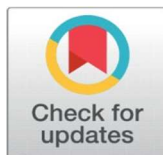


EFFECT OF TRAINING ON COMPETITION STRESS OF KABADDI WOMEN PLAYERS

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ABSTRACT

Kabaddi, 12-a-side field pursuit game (only 9 players on each side may take the field at once) very common in India, and also played in Pakistan, Myanmar, Sri Lanka, and China. Its most remarkable feature is that players must hold their breath for long periods. It is probably the only field game in the world which has categories for age and weight. Moreover, no equipment is needed and there are no goals. Provided the ground is reasonably level a pitch can be marked on many different kinds of surface. Purpose of this study was to examine the effect of training on the competition stress of Kabaddi players. Twenty Kho-kho players were in each group during three months period, Motivation Training and Psycho regulation Training was given to each group.

1. INTRODUCTION

Kabaddi, 12-a-side field pursuit game (only 9 players on each side may take the field at once) very common in India, and also played in Pakistan, Myanmar, Sri Lanka, and China. Its most remarkable feature is that players must hold their breath for long periods. It is probably the only field game in the world which has categories for age and weight. Moreover, no equipment is needed and there are no goals. Provided the ground is reasonably level a pitch can be marked on many different kinds of surface. Purpose of this study was to examine the effect of training on the competition stress of Kabaddi players. Twenty Kho-kho players were in each group during three months period, Motivation Training and Psycho regulation Training was given to each group.

HISTORY AND DEVELOPMENT OF KHO-KHO

Kabaddi in India is aptly known as the “GAME OF THE MASSES” due to its popularity; Simple, easy to comprehend rules, and public appeal. The game calls for no sophisticated equipment what so ever, which makes it a very popular sport in the developing countries. Though it is basically an out door sports played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men and junior boys with a

5 minutes break in between for the term to change sides. In the case of women/girls and sub junior boys, the duration is 35 minutes with a 5 minutes break in between.

Fitness parameters for the game of Kabaddi

Kho-kho game needs excellent physical fitness with certain fitness parameter such as

- A.** Strength, maximum strength, strength endurance, explosive strength.
- B.** Endurance, aerobic endurance, specific endurance, speed endurance
- C.** Speed, acceleration ability, agility, reaction time

As the game involve a high standard of agility, strength, and judgment, alertness of mind fearlessness, tact and skill full bodily movement on the part of participation and finally provide scope for self expression, creative, imagination and opportunities for a sustained interest in the game.

Objective of study

- 1. To measuring effect of motivation training on Competition stress of Kho-kho players.
- 2. To measuring effect of psycho-regulation training on Competition stress of Kho-kho players.

Importance of problem:

- 1. It will help physical teacher to select team player for Kabaddi game.
- 2. The present study will prove beneficial to assement skill performance in Kabaddi Game
- 3. The study will open avenues for further research in this direction.

2. REVIEW OF RELATED LITERATURE:

Borer and miller devised a test of tennis ability with college women utilizing a regulation court and fore hand and back hand strokes. the result based on small group's yielded validity co-efficient of .85 for the intermediate group and .61 for beginners with the criterion of judges rating. Reliability co-efficient of .80 were reported for both groups.

The Wisconsin wall test for serve correlated 0.62 with tournament rankings in 9 classes (299 students) at Memphis state university.

Hulbert used Wisconsin wall conversion table values of Wisconsin wall test for serve to apply to a forehand drive test. The wall markings and the 42 1/2- foot.

Opinion of the research scholar

Studying the review presented above, it is understood that construction of sports skill test is a very scientific process. For the assessment of any skill in sports, the test must possess sufficient validity, reliability and objectivity. Various sports disciplines and sports scientists have developed very authentic sports skill tests. The researcher did not come across standardized skill tests for the skill assessment of Kabaddi players in sub junior group; hence the researcher thought it desirable to undertake the research entitled: "Effect of Training on Competition stress of Kabaddi players"

Methodology

The present study focuses on the effect of special training on the under 14 girls. Pretest post-test equivalent group design was utilized to study the effect of the training on Psycho-regulation and motivation training for skill performance. Twenty subjects in each group were divided by purposive random sampling. Three-month special training, which included special drills for developing Psycho-regulation and motivation training, was given whereas control group was not given any specific training. Data was analyzed with independent sample "T" test.

The following questionnaires were employed to ascertain the selected 20 players in each group using purposive random sampling method:

- Self-Confidence Inventory (SCI) developed by Agnihotry was used to measure selfconfidence. This is a standardized inventory and reliability and validity is 0.91 and 0.82 respectively.

- State-Trait Anxiety Test (STAT) developed by PSY-COM Services was used to measure anxiety of subjects. The STAT is a standardized test and reliability of the test is 0.88.
- A two tailed t-test was applied to find out the difference of means of the two variables of pre test and post test.

Training Components

- **Psycho-regulation**

1. Breath control: Simple breath exercise such as bhasarika, kumbhak, pranayama.
2. Self-instruction: under control situation self instruction are applied.
3. Imagery: practice under Imagery technique.
4. Autogenic: self control by some simple instruction.

TRAINING SCHEDULE (as per time)

Sr. No.	Period	Physical Preparation Fitness	Skill Related Fitness	Psychological Preparation	Others
01	September - 3 Weeks	60%	20%	10%	5%
02	Sept. to Oct. - 3 Weeks	30%	30%	15%	5%
03	Oct. to Nov. - 3 Weeks	20%	30%	30%	5%
04	November - 3 Weeks	10%	35%	35%	5%

Statistical analysis

This chapter provides correlation analysis of data utilizing statistical Procedure. It helps for an easy understanding of data processing, which is in a simple to complex manner. So that overall results can be viewed distantly. The data collected by the Researcher in the tests and retests was computed and the final results are presented in this chapter in the form of different tables with their interoperation. In this chapter the stated problem is solved and the formulated hypothesis is tested in the investigation. Various sophisticated statistical procedures were designed and used for their analysis of data.

Independent Sample Test			
	T-Value	Df	Mean Difference
SCI	3.08*	32.00	14.20
STAT	2.97*	32.00	3.70
*Significant at 0.05 Level			

t-test

Findings

The applicability of the psychology training was assessed by this research design. Here, the stability of the test was assessed statistically by administering the test on another group of 80 players and the test administrators were other 3 experts from Kabaddi. After SCI test although found reliable and valid, it was necessary to evaluate its applicability. For this, the follow – Up study has been undertaken. The Follow –Up study helped to judge the applicability of SATA test in terms of assessing the offensive performance of Kabddi player. Thus, the “Effect of Training on Competition stress of Kho-kho players” developed in this study has justifiable applicability in the area of the game of “Kabaddi.”

1. The mean value of self confidence level for pre test is found 12.23 and for post test 20.60.
2. The mean value of anxiety level for pre test is found 32.50 and post test 41.30.
3. The significant difference exists in the self-confidence and anxiety levels of the pre test and post test.

3. DISCUSSION

- The Psycho-regulation training for Kabaddi players may be used in sports school, sports hostel, and school education departments.
- Motivation training may be used for professional students of physical education to motivate and to improve self confidence.

4. SUGGESTIONS

Summary

In India, the curriculum of school physical education contains many sports activities, which are foreign Origin whereas the games Kabaddi are evolve in the Indian soil .since inclusion of almost all the sports Activities in the curriculum has base on extensive research investigations, similar approach is need of the Day in case of Indian games included in the curriculum.

CONFLICT OF INTEREST

None

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None

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