



ANALYSIS ON MENTAL HEALTH AND SELF CONFIDENCE AMONG THE KABADDI AND KHO-KHO PLAYERS

Dr. Sanjay V. Khudale

Principal

D. D. Bhoyar College of Arts & Science Mouda, Dist. Nagpur (M.S.)

Abstract

Sports psychology is the study of ways psychology impacts sports activities, athletic overall performance, exercising and bodily interest. Improve the overall performance and boost motivation. It facilitates athletes use mental standards to attain ultimate intellectual fitness and to enhance overall performance (overall performance enhancement) and sports activities psychology broaden the ultimate athletic overall performance, care and health of athletes, coaches, and game organizations, and the relationship among bodily and mental functioning. The cause of the examine became to evaluate the chosen mental profile on self-belief of Kuvempu University and Davanagere University. Kabaddi and Kho-Kho guys gamers with the aid of using the use of standardizing questionnaires designed with the aid of using Vealey, Hayashi, Garner-Holeman, and Giacobbi the topics had been starting from 18 to twenty-eight years, the statistics accumulated became dealt with with the statistical technique "t" check and large on account that it's miles greater than the desk value. The examine confirmed that there has been a substantial among Kabaddi and Kho-Kho guys gamers. Kabaddi gamers higher than Kho-Kho gamers in self-belief assurance. The motive why Kabaddi gamers advanced in self-belief assurance because of degree of aggression is high. It is suggested that comparable examine can be performed to one of a kind age groups. Same examine can be performed on large sample. Similar examine can be performed for one of a kind levels.

Keywords: Sport, psychology, kabaddi, kho-kho, self belief



Introduction

Sports are physical sports that have extraordinary names that correspond to how they are played. Usually, this sport is preferred by almost all young people, whether women or boys. In general, the meaning of blessings and sports activities are discussed with the help of people, and yes, any game is strongly related to the physical, physiological, intellectual and high fitness of the character. This makes it easier to maintain the character's physical and mental health. Practice in daily life helps develop intellectual competence. It also improves the mental abilities of the game character. It brings motivation, courage, hard work and focus. Sports have become important in the faculties for the well-being of the researchers. Sports and video games are a constant way to encourage mental and physical growth. It makes us learn how to maintain physical and mental stability because it improves attention and memory. It makes existence too non-violent to deal with difficult situations. It develops friendship and removes all differences between people. It keeps us in shape, which makes us strong and alive, but also keeps our thoughts violent, which brings a good mood and keeps us away from various diseases and disorders. Sportsmanship or Sportsman Spirit portrays gambling behavior as genuine and acceptance of winning or losing as entirely reasonable. With his difficult paintings and contributions, it is easier to understand and represents a beautiful way of thinking and respecting others.

Kabaddi

Kabaddi is essentially a competitive game with seven players in all divisions; will be shown for forty minutes with a five minute intermission (20-5-20). The central idea of the sport is to achieve factors using attacking the opponent's court and touching as many defenders as possible without onebreath. One participant sings Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Enter the opponent's courtroom and try to engage the opponent closest to him, even as seven fighters make moves to trap the attacker. This is Kabaddi, an adaptation of 1 to 7, which is called a martial art. Defensive players are known as "Antis" while offensive players are known as "Raiders". Opponents affected by the use of a striker during an offense will be called if they fail to hit the striker again before he returns to his home court. These players



are most comfortable continuing to play when their aspect ratios affect an alternate perspective during the steal, or when determined players hit an opposing discount.

Kho-Kho

Kho-Kho is an indigenous Indian sport with roots dating back to ancient times. Comparable sports were probably practiced during the duration of the epic; but the dominant form of sport constituted the all-India freedom movement. Before the beginning of the last millennium, the Kho-Kho Union was also created. The association organizes championships in its jurisdiction. The sport of Kho-Kho is usually practiced on grassy, clean, moist, bare dusty ground. In sub-junior and in different divisions, different sized fields are used. The special feature of the sport is that the wooden posts are standard on the field, close together, so you can split in half using a 30cm wide main track that runs from one post to the other. In the neighborhood between the two columns, known as the courtroom, there are eight lanes of traffic, which in normal times run parallel and intersect with the main lane, forming squares. Proximity between positions and proximity outside of positions form the Kho-Kho field.

