

A Psychological Profile of Male Players of Selected Indian Traditional Games

Deepak Kumar*, **Sanjay Sharma****, **Priti Taneja *****, **Vishnu Kr Pandey******, **Dr. Dinesh P. Sharma*********Dr. Vikram Singh*******

* Research Scholar, Shri Venkateshwara University, UP

** Research Scholar, Shri Venkateshwara University, UP

*** Research Scholar, Shri Venkateshwara University, UP

**** Research Scholar, Shri Venkateshwara University, UP

***** Associate Professor, Dept. of Behavioral Science, I.G.I.P.E.S.S., University of Delhi

***** Associate Professor, Dept. of Physical Education, BHU, Varanasi

(Received 05 January 2019- Accepted & Published 18 January 2019)

Abstract

The objective of the research was to assess the various psychological profile of selected Indian traditional games. Self-confidence on trait and state level, inventory for factors affecting sports career and mental toughness were among selected psychological factors. And for Indian traditional sports, Kabaddi, Kho-kho and Mallakamba were selected. 30 subjects for each selected Indian traditional games were selected randomly. Following psychological tools were administered to assess various psychological factors: sport self-confidence was assessed by the sport confidence questionnaire (trait and state sport confidence inventory) prepared by Vealey, factors influencing sports career was assessed by inventory of factors influencing sports career developed by M.L. Kamlesh & T.R. Sharma and mental toughness was assessed by mental toughness questionnaire developed by Goldberg.

In result, it was observed that there was no significant difference for self-confidence (Trait) among selected traditional games i.e. Kabaddi, Kho-kho and Mallakamba with $F = 0.829$. However, self-confidence (state) was found to be significant at 0.05 level with $F = 3.190$. ANOVA calculation done on IFISC and Mental toughness was also found to be highly significant for comparison among selected traditional games with F-value of 6.694 and 11.224 respectively. It was concluded that the selected Indian traditional games player possess high level of sports self-confidence. For factor influencing sports career of selected Indian Traditional games was middling. Same result was obtained in the case mental toughness. Therefore, it was concluded that that the mental toughness of all the selected games was of average standard. Further, it was found that kho-kho players were better at mental toughness than other two groups.

INTRODUCTION

There have been many traditional sports in India. Gradually, they are attracting the people across the world. The history of sports in India is very ancient and dates back to the Vedic era. It is more likely that many of today's Olympic disciplines are advanced versions of games of strength and speed that flourished in ancient India. Chess, wrestling, polo, archery and hockey (possibly a fall-out from polo) are some of the games believed to have originated in India.

There is always conflict between traditional and modern aspect of anything, whether it is lifestyle, culture, values or sports. Where, modern sports were always been the centre of attraction for scientists, traditional sports of India has always been neglected with considering them least significant.

India has a vast and unique culture, so every state has its own traditional sports to follow. There are few famous villages sports are also very adventures sports in India. For the purpose of the study, following Indian Traditional Sports has been selected:

- Kabaddi
- Kho-kho
- Mallakamba

A theoretical identity for a perpetrator developed with a set of techniques by law enforcement agencies; a behavioural pattern identified with a type of crime.

A psychological profile is the build of some ones personality by analysing their behaviour, psychological profiling is used in the FBI, they build a profile of a un sub (unknown subject) in investigation to catch the criminal or to narrow down the list of suspects.

Modern psychology divided into several sub disciplines, each based on differing models of behaviour and mental processes. Psychologists work in a number of different settings, including universities and colleges, primary and secondary schools, government agencies, private industry, hospitals, clinics, and private practices. Recent years have seen a rise in the significance of applied psychology as can be seen from the areas contemporary psychologists concern themselves with with an attendant decline in the importance of psychology in academia

In recent years a number of new fields of psychology have emerged. Industrial/organizational psychology, emerging from social psychology, focuses on the workplace and considers such topics as job satisfaction, leadership, and productivity. Health psychology examines how psychological factors contribute to pathology, and demonstrates how psychology can contribute to recovery and illness prevention for such somatic disorders as heard disease, cancer, and diabetes. In environmental psychology, research focuses on how individuals react to their physical environments, and suggests improvements which may be beneficial to psychological health. Other new areas of psychology include counseling psychology, school psychology, forensic psychology, and community psychology.

