involved in regular practice as a preparation for their targeted competition in their respective sports. The data were collected in raw form and analyzed by computing the descriptive statistical techniques and 't' test were applied. The level of significance was set at 0.05 level of confidence. There was significant difference was found in the Psycho-motor Ability in relation to the Kabaddi and Kho-Kho players. There was no significant difference found in relation to Concentration Ability measured through Grid Test between Kabaddi and Kho-Kho players. The significant difference was found in the Sports Competition Anxiety Test (SCAT) in relation to the Kabaddi and Kho-Kho players.

**Key words:** Concentration Ability, Sports Competition, Anxiety, Kabaddi, Kho-Kho players etc.

### 1. Introduction

According to Moran (1996) Sports psychology, the youngest of the sport science, is concerned with the psychological effect derived from participation. Today many outlets & Coaches look to sport psychology for a competitive edge by seeking psychological training Programme in order to learn among other thing, way to manage, competitive stress, central concentration, improve confidence & increase communication skill & team harmony. Competitive sports provides psychologist with many fascinating opportunities to explore the success with which people can control their own mental processes in the face of adversity. If paying attention is viewed as an effort to exert control over what we perceive & do, then the study of concentration in athletes offers a potentially fruitful new avenue for the study of how the mind works.

#### 1.1 Hypothesis

It was hypothesized that there was no significant difference in psychological factors of Kabaddi and Kho-Kho players.

### 2. Methodology

The following methodological steps were taken in order to conduct the present study.

#### 2.1 Selection of the Subjects:

Initially, Sixty Kabaddi and Kho-Kho players were selected on random basis for the present study School students from North 24 Parganas District. The designated delimitations for the present study were kept in mind for the selection of the subjects; those have participated in district level competition. It was also taken into consideration that all the selected subjects were ranged from 16 to 19 years of age and who were involved in regular practice for their respective games of Kabaddi and

Kho-Kho to remain physically and mentally fit. Finally, total 30 players were randomly selected from Kabaddi and 30 players were selected from game of Kho-Kho. It was also kept in mind that all the subjects should participate voluntarily for purpose of data collection during present study.

**2.2 Selection of the Psychological Components and their Tests:**

- a. **Psycho-motor Ability** : Eye-hand Coordination Test
- b. **Concentration** : Grid Concentration Test
- c. **Competition Anxiety** : Sports Competition Anxiety Test (SCAT)

**2.3 Statistical Procedure:**

For the purpose of the analyses, the following statistical procedures were employed:

In first step, descriptive statistics was employed in which Mean; SD, were computed. The required statistical calculations were computed with the help of SPSS software. The descriptive calculation and "t"- test were computed. Then, both the groups were tested to observe the differences among the selected variables. The level of significance was set at .05 level of confidence.

