

A STUDY ON PERSONALITY OF KABADDI PLAYERS

RATHAVA AMINABHAHEN KUNVARSING

ABSTRACT:

Performance in sports is not only dependent upon various physical or physiological factors but it also depends upon various psychological parameters. The performance in competition is determined by various physiological, morphological, sociological factors. All these factors have direct link with the personality of an individual. Personality characteristics of an individual play an important role in achieving high performance in Kabaddi. Personality effect the performance of the sports persons in various sports. Keeping in view the importance of Personality and Personality characteristics of Kabaddi players on the performance the study focused on the aim to establish relationship between the various Personality characteristics and performance of Young Kabaddi players of school level of Haryana. Comparison of Kabaddi players' personality characteristics was studied and comparison of Kabaddi players National style kabaddi. 16 P.F. questionnaires by Cattle and Eber (1971) were used to collect the data for Personality characteristics assessment of young player of Navodaya Vidyalaya Samiti. Statistical techniques included Mean, S.D 't' test were used to analyze the data. It was observed that the mean of personality characteristics of females in both groups is less than the male kabaddi players playing either circle or national style Kabaddi but not statistically significant.. This means that the characteristics affects the performer performance of kabaddi players negatively or in simpler terms, with the increase in personality characteristics there is decrease

in the performance of performer. The greater co-relation in the male Kabaddi players playing national style kabaddi may be attributed to the higher or tougher competition between them.

KEYWORDS: Performance, personality, Kabaddi, NVS and players.

INTRODUCTION:

As per the National Policy on Education (1986) Navodaya Vidyalaya Samiti established in 1986 and first two schools were started by Government of India fully residential school known as Jawahar Navodaya Vidyalaya (JNVs) in Distt Rohtak of Haryana and Distt Amravati of Maharashtra state. At present the JNVs are spread in 27 States and 7 Union Territories 1 . These schools are only co-educational residential schools of totally funding and administered by Government of India through an autonomous organization, Navodaya Vidyalaya Samiti. The students are admitted through the Jawahar Navodaya Vidyalaya Selection Test conducted by CBSE in class sixth. Everything is provided on free of cost in the schools including board and lodging, uniforms and textbooks. And physical training in morning and game practice in evening are conducted regularly by Physical Education Teacher. Kabaddi is a popular game in India. With the introduction of the game in the Asian and other international competitions, the popularity has grown. The competition has increased the performance of players in leaps and bounds. The kabaddi players require various qualities physical and mental. Kabaddi being a combative team game is also called the game of agility, good lung capacity, muscular coordination, presence of mind

and quick reaction ability and various psychological parameters. The performance in competition is determined by various physiological, morphological, sociological factors. All these factors have direct link with the personality of an individual. Personality characteristics of an individual play an important role in achieving high performance in Kabaddi. Kroll 2, believed; 'There is possibility that some discrete set of personality factors exists which is related to causing some people to select and participate in sports. Perhaps those possessing the strongest and most fortuitous combination of these salient personality factors tend to persist in sports and become successful as outstanding athletes. Oglivie³ has listed emotional stability, tough-mindedness, conscientious, controlled, self-discipline, self-assurance, relaxed, low tension level, outgoing etc. as some of the personality traits that have significant correlation with physical excellence in sports. Bosco⁴ reported that elite woman gymnasts, when compared with non-gymnasts, were higher in emotional stability, maturity, confidence, and seriousness Heggstad and Eric.⁵ review the development of the modern paradigm for intelligence assessment and application and consider the differentiation between intelligence-as-maximal performance and intelligence-as-typical performance. They review theories of intelligence, personality, and interest as a means to establish potential overlap. Consideration of intelligence-as-typical performance provides a basis for evaluation of intelligence-personality and intelligence-interest relations. Karad P.⁶ studied the gender differences in personality traits of intercollegiate male and female kabaddi players; he found that male kabaddi players have lesser score on neuroticism and extroversion. The female players were more extrovert than male. Jalili et al.⁷ studied personality dimensions of individual and

team athletes and to compared the level of social skills and mental toughness of individual and team athletes with non-athletes and found that there is a significant difference between individual athletes, team athletes, and nonathletes in mental toughness, social skills, and personality dimensions. He concluded from the results that personality characteristics of individual and team athletes are different from non-athletes. Karad and Wahid⁸ studied differences in the Personality traits between Kabaddi and Kho-Kho players; with regard to neuroticism psychosticism and extraversion. Found that Kabaddi players are lesser extrovert and more psychotic than Kho-Kho players. Joshi and Vakani⁹ studied personality difference between volleyball and kabaddi players. The E.P.I. tratiowas computed to compare, the significance of differences between the means of Extroversion and Neuroticism of Inter Collegiate Volley ball and Kabaddi players. Significant difference was found in extroversion of kabaddi and volleyball players. Kabaddi Players having less extrovert tendency whereas Volleyball players have less neurotic tendency. By studying the related literature, we arrive at the conclusion that there are different views with regard to personality characteristics and its implications in various sports and situations. Some studies revealed that there is significant difference between team games and individual games with regard to these characteristics in sports. Some studied revealed that personality characteristics between male and female were statistically significant. Personality traits have significant correlation with physical excellence in sports. Research in the field of personality of kabaddi players appears to be limited, as it does not focus on the young players and the relationship of personality factors to the performance. Therefore, it is necessary to know the actual result regarding the personality characteristics and its relationship