PROCEDURE AND METHODOLOGY

Selection of Subjects

For the purpose of the study 90 male players of selected Indian traditional games from Delhi were selected purposely. The age of players were ranged from 18-27 years. All the subjects were randomly assigned to selected Indian traditional games belonging to Kabaddi - 30, Kho-kho - 30 and Malkham - 30.

Selection of the Tools/Questionnaires

The tools/questionnaire used in this study for the collection of the data was selected because they are found to be most reliable and widely used very often in the profession of physical education and sports throughout the world.

The tools/questionnaires are as follows:

- **Sport Self – Confidence**
- **Inventory of Factors influencing Sports Career**
- **Mental toughness**

Administration of Questionnaires

The subjects were consulted personally and their sincere cooperation was solicited. The research scholar himself went for distribution of questionnaire to selected Indian traditional games players of Delhi and respondents were collected at a common place in groups when they were not busy and had enough time to spare for testing. Necessary instructions were given to the subjects before the administration of test which include the purpose of the study and the procedure for

answering the questionnaire. The research scholar motivated the student's respondents by promising to send a separate abstract of the conclusions of his study to each subject. The confidentiality of response was guaranteed so that the subjects were not camouflage their real feelings and they were urged to feel free and reply every question frankly and sincerely.

After making sure that subjects understood the general instructions the questionnaires were distributed to the subjects. The entire questionnaires were administered to all subjects under the direct investigator. The questionnaires were administered in accordance with the instructions laid down in the respective manuals. These tests were administered one after the other separately, after a gap of 5-10 minutes. Subjects were asked to read each statement of the questionnaire carefully. In case of doubts, they were clarified by the investigator and were asked to reply the question as per direction in the questionnaire. The approximate time taken to complete each questionnaire was about 20 minutes. However, no time limit was given for the various tests. Though, the questionnaires were taken back after duly completed. The scoring was done for each variable according to the instructions given in the respective manual.

Collection of Data

With the help of questionnaires related to psychological variables necessary data was collected. Collection of data was regarding various psychological variables from ninety male players of selected Indian traditional games.

Statistical Technique

The data was analyzed by applying Descriptive Statistics i.e. Mean, Standard Deviation etc. in order to compare the significant difference among selected Indian traditional Games male players. Further, analysis of Variance (ANOVA) technique was applied to determine significant difference among male players from selected games. Wherever the F-ratio was found significant then a follow up least significant Difference (L.S.D) was applied. The level of significance was set at 0.05 levels.

RESULTS AND DISCUSSIONS

The statistical analysis of data collected on ninety subjects belonging to different groups (Kabaddi-30, Kho-Kho-30 and Mallakamba-30) has been presented in this chapter. The data related to psychological variables were collected on ninety male players from Delhi and Analysis of variance (ANOVA) was employed in order to compare a psychological profile of male players of selected Indian traditional games.

A total of ninety subjects were divided randomly into three equal groups consisting of thirty subjects in each group. First group consisted of Kabaddi players (group-I), whereas second group consisted of Kho-Kho players (group-II) and third group consisted of Mallakamba players (group-III). The data on selected criterion measures for all the groups were collected under similar conditions.

For purpose of this study, to compare the psychological profile of male players of selected Indian traditional games, the collected data was analyzed by descriptive statistics and Analysis of Variance. Analysis of variance (ANOVA) was applied with regard to three different groups (Kabaddi-30, Kho-Kho-30, and Mallakamba-30) in this study. The subjects for three different groups (Kabaddi-30, Kho-Kho-30, and Mallakamba-30) were divided at random. Hence, the difference between means of the groups by the process of application of ANOVA was tested for significance at 0.05 levels.

The level of significance to check the F-value was set at 0.05 levels which were considered appropriate for the purpose of the study.

