

SPORTS SPECIFIC PSYCHOLOGICAL SKILLS OF INTER COLLEGE LEVEL KABADDI PLAYERS.

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ABSTRACT

The purpose of the investigation was to find out the gender based difference of psychological skills among Inter College level Kabaddi Players. Study conducted on 60 kabaddi players showed that among them 30 were male and 30 female Kabaddi players variables in psychological skills were anxiety controls, concentration, confidence, mental preparation, motivation and team emphasis. The data were obtained by administering psychological skills inventory for sports (PSIS) developed by Mahoney. To compare gender based difference between the variables 't' test was applied. The findings revealed significant difference in concentration and team emphasis but there was no difference seen in anxiety control, confidence, mental preparation and motivation.

Keywords: Psychological Skill, Kabaddi Players, College level, Tamilnadu

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INTRODUCTION

Sports is a medium which can provide a sense at purpose, a sense at continuous challenge as well as a range of emotion which is sometimes difficult to experience elsewhere. The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out at what you had to give. The mental demands of sport are in every aspect as important as the physical demands. Athletes, individuals and teams spend spent thousands at hours perfecting their physical performance but many often neglect their mental skills and fitness. Development at your mental skills will enhance your physical and strategic skills and can make them all the important difference between winning and losing.

The purpose of the study was to assess gender based differences in sports specific psychological skill of Kabaddi players. It was also hypothesized that there will be a significant difference between male and female Kabaddi players in Anxiety control, concentration, confidence mental preparation motivation and Team emphasis.

METHODOLOGY

Participants:

Sixty Kabaddi players were selected as subject (30 Male and 30 Female) Their participation level Inter College Kabaddi players were randomly selected from various college at Namakkal District and their age ranged between 18 and 20 Years.

Instrument:

Psychological skills inventory for sports (PSIS) as developed by Mahoney et. al (1987) were used to collect the data.

RESULTS AND DISCUSSION

see the significant differences between male and female Kabaddi players in their psychological skills mean, SD and t- ratio were computed and data pertaing to this has been presented in Table 1

TABLE 1
MEAN, STANDARD DEVIATION AND t- VALUE AT MALE AND FEMALE KABADDI PLAYERS

PSIS	Male (N : 30)				Female (N : 30)				't' ratio
	Mean	S.D.	Max.	Min.	Mean	S.D.	Max.	Min.	
AX	62.70	8.04	68	38	59.23	17.37	93	38	1.84
Con	47.03	9.71	67	25	61.47	13.74	88	33	4.68*
C.F.	59.93	11.41	83	39	62.57	14.93	94	42	0.78
MP	46.60	12.03	71	21	42.50	14.04	75	17	1.26
MV	64.73	8.87	82	46	68.77	8.25	86	54	1.61
TM	76.27	7.80	86	61	70.20	10.65	93	46	2.62*

* Significant at 0.05 level, t '0.05 (58) = 2.01

From the table it is evident that there are significant differences in concentration and team emphasis as the obtained 't' value of 4.68 and 2.62 are higher than the required value at 2.01 for significance at 0.05 level at confidence.

Whereas no significant differences were found in anxiety control, confidence mental preparation, and motivation as the obtained 't' values at 1.84, 0.78, 1.26 and 1.61 are much lesser than the required value of 2.01 for significance at 0.05 level at confidence. So the hypothesis is accepted for the variables at concentration and team emphasis and rejected for all variables.

CONCLUSIONS

Within the limitations at the present study and on the basis at the results at the study, the following conclusions may be considered appropriate.

1. There were significant differences between male and female Kabaddi players in the variables of confidence and team emphasis.
2. There were no significant differences between male and female Volley Ball players in the variables at anxiety control, confidence, mental preparation and motivation.

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