



BEHAVIOURAL CHARACTERISTICS OF INDIAN MALE AND FEMALE KABADDI PLAYERS AT THEIR NATIONAL LEVEL PARTICIPATION

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ABSTRACT

The goal of the current study was to compare and examine the personality traits of male and female national level Kabaddi players. The sample included 100 National Level Kabaddi players (60 Males and 40 Females) from various Indian States who competed in National Level Competitions in the 2020–2021 academic year. Male and female national level Kabaddi players' mean ages and standard deviations were 20.13 2.57 and 19.86 1.69, respectively. Eysenck and created the Eysenck's Personality Questionnaire-R (E.P.Q.-R). To assess the four personality traits of national-level Kabaddi players, Eysenck was chosen. Means and standard deviations, t-ratios, and analysis of variance (ANOVA) on the dependent variable for all the participants considered together and individually for both the gender were computed to analyse the four personality traits of male and female Kabaddi players. The study's findings showed that, overall, participants at the national level of Kabaddi shared similarities in psychoticism, neuroticism, and social desirability personality traits but differences in extraversion. Male Kabaddi players had higher levels of extraversion, social desirability, and psychoticism than their female counterparts. Kabaddi trainers are advised to adjust their training regimen in accordance with the players' personalities.

Key words: National, Senior, Kabaddi, personality, Male, Female

1. INTRODUCTION

In schools and the sporting world, physical education and athletics are crucial to a person's personality development. The overall and overall growth of the child is the primary goal of education in schools. A separate syllabus and programme are employed for that method. Education includes physical education. Without athletics, there is no value in any school. It is required in school not only for the involvement of chosen players in competition but also because it helps men develop as people (Cratney, 1989).

Sport is a psycho-social activity. It has both psychological and social dimensions, besides physical, physiological and technical aspects. In the modern era of competition, the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games. And for winning the games, it is not only the proficiency in the skills which bring victory but more important is the sprint of the player with which they play and perform their best in the competition (Silva & Weinberg, 1984).

A psychosocial activity is playing sports. Along with physical, physiological, and technical components, it also has psychological and social characteristics. In the present era of competition, a team's psychological preparation is just as crucial as teaching the various game skills according to scientific principles. The teams are ready not just to compete in the games, but also to prevail. And for winning games, a player's sprint, or the way they play and perform at their best during the competition, is more crucial than just their talent level (Silva & Weinberg, 1984)

Sports engagement boosts self-confidence, intellectual ability, personality development, and extraversion because these traits lead to greater success in athletic endeavours, which is highly regarded in one's community. Sports and physical activity are essential components of the complex development patterns that make up human life on the physical, intellectual, emotional, and social levels. People participate in sports competitions because it allows them to gauge how well they connect with their surroundings. People of various skill levels have the option to compete in order to find their enforcements that appeal to them and to improve some aspects of their self-evaluation (Sinha, 1986).

There are many different aspects of personality, some of which may be studied and quantified since they are objective, observable, and measurable. Physical traits, such as body size, physique, and elements that affect movement speed and strength, aptitudes and abilities, both physical and intellectual, habits, behaviour patterns, and manner of action are among the objective aspects of personality. Motives, feelings, ideas, attitudes, and commitments are examples of subjective components that direct an individual's manner of thinking, feeling, and acting. Thus, traits and particular behaviours' attributes are organised and combined to form personality patterns. The 'core' or sense of self and the 'spokes of the wheel', or qualities, are the two main facets of personality.

People on the playing fields and in professional journals frequently explore the relationship between personality and performance in athletic or sport talent. People who are placed in situations that require action typically expose more of themselves than they do in less dynamic circumstances. The qualities of the complete personality complex or movement characteristics have been theorised by some (Cratty, 1989).

Success in sports appears to be partially influenced by psychological health and personality qualities. Using an athlete's personality profile along with prior performance data,

coach evaluations, anatomical and physiological traits, and other factors can improve forecast accuracy in a variety of sports (Morgan, 1986).

Solomon (2001) discovered that, among the issues covered and examined in the survey responses from the participants, the coaches' expectations for the athletes were the only factor significantly predicting athletic performance.