Review of Literature

Ali Sabir S K (2012) investigated the relationship between anxiety and sports perfectionism in Kabaddi players using descriptive survey method in ex post facto research. The sample for this study was 9 male Kabaddi players from various university teams in India. Data was collected from Kabaddi players during an inter-university Kabaddi (Men) tournament organized in Kalyan University. Considering the Multidimensional Perfectionism in Sport by Causgrove Dunn and Syrotuikm (2002) and Trait Anxiety by Spielberger et al. (1983). "Multiple regression analysis" was performed. Trait anxiety was considered the dependent variable and different aspects of sports MPS [personal standards (P.S.), concern about mistakes (COM), perceived parental pressure (PPP) and perceived coaching pressure (PCP)] were considered independent variables. The predictive equation derived was as follows: Trait Anxiety = $3.569 - 0.229 \times \text{Personal Standards (P.S.)} + 0.325 \times \text{Worry about Mistakes (COM)} + 0.065 \times \text{Perceived Parental Pressure (PPP)} - 0.203 \times \text{Cooperative Pressure}$



(PCPach). Personal standards (P.S.) and perceived coaching pressure (PCP) moderate trait anxiety. Worry about mistakes (COM) and perceived parental pressure (PPP) increased anxiety among Kabaddi players.

Stolz Stephanie L. carried out a examine at the significance of self-self belief in overall performance to decide whether or not people withinside the room of 30 had been capable of carry out motor project beneathneath nice and poor conditions and additionally to realize what impact the feedback had at the topics overall performance outcome. Investigator use experimental corporations and one manage institution and investigator use one experimental institution and gave them numerous encouragement and nice phrases and to different experimental institution he gave poor and non-encouraging phrases. The college students had been randomly assigned to this institution. The investigator makes use of rubbish can, 8 nerf ball, covering tape and faux questionnaires. Then investigator gave five baskets for every college students after given nice or poor feedback, then he crammed their rating to the variety mode out of five. The end result confirmed that scholars who obtain poor encouragement and the negative grade at the questionnaire did poorly than the scholars that obtain nice encouragement and precise grade at the questionnaire. Although 8 of the 30 college students taken into consideration themselves athletic there has been no distinction in photographs made among the athlete and non-athlete. To examine the statistics researcher used ANOVA and Tukey, HST statistical technique. The creator determined the primary interplay for the institution became large $f(2,24) = 7.258$, $p = 0.003$. These outcomes have proven that there's a large impact of selfconfidence and self-efficacy in overall performance.

Kumar Sunil (2011) compared Kabaddi and Kho-Kho players on selected physical and mental abilities. hundred players - 50 from Kabaddi games and 50 from Kho-Kho games are purposively and randomly selected who won medal place in Delhi Scholl Zone, Inter-Zona and participated in National School Games in 2009 and 2010 All subjects trained and competed. regularly in their respective sports competitions. This was a comparative study on selected psychophysical fitness components of Kabaddi and Kho-Kho players in schools in Delhi. The necessary information was collected through a standardized procedure, checking selected psychophysical abilities. A significant difference was observed in Sports



Competition Anxiety Test (SCAT) compared to Kaabddi and Kho-Kho players. The anxiety of players in the Kho-Kho group was high, but both groups had optimal levels of anxiety to perform better in sports competitions. Safety measures must be followed at all times during Kabaddi and Kho-Kho training and competitions for the safety of the players. Srikrishan Patel et al (2011) investigated mental toughness and its effect on performance in competitions. 72 male Kabaddi players of various skill levels were selected to compete in the All India Invitational Tournament organized by SahyogKridaMandal, Shridham, Narsinghpur, Madhya Pradesh. as an example. , which was further divided into two groups according to the performance results of the competition, for example, one is the successful Kabaddi player because their team won first, second and third place and the other is the unsuccessful Kabaddi player because their team did not have. won any place. all India Kabaddi Tournament 2010. Psychological Performance (PPI, Loehr 1986) was used to measure both mental toughness in this study. Analysis of the main domains of mental toughness showed that successful Kabaddi players scored significantly higher in all mental toughness subscales and significant differences were observed between the two groups (successful and unsuccessful) in all mental toughness subscales ($p=0.05$).