with sports performance particularly in kabaddi. The present study was conducted to determine significance of differences in various personality factors among the top, average, and low performers groups.

METHODOLOGY:

This study comprises of 78 kabaddi players playing national style kabaddi in the kabaddi cluster games of NVS at Jawahar Navodaya Vidyalaya-Naultha, Panipat Haryana. These kabaddi players of National style kabaddi were divided into three groups' i.e. Top performers, Average performers and low performers based on their selection for the higher level of competition. Those selected for national competition were put in top performer group; those selected for regional competition were put in average performer group. In addition, those who participated in the cluster level but could not advance to the next level of competition. 16 P.F. questionnaires by Cattle and Eber10 for Personality characteristics assessment were used. Kabaddi players were asked to sit for three minutes to cool down, they were told the purpose of the study, and their co-operation requested. Then the questionnaire was explained and the subject was asked to fill up. The data of various groups was compared and computed. Statistical techniques were used to find out Mean, S.D., and 't' test were use to find out significance of difference and coefficient of correlation in various variables.

RESULTS AND DISCUSSION:

Table 1 reveals that top performer group when compared with the average performers group is significantly more reserved than the average performer group (t=3.3); more emotionally stable (t=2.36), significantly more sober (t=2.63), significantly more tough minded (t=2.63), significantly more practical (t=2.63),

significantly more assertive (t=2.63) than the average performers group. Table 2 reveals that the top performer group is significantly more reserved than the low performers group (t=3.3); more emotionally stable (t=2.36), significantly more sober (t=2.63), significantly more tough minded (t=2.63), significantly more practical (t=2.63), significantly more assertive (t=2.63) than the low performers group. It is indicated that the low performers group is more indisciplined than high performers group.

Table-1

Means, s.d., and 't' values in various personality factors between top and average performers groups

S.N Personality factor	S.N Personality factor	Top Performer Group N=23	Average Performer Group N=35	't' value	Significance Level
		Mean S.d.	Mean S.d.		
1	A	3.96 + 1.24	4.50 +1.32	1.74	.05
2	C	5.23 + 1.30	4.40 +1.20	2.75	
3	E	4.48 + 1.20	5.12 +1.46	2.09	
4	F	3.69 + 0.86	4.88 +1.18	4.46	
5	I	4.28 + 1.12	5.08 +1.29	2.74	
6	M	3.75 + 0.92	4.56 +1.26	2.94	
7	Q3	5.10 + 1.28	4.30 +1.18	2.68	

Table-2

Means, s.d., and 't' values in various personality factors between top performer and low performers groups

S.N	Personality factor	Top performers group N=23	Low Performers group N=21	't' value	Significance Level
		Mean +S.d	Mean +S.d		
1	A	3.96 +1.24	4.95 +1.29	2.92	.05
2	C	5.23 +1.30	4.68 +1.32	1.59	
3	E	4.48 +1.20	5.26 +1.36	2.28	
4	F	3.69 +0.86	4.72 +1.06	3.47	
5	I	4.28 +1.12	5.40 +1.38	3.31	
6	M	3.75 +0.92	4.70 +0.88	3.32	
7	Q3	5.10 +1.28	4.25 +1.36	2.45	

Table -3

Means, s.d., and 't' values in various personality factors between average performer and low performers groups

S.No	Personality factor	Average Performer Group N=35		Low performers Group N=21		't' value	Significance Level
		Mean	Sd	Mean	Sd		
1	A	4.50	+1.32	4.95	+1.29	1.43	.05
2	C	4.40	+1.20	4.68	+1.32	0.90	
3	E	5.12	+1.46	5.26	+1.36	0.43	
4	F	4.88	+1.18	4.72	+1.06	0.55	
5	I	5.08	+1.29	5.40	+1.38	1.00	
6	M	4.56	+1.26	4.70	+0.88	0.50	
7	Q3	4.30	+1.18	4.25	+1.36	0.16	

It is observed from table 3 that average performers group is more emotionally stable ($t=2.36$), significantly more sober ($t=2.63$), significantly more tough minded ($t=2.63$), slightly more disciplined ($t=2.63$), than the low performers group.