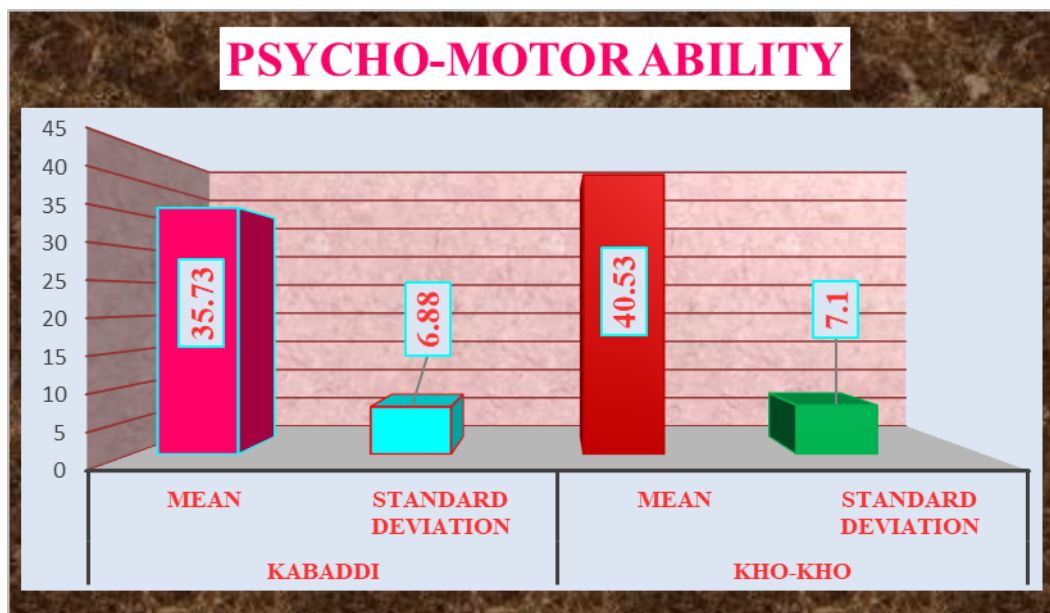
**3. Result and Discussion**

**Table 1**  
 Mean, Standard deviation and 't'- ratio in respect of Psycho-motor Ability between Kabaddi and Kho-Kho Players

VARIABLES	KABADDI		KHO-KHO		"t"-Ratio
	Mean	Standard Deviation	Mean	Standard Deviation	
Psycho-motor Ability	35.73	6.88	40.53	7.10	2.61*

\*Significant "t"0.05 (58) =2.00

Table-1 indicated that the mean and standard deviation scores of Psycho-motor Ability of Kabaddi had been found 35.73±6.88 and those of Kho-Kho Players had been found 40.53±7.10. The calculated 't' value (2.61 >2.00) of Psycho-motor Ability of the subjects were found to greater than the table value; so the result reflected significant difference at 0.05 level of confidence. The results had been presented graphically in figure-6.



**Fig- 1: Comparison of Psycho-motor Ability Test between the Kabaddi and Kho-Kho Players**

Table-2

Mean, Standard deviation and 't'- ratio in respect of Grid Concentration Test between Kabaddi and Kho-Kho Players.

VARIABLES	KABADDI		KHO-KHO		"t"-Ratio
	Mean	Standard Deviation	Mean	Standard Deviation	
Grid Concentration Test	14.867	3.964	16.167	3.578	1.31

\*Significant "t"0.05 (58) =2.00

Table-2 indicated that the mean and standard deviation scores of Grid Concentration Test of Kabaddi had been found 14.867±3.964 and those of Kho-Kho Players had been found 16.167±3.578. The calculated 't' value (1.31 < 2.00) of Grid Concentration Test of the subjects were found to less than the table value; so the result reflected no significant difference at 0.05 level of confidence. The results had been presented graphically in figure-7.

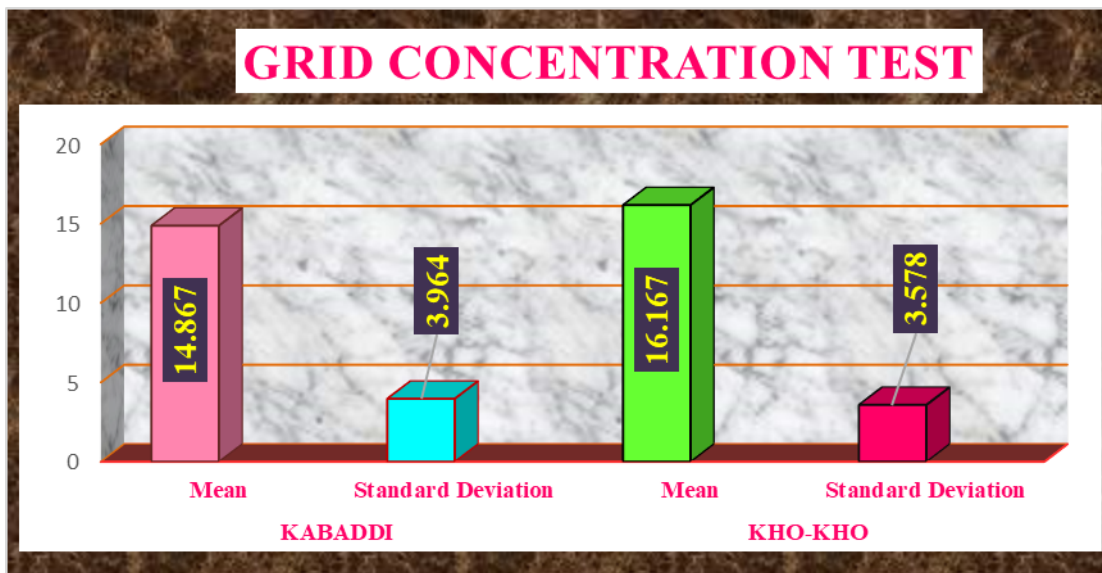


Fig- 2: Comparison of Grid Concentration Test between the Kabaddi and Kho-Kho Players.