The results pertaining to descriptive statistics and analysis of variance among three different groups (Kabaddi-30, Kho-Kho-30, and Mallakamba-30)

Descriptive Statistics for Various Psychological Factors on Selected Traditional Games

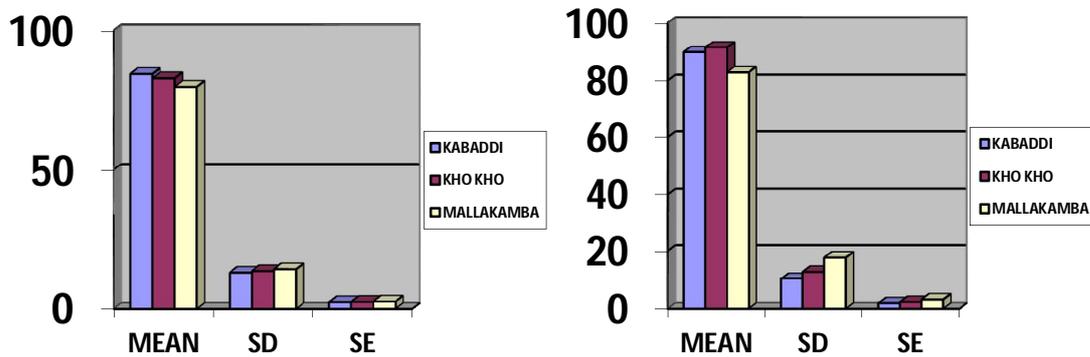
	N	SELF CONFIDENCE (TRAIT)		SELF CONFIDENCE (STATE)		IFISC (TOTAL)		MENTAL TOUGHNESS	
		Mean	SD	Mean	SD	Mean	SD	Mean	SD
KABADDI	30	84.50	12.966	89.60	10.421	49.70	6.814	16.97	3.605
KHO KHO	30	83.00	13.516	91.30	12.847	48.03	5.524	21.53	4.006
MALLAKAMBA	30	80.07	14.193	82.70	17.650	44.07	5.971	19.37	3.577
Total	90	82.52	13.542	87.87	14.306	47.27	6.506	19.29	4.141

On Self Confidence (Trait), Kabaddi players were found to be 84.50 ± 12.966 . Further, the same values for Kho-kho and Mallakamba were found to be 83.00 ± 13.516 and 80.07 ± 14.193 respectively. The overall value was observed as 82.50 for mean and 13.542 for Standard deviation. However, on self confidence (state), Kabaddi players was found to be 89.60 ± 10.421 . Further, the same values for Kho-kho and Mallakamba was found to be 91.30 ± 12.847 and 82.70 ± 17.650 respectively. The overall value was observed as 87.87 for mean and 14.306 for Standard deviation. The mean value for Inventory for factors affecting sports career (total) for Kabaddi players was found to be 49.70 ± 6.814 . Further, the same values for Kho-kho and Mallakamba was found to be 48.03 ± 5.524 and 44.07 ± 5.971 respectively. The overall value was observed as 47.27 for mean and 6.506 for Standard deviation. Lastly, the mean value for mental toughness for Kabaddi players was found to be 16.97 ± 3.605 further, the same values for Kho-kho and Mallakamba was found to be 21.53 ± 4.006 and 19.37 ± 3.577 respectively. The overall value was observed as 19.29 for mean and 4.141 for Standard deviation.

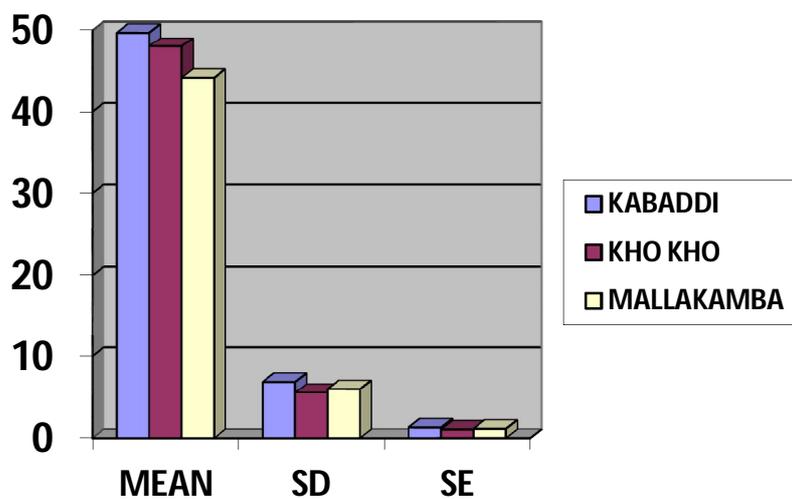
ANOVA for Various Psychological Factors on Comparison among Selected Traditional Games