In the modern competitive sports, seriousness towards work and workouts plays important role in achieving high performance in competitions. Outstanding players have been found to be more sober, disciplined, practical, and tough-minded. Competitions now a day are so tough that only those achieve high performance who trains for long hours. Kabaddi is although game requiring high physical fitness and quick reflexes. one has to work hard and tolerate mental strain besides physical stress of training. There is no place for a tender minded person competitive kabaddi. Self-discipline and confidence are other qualities that are required to obtain high performance in kabaddi. The circle kabaddi players face more man-to-man combats and hence require physical and mental toughness. Further, they are more forthright while the national style Kabaddi players are more team oriented as compared to the circle Kabaddi

players.

CONCLUSION:

From the above findings, it may be concluded that seriousness, tough mindedness, practical, and soberness traits of personality are contributing factors in the competitive Kabaddi. It may also be concluded that top performers group of Kabaddi players sober, stable, reserved, tough minded, practical and controlled. The circle Kabaddi players are more venturesome and forth straight than the national style Kabaddi players at school level, who are more practical, sober and disciplined than the circle kabaddi players.

IMPLICATIONS OF THE STUDY:

Based on such investigations appropriate changes can be induced in coaching and training programme for manipulating desirable characteristics among kabaddi player, and some efforts can be made to adopt coaching methodology, according to their personality characteristics. The results of the study might serve as a motivating force to the coaches to take interest in the psychological preparation of their kabaddi players for better performance and outcome in future tournaments. Apart from selecting, the students according to the requirements of the game Importance of these factors can help the kabaddi coaches and teachers to inculcate these characteristics in them.

REFERENCES:

- 1) Objective and Silent feature of Jawahar Navodaya Vidyalaya retrieved from <http://www.navodaya.nic.in/welcome%20sbs.htm>, 19 July (2013)
- 2) Kroll W., Sixteen personality factor profiles of collegiate wrestlers, Res Quart, 38, 49-57, (1967)
- 3) Ogilvie B.C., Psychological consistencies within

- the personality of high-level competitors, Journal of the American Medical Association, 205, 156-162, (1968)
- 4) Bosco James, The physical and personality characteristics of champion male gymnasts c.f. R.N Singer's coaching Athletics and psychology, New York: McGraw Hill Book Company, (1972)
- 5) Ackerman Phillip L. and Heggstad Eric D., Intelligence, personality, and interests: Evidence for overlapping traits, Psychological Bulletin, 121(2), 219-245 (1997)
- 6) Karad P.L., Gender Differences in Personality Characteristics of Kabaddi Players Variorum, 01(II), (2010)
- 7) Jalili F., et al., Comparison of personality Dimensions, Mental Toughness, and social skills of female students athletes (Team-individual) and Non Atheltes. Scholars Research Library, Annuals of biological Research, 2(6), 554-560 (2011)
- 8) Karad and Wahid., Personality traits between Kabaddi and Kho-Kho players (2011)
- 9) Joshi and Vakani, Personality difference between volleyball and kabaddi players, (2011)
- 10) Cattle R.B. and Eber H.W., Manual of sixteen personality factor questionnaire. New Delhi: ThePsycho Centre. (1971)
- 11) Cattle R.B., The scientific analysis of personality, Baltimore: Penguin (1965).
- 12) Cratty J. Bryant, Psychology in Contemporary Sports, by Lea and Fiberger, (1979)
- 13) Dale Hollings and Worth Barbars, The Effects of Performing Goals and personality on Learning A Gross Motor Task, Dissertation Abstract Interyoung, 35,
- 14) Erdmann W.S. Spaces for Sport Performances - A Systematic Approach, Res. J. Physical Education Sci.,1(1), 13-20 (2013)
- 15) Ghosh Chandan, Encyclopedia of Sports and Games, Kunark Publishers Pvt. Ltd., (1997)
- 16) Grinker R. and Spiegel J.P., Men, Men under Stress Philadelphia, Blakiston, (1945)
- 17) Gupta, S.P., Principles of Statistics, Sultan Chand and Sons, (1987)
- 18) Huddleston and Gill, Characteristics Reactions in Children and Adults Competitors, (1981)
- 19) Kamlesh M.L., Psychology in physical education and sport (4th edition), New Delhi, MetropolitanBook co. pvt. Ltd. (2002)
- 20) National Policy of Education Draft, Retrieved on 19th June 2013 from the web source of http://www.ncert.nic.in/oth_anoun/npe86.pdf, (1986)
- 21) Singh Raspal and Singh Hoshiyar, An evaluation of Selected Physical Fitness variables of Kabaddi, Kho-kho and Wrestling players from Haryana and Punjab, India, Res. J. Physical Education Sci., 1(2), 1-4 (2013)