According to Reiss, Sherman, and Wiltz (2001), the motivating component "enjoyment of physical exercise" had the strongest association with sports and motivation. Furthermore, they discovered that the definition of a "athlete" could be reduced to the simple phrase "someone who enjoys physical activity". Sports performance can be predicted by personality,

According to Erdheim and Wangs' 2007 research. Furthermore, we may assert that people who have high scores on personality traits related to goal-setting, such as high expectations from coaches, are more likely to meet their established sports goals.

Yanada and Hirat (1970) discovered that these students were more hypomanic and less neurotic than those who dropped out. They reasoned that success in athletics would depend on having low trait anxiety and neuroticism, while anxious or neurotic people might avoid or give up on sports.

Meclaney (1959) found that the high fitness group exhibited a tendency towards self-sufficiency. Additionally, the participants in the high fitness group appeared to be more trustworthy and unjestful. Conversely, those with poor fitness levels appeared to be more dubious and self-centered.

The objective of the current study was to examine and analyse the personality traits of National level male and female Kabaddi players. The four personality traits would not significantly change between male and female Kabaddi players both collectively and individually.

2. METHODOLOGY

2.1 Selection of Subjects

The sample included 100 National Level Kabaddi players (60 Males and 40 Females) from various states of India who competed in National Level Competitions from 2020 to 2021. The mean age and standard deviation of male and female national-level Kabaddi players, which were 20.13 ± 2.57 and 19.86 ± 1.69 , respectively respectively. Players that were in training ranged in age from 1 to 6 years.

2.2 Description of Questionnaire

Eysenck and created the Eysenck's Personality Questionnaire-R (E.P.Q.-R).Eysenck was chosen to assess the four personality traits of national-level Kabaddi players. The questionnaire has 90 items total, 90 of which measure the players' extraversion, psychoticism, neuroticism, and social desirability, the three dimensions of personality.

Overall test-retest reliability with regard to gender and age was.for Extraversion,.86 for Neuroticism,.86 for Psychoticism, and.84 for Social Desirability.

At the national level competition and training centre, the subjects were personally approached and asked for their sincere collaboration. Respondents were summoned at a public location. Once a group of participants finished the questionnaire. The Kabaddi players' completed questionnaires were gathered, and it was confirmed that no question was left unanswered.

2.3 Statistical analysis

The statistical analysis included means and standard deviations, t-ratios, analysis of variance (ANOVA) on the dependent variable for all the subjects, and data on the four personality traits of

psychoticism, extraversion, neuroticism, and social desirability collected on 100 male and female National level Kabaddi players.

3. RESULTS

To assess the four personality characteristics of male and female Kabaddi players of national level, means and standard deviations, t-ratio and analysis of variance (ANOVA) on dependent variable for all the subjects taken together and separately for both the gender were computed and data pertaining to this have been presented in table 1 to 5.

TABLE 1
DESCRIPTIVE STATISTICS ON FOUR PERSONALITY CHARACTERISTICS OF NATIONAL LEVEL MALE AND FEMALE KABADDI PLAYERS

S. No.	Personality Dimensions	Male (N=40)		Female (N=60)	
		M	SD	M	SD
1	Psychoticism	8.19	2.01	7.99	1.87
2	Extraversion	9.99	1.88	8.02	2.99
3	Neuroticism	10.13	2.89	9.81	2.78
4	Social Desirability	7.47	2.51	7.21	1.97

Table 1 shows the mean scores on behavioural characteristics of Indian male and female Kabaddi players at national level participation.

TABLE 2
ANALYSIS OF VARIANCE ON PERSONALITY FACTORS OF NATIONAL LEVEL MALE AND FEMALE KABADDI PLAYERS

S.No	Variables	Source of Variance	df	Sum of Squares	Mean Square	F- Value
1	Psychoticism	Between Groups	1	5.37	5.37	0.69
		Within Groups	98	777.52	7.93	
2	Extraversion	Between Groups	1	6.04	6.04	0.70
		Within Groups	98	847.19	8.64	
3	Neuroticism	Between Groups	1	11.29	11.29	3.61*
		Within Groups	98	307.15	3.13	
4	Social Desirability	Between Groups	1	2.49	2.49	0.47
		Within Groups	98	522.05	5.33	

*Significant at .05 level,
F.05 (1, 98) = 3.94.