	Self confidence (Trait)	Self confidence (State)	IFISC (Total)	Mental Toughness
F	0.829	3.190	6.694	11.224
Sig.	0.440	0.046	0.002	0.000

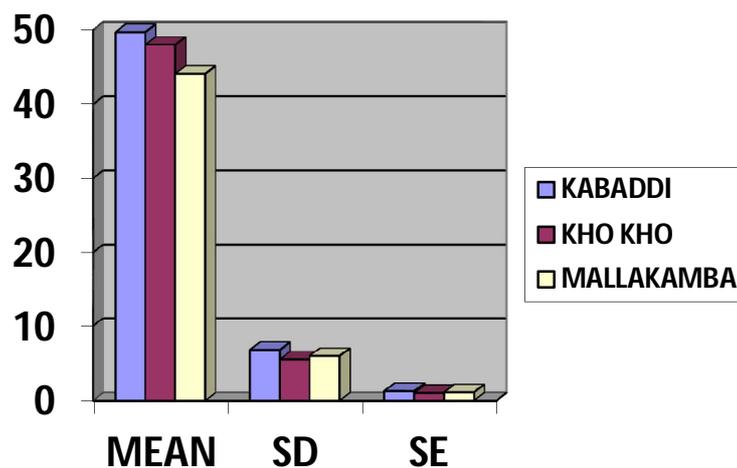
From ANOVA calculation, it was observed that there was no significant difference for self-confidence (Trait) among selected traditional games i.e. Kabaddi, Kho-kho and Mallakamba. However, self-confidence (state) was found to be significant. ANOVA calculation done on IFISC and Mental toughness was also found to be highly significant for comparison among selected traditional games.



Graphical Representation on Descriptive Statistics for Self Confidence (Trait and State)



Graphical Representation on Descriptive Statistics for Inventory for Factors Affecting Sports Career



Graphical Representation on Descriptive Statistics for Mental Toughness

CONCLUSION AND RECOMMENDATION

Based on the findings and within the limitations of the study the following conclusions were drawn.

1. It was concluded in the research that the selected Indian traditional games player possess high level of sports self-confidence.
2. It was also concluded that the level of factor influencing sports career of selected Indian Traditional games was middling.
3. Same result was obtained in the case mental toughness. Therefore, it was concluded that that the mental toughness of all the selected games was of average standard.
4. It was concluded in the study that Kho-kho players possess significantly better sports self-confidence than Mallakamba players. However, they were not reliably higher than Kabaddi players on same psychological profile.
5. The research also concluded that kabaddi players and khokho players were holding significantly higher sports career influencing factors than mallakamba players. Whereas, the difference between kabaddi and kho-kho players was not significant.
6. The research also concluded that mallakamba players were possessing better mental toughness than kabaddi players. Whereas, kho-kho players were significantly better than other two groups on same variable.

In the light of the conclusions drawn; the following recommendations are made:

1. Similar studies may be conducted selecting other psychological variables contributing to performance efficiency of players.
2. The same study may be conducted on different Indian traditional games players to measure their psychological characteristics.
3. Physical education teachers and coaches should take into consideration the psychological pre requisites of game in the talent search.
4. The similar study can be done on female sports person and non-sports persons.
5. A comparative study can be conducted between male and female.
6. A more comprehensive study can be conducted on large samples of Individual, Team & Combative sports separately with respect of their performance.
7. The similar study can be conducted on other regions of India with other sports persons and no-sports persons groups and different groups.
8. He present findings refer to particular population and subject/sample and it is very likely that the finding are applicable to all levels of sportsmen, however before making any generalization, more elaborate studies should be conducted to be more reliable.