Table-3

Mean, Standard deviation and 't'- ratio in respect of Sports Competition Anxiety Test (SCAT) between Kabaddi and Kho-Kho Players.

VARIABLES	KABADDI		KHO-KHO		"t"-Ratio
	Mean	Standard Deviation	Mean	Standard Deviation	
Sports Competition Anxiety Test (SCAT)	14.03	2.359	16.93	2.85	4.22*

\*Significant "t"0.05 (58) =2.00

Table-3 indicated that the mean and standard deviation scores of Sports Competition Anxiety Test (SCAT) of Kabaddi had been found 14.03±2.359 and those of Kho-Kho Players had been found 16.93±2.850. The calculated 't' value

(4.22 > 2.00) of Sports Competition Anxiety Test (SCAT) of the subjects were found to be greater than the table value; so the result reflected significant difference at 0.05 level of confidence. The results had been presented graphically in figure-8.

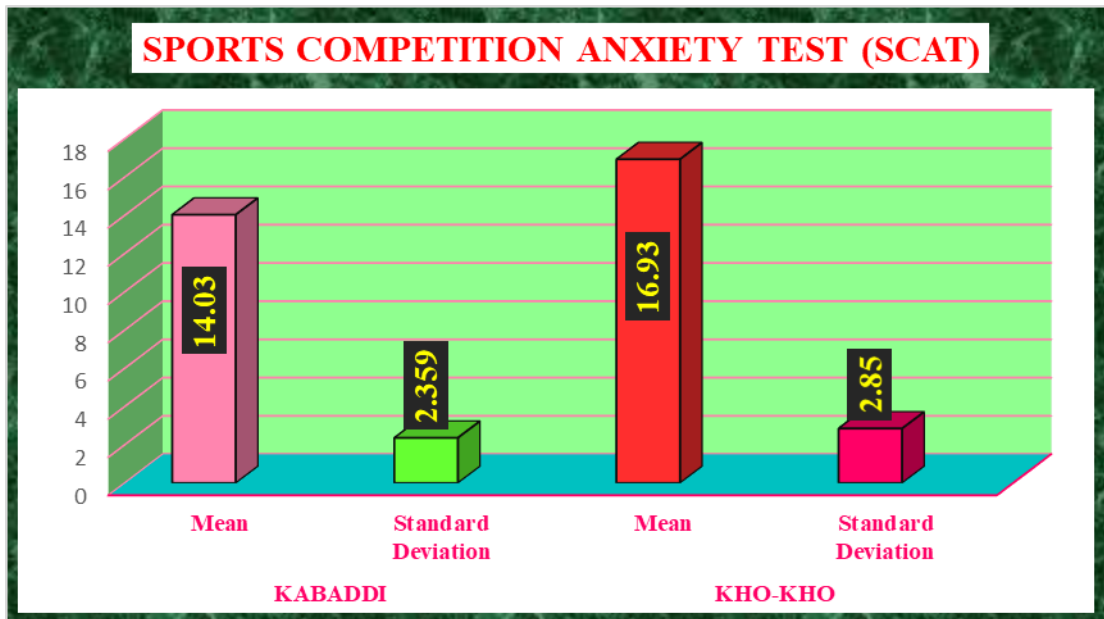


Fig- 3: Comparison of Sports Competition Anxiety Test (SCAT) between the Kabaddi and Kho-Kho Players.

#### 4. Conclusion

On the basis of the data analysis, limitations and findings of the present study, the following conclusions were drawn:

The significant difference was found in the Psycho-motor Ability in relation to the Kabaddi and Kho-Kho players. The Kho Kho players' group had better Psycho-motor Ability or Eye-hand Co-ordination, proving better mental and physical Coordinative Ability than the Kabaddi players.

There was no significant difference found in relation to Concentration Ability measured through Grid Test between Kabaddi and Kho-Kho players.

The significant difference was found in the Sports Competition Anxiety Test (SCAT) in relation to the Kabaddi and Kho-Kho players. The Kho-Kho players' group had higher level of anxiety than the selected group of Kabaddi players. Whereas, both the groups had optimum level of anxiety to perform better in their respective sports competitions.

#### 5. References

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