METHODOLOGY

The purpose of the study was to assess the level of self-confidence of university men players.

Selection of subjects: In order to achieve the purpose of study 50 men players age 18 to 25 years from each game during the intercollegiate tournament University.

Table 1: Shows the mean value, standard deviation and t^o value of self-confidence.

Sl.No.	Players {men}	Sample size	Mean + Standard deviation	't' value
1	Kabaddi	50	73.36±6.97	2.28
2	Kho-Kho	50	70.24 ± 8.96	

The above table shows the mean value, standard deviation and, t^o value of self confidence. The, t^o value showed in the table found significant since it is more than the table value.

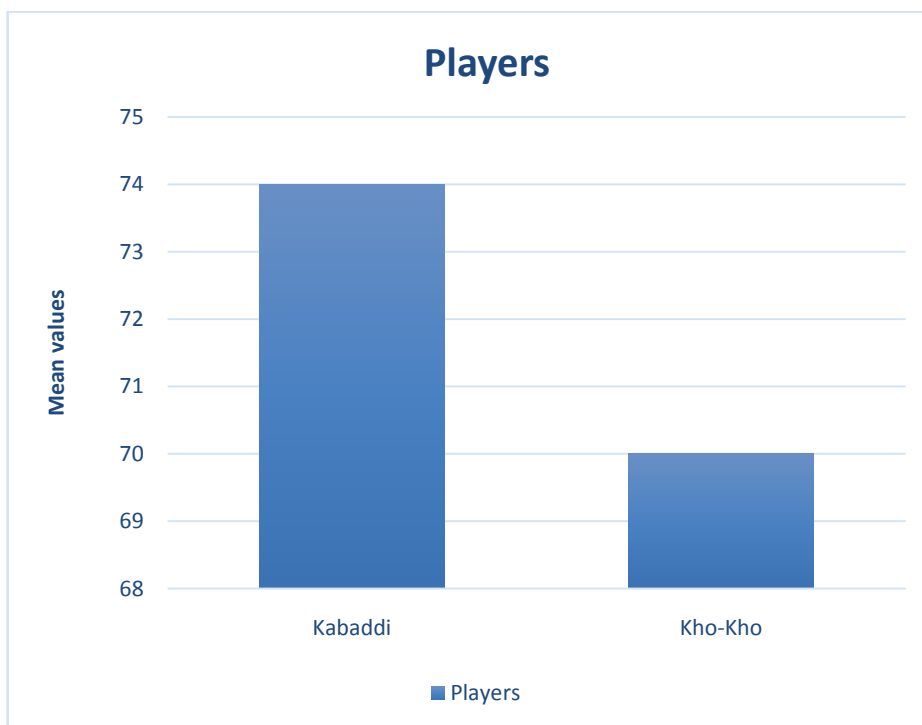


Fig 1: Comparison of mean value of self confidence between kabaddi and khokho men players



Conclusion

Sport is usually described as an athletic interest that entails a diploma of competition, a few video games and plenty of varieties of bodily sports are known as sports activities. Sports construct teamwork, character, and honour, field, kindness, inclusion, resilience, perseverance, and greater blessings of precise sportsmanship hazard to make broaden new competencies. Within the constraints of gift examine, the subsequent conclusions had been drawn. The examine confirmed that there has been a substantial among Kabaddi and Kho-Kho guys gamers. Kabaddi gamers higher than Kho-Kho gamers in self-self assurance. The motive why Kabaddi gamers advanced in self-self assurance because of degree of aggression is high. It is suggested that comparable examine can be performed to one of a kind age groups. Same examine can be performed on large sample. Similar examine can be performed for one of a kind levels.

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