Table 2 makes it clear that there were significant variations in the neuroticism factor of personality among male and female national level Kabaddi players because the obtained F-values of 3.61 were higher than the needed F.05 (1, 98) = 3.94. Their three personality traits—psychoticism, extraversion, and social desirability—did not differ since the derived t-values of 0.69, 0.70, and 0.47, respectively, fell below the necessary F.05 (1, 98)=3.94.

TABLE 3
ANALYSIS OF VARIANCE ON FOUR PERSONALITY FACTORS OF NATIONAL LEVEL MALE KABADDI PLAYERS

Source of Variance	df	Sum of Squares	Mean Square	F- Value
Between Groups	3	317.22	105.74	11.69*
Within Groups	236	2.133.77	9.04	
Total	239	2548.95		

*Significant at .05 level,
F.05 (3, 236) = 2.65.

Table 3 makes it clear that there were substantial differences among male national level Kabaddi players in all personality categories, since the obtained F-values of 11.69 were much higher than the necessary F.05 (3, 236) = 2.65.

TABLE 4
ANALYSIS OF VARIANCE ON FOUR PERSONALITY FACTORS OF NATIONAL LEVEL FEMALE KABADDI PLAYERS

Source of Variance	df	Sum of Squares	Mean Square	F- Value
Between Groups	3	317.22	105.74	9.65*
Within Groups	156	1708.67	10.95	
Total	159	1729.22		

*Significant at .05 level, F.05 (3, 156) = 2.66.

Because the obtained F-values of 9.65 were significantly higher than the required F.05 (3, 236) = 2.66, Table 4 clearly shows that there were significant differences among male national level Kabaddi players in all personality categories.

TABLE 5
SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF NATIONAL LEVEL MALE AND FEMALE KABADDI PLAYERS ON FOUR PERSONALITY FACTORS

S.No	Variables	Sex	Mean	MD	σ DM	t-ratio
1	Psychoticism	Male Female	8.19 7.99	0.20	0.44	0.45
2	Extraversion	Male Female	9.99 8.02	1.97	0.47	4.19*
3	Neuroticism	Male Female	10.13 9.81	0.32	0.31	1.03
4	Social Desirability	Male Female	7.47 7.21	0.26	0.24	1.08

*Significant at .05 level t.05 (98) = 1.98.

Table 5 makes it evident that only the extraversion personality trait was the source of the significant difference between male and female National level Kabaddi players, as the resultant t-value of 4.19 was higher than the necessary t.05 (98)=1.98. Their three personality traits—psychoticism, neuroticism, and social desirability—did not differ because the actual t-values, which were 0.45, 1.03, and 1.08, respectively, were lower than the necessary t.05 (98)=1.98.

DISCUSSION

A comparison of national level Kabaddi players revealed no appreciable variations in any of the four dimensions of personality traits, with the exception of extraversion. This may also be the result of similarities in how the objective, strategy, and game play are established.

Whether male national level Kabaddi players provided a statistically meaningful analysis of variance on the four dimensions of personality traits. The similarity in game style, attitude, and competitive orientation of male players who competed at the national level level may be the cause of this similarity in personality structure of the same level competition. Female Kabaddi players at the national level were likewise shown to significantly differ from one another on all personality variables.

.When male and female national-level Kabaddi players were matched one to the other across the four dimensions of personality, only extraversion showed any discernible variations. Compared to their male counterparts, women exhibited less extroversion. This might also result from differences in intellectual capacity for setting particular goals.

The four personality traits of male and female Kabaddi players would not significantly differ from one another. They only significantly differed in the extraversion dimension, and they did not significantly differ in the other dimensions of personality traits, hence this theory has been partially accepted.

The four personality traits would not significantly change between male and female Kabaddi players both collectively and individually. This theory has been adopted due to the large personality differences in both genders of Kabaddi players, which may be caused by differences in training ages and skill levels.

CONCLUSIONS

The following findings are listed within the constraints of the current study:

1. Players at the national level of Kabaddi players shared similar levels of psychoticism, neuroticism, and social desirability, but their extraversion was different.
2. Male Kabaddi players were discovered to be more outgoing than their female counterparts.
3. Only differences in extraversion were noted by national level male and female Kabaddi players collectively.
4. Compared to their national female counterparts, national level male Kabaddi players were more neurotic in nature, extraverted, socially desirable, and psychotic.

RECCOMENDATION

It is advised that Kabaddi trainers adjust their training regimen in accordance with the players' personalities.

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