REFERENCES

- Agnihotry, Rekha (1987), *“Manual for Agnihotri’s Self Confidence Inventory, “(ASCI)”*, Psychological corporation, Agra, pp.2-3
- Bull, S., &Shambrook, C. (2004). *“Soccer, the Mind Game, Seven Steps to “Achieving Mental Toughness”*, Reedswaid Publishing, p-85
- Cratty, Brayant J. (1989). *“Psychological in Contemporary Sports”*, Englewood Cliffs, N.J: Prentie Hall< pp-32-33
- Cox, R. H., (1998), *“Sports Psychology: Cocepts and Application”*, (4thed.), Boston: WCB/McGraw Hil.
- DEVA, R.C. (1990), *“annual for Deva Social Adjustment Inventory”*, National Psychological Co. Agra, p-2

Roy, Ashim (2017). "Games and Sports in Ancient India", *International Education and Research Journal*, Vol. 3(5), May, pp.607-609

Ravindra, S. M. Gouda & Virupaksha, N. D. (2016) "Psychological Thoughts Of Indian Traditional Games", *International Journal of Multidisciplinary Research and Modern Education (IJMRME) ISSN (Online): 2454 - 6119 Volume II, Issue I*, pp.116-119

Fu, Xuming (2014) "Research on the development of traditional sports based on analytic hierarchy process" *Bio Technology – An Indian Journal*, Vol. 10(9), pp.2984-2991

Biswas, Mrityunjay et al. (2015) "A Study on Personality Profile of Elite Kabaddi Players", *IOSR – Journal of Humanities and Social Science*, Vol. 20(10) III, October, pp.8-12

Jaipal and Kumar, Siwaach Rajesh (2013) "A Study of Personality Characteristics Young Kabaddi Players of Navodaya Vidyalaya Samiti, India", *Research Journal of Physical Education Sciences*, Vol. 1(3), August, pp.1-4

Bujurke, A.G. et al. (1993). "Relationship of Achievement Motivation and Performance Outcome in Competitive Athletes", Cited in M.L.Kamlesh et al., *Horizon in Sport Psychology- Proceeding of the VII National Conference of Sports Psychology*, (Trivandrum: S.A.I.L.N.C.P.E).

Chantal, Y. et al. (1996), "Motivation and Elite Performance: An Explanatory Investigation with Bulgarian Athletes", *International Journal of Sports Psychology*, Vol. 27(2), April-June, pp.173-183.

Monika Debnath, (1989) "Psychological Profiles of National Women Gymnasts:", *Unpublished Master Thesis, Jiwaji University*, p-35.

Horvat et al. (1992) "Psychological Profiles of the United Wheelchair Basketball Teams", *International Journal of Sports Psychology*, Vol-23, NO-2, p. 38-41.

S.N. Mishra (1995) "Psychological Profile of National Hockey Academy Trainees", (Unpublished Master's thesis, Jiwaji University).

Bhawana Timal, (2001) "Psychological Profile of the Women Inter-Varsity Volleyball Players" www.irrj.org (online internet).

Ravi Kapoor, (2000) "Psychological Profile of Women Cricket Players at Inter-Varsity Level", *Indian Educational Abstracts*, www.ncert.nic (online internet) Vol-1.

Dietmer Samuski and Franco, Noce, (2002) "Psychological Profile of Brazilian Paralympic Athletes" *Rev Bras Med Esporte*, (online internet) Vol_8.

M.C. McNiell and C.K. Jhon Wang, (2005): *Psychological Profile of Elite School Sports Players in Singapore*, *Psychology of Sports and Exercise*, www.sciencedirect.com (online internet) Vol. 6, pp.117-128.

Vandana Gupta, (2006) "Psychological Profiles of National Women Football Players", *Indian Education Abstract*, www.ncert.nic (online internet) Vol. 6, 2006.

Hamid Reza Taherite al. (2009) "The Relationship Between Sources of Sport Confidence and Athletic Performance in Young Iranian Wrestlers" *Iranian Journal of Health and Physical Activity*, www.bilalcoban.com (online internet).

Alvaro C. Mahl, (2007) "Performance Psychological Profiles of Brazilian professional cocker players", www.scielo.oces.mctes.

S. D. Mellavieev and Niel R. Hantons, (2006) "Self Confidence as a Mediator of the Relationship between Competitive Anxiety Intensity and Interpretation", *Research on Exercise Sports*, Vol. 77, no. 2, pp. 70-263.