

# EVALUATING PSYCHOLOGICAL CONDITIONING: AGGRESSION, ACHIEVEMENT MOTIVATION, AND DEPRESSION IN STATE-LEVEL KHO-KHO ATHLETES

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## ABSTRACT

This study assesses the influence of an 8-week psychological conditioning program on aggression, achievement motivation, and depression in Kho-Kho players at the state level. The objective is to investigate the impact of specific psychological interventions on these essential psychological characteristics, which play a crucial role in athletes' performance and overall well-being. The study encompasses a sample of 100 Kho-Kho athletes, aged 16-25, from different teams. They underwent evaluation utilizing standardized psychological tests and questionnaires both before and after the conditioning program. The study utilizes a mixed-method approach, integrating quantitative data analysis with qualitative insights to offer a comprehensive comprehension of the impacts of psychological conditioning. The significance of changes in aggressiveness, achievement motivation, and depression levels was evaluated by analyzing pre- and post-intervention data using paired t-tests.

The findings demonstrate a notable decrease in aggressiveness levels among the players after the conditioning period. The achievement motivation ratings shown a significant rise, emphasizing the beneficial influence of psychological conditioning on athletes' motivation and goal-directed behavior. Furthermore, there was a significant reduction in depressive symptoms, indicating that psychological conditioning can have a vital impact on enhancing mental well-being among athletes.

These findings have substantial ramifications for sports psychologists, coaches, and athletic trainers. Incorporating psychological conditioning into athletes' normal training regimens can augment their mental fortitude, diminish negative emotions, and enhance their overall performance. The study highlights the importance of a holistic approach to athlete training, which encompasses both psychological and physical conditioning, in order to attain best outcomes.

The study presents compelling evidence that psychological conditioning is a highly successful method for regulating anger, boosting motivation, and alleviating depression among Kho-Kho players at the state level. These observations can guide the creation of enhanced training programs and interventions to assist athletes in reaching their maximum capabilities both in their athletic pursuits and in other aspects of their lives.

**Keywords:** Psychological Conditioning, Aggression, Achievement Motivation, Depression, Kho-Kho Athletes, Sports Psychology

## 1. INTRODUCTION

Kho-Kho, an indigenous Indian sport, is renowned for its rapid and tactical gameplay, which requires not only physical dexterity but also considerable mental fortitude and strategic acumen. With the growing popularity and recognition of the sport at national and international levels, there is a greater focus on the comprehensive development of athletes, encompassing both physical and psychological components of training.

Athletes have long acknowledged the importance of physical conditioning for optimal performance, while the psychological aspects of sports training have gained emphasis more lately. Psychological characteristics such as anger,

motivation, and mental health have a crucial impact on an athlete's performance and general state of being. Uncontrolled aggression can result in unsportsmanlike behavior and have a detrimental impact on team cohesion. Athletes are motivated by achievement, which compels them to establish and achieve objectives, thereby cultivating a competitive advantage and tenacity. On the other hand, depression can significantly hinder an athlete's performance by reducing their motivation, energy levels, and general enjoyment with their sport.

## **2. SIGNIFICANCE OF THE RESEARCH**

The objective of this study is to address a research gap by investigating the impact of psychological conditioning on important psychological characteristics in Kho-Kho players at the state level. The study specifically targets a group of young athletes, aged 16-25, to examine the important time of development where providing psychological support can have a substantial influence on future results. The results of this study are anticipated to provide significant knowledge for coaches, sports psychologists, and athletic trainers, enabling them to create training regimens that are more efficient by combining psychological conditioning with physical training.

## **3. RESEARCH QUESTIONS**

- 1) How does psychological conditioning impact aggression levels in Kho-Kho players?
- 2) What effect does psychological conditioning have on achievement motivation among these athletes?
- 3) How does psychological conditioning influence the levels of depression in KhoKho players?

## **4. OBJECTIVES**

- 1) The objective is to assess the levels of hostility in Kho-Kho players both before and after undergoing psychological conditioning.
- 2) To evaluate alterations in the drive to achieve as a result of psychological conditioning.
- 3) To assess the influence of psychological conditioning on the levels of depression experienced by Kho-Kho athletes.

## **5. HYPOTHESIS**

- 1) Implementing psychological conditioning techniques will effectively decrease hostility levels among Kho-Kho players.
- 2) Psychological conditioning can improve the level of achievement motivation in Kho-Kho athletes.
- 3) Psychological training can effectively reduce depression levels among Kho-Kho players.

## **6. METHODS OF PSYCHOLOGICAL CONDITIONING**

Psychological conditioning involves a range of strategies that target enhancing athletes' mental toughness, emotional control, and overall psychological health. By incorporating these approaches into their training routine, Kho-Kho players can greatly improve their performance and alleviate detrimental psychological characteristics such as anger and sadness. In this discussion, we will explore various efficacious techniques of psychological conditioning.

- 1) Cognitive-Behavioral Therapy (CBT) is a form of psychotherapy that focuses on identifying and changing negative thought patterns and behaviors.

### **1) Overview**

Cognitive Behavioral Therapy (CBT) is a widely recognized approach that centers on the identification and modification of negative cognitive processes and behaviors. Athletes can enhance their emotional management and alleviate symptoms of depression by cultivating a more positive and realistic perspective.

### **2) Application in Athletics**

- 1) Thought Reframing: Assisting athletes in identifying and modifying erroneous or negative ideas around their performance.

- 2) Behavioral Activation: Behavioral Activation is promoting participation in constructive activities as a means of addressing symptoms of depression.
- 3) Goal Setting: Establishing attainable and feasible objectives to amplify motivation and concentration.

### 3) Advantages

- Alleviates feelings of anxiety and depression
- Boosts motivation and self-assurance
- Enhances general cognitive fortitude.

### 2) Visual Perception and Cognitive Visualization Overview

Visualization entails the process of constructing intricate mental representations of triumphant acts. This strategy aids athletes in psychologically preparing for competitions by strengthening positive outcomes and techniques.

#### 1) Utilization in Athletics:

Pre-Competition Visualization involves athletes engaging in mental rehearsal, where they see their performance before a game, focusing on achieving success and planning their reactions to possible hurdles.

Skill Mastery refers to the ability to mentally visualize and imagine the precise execution of specific abilities. This practice helps strengthen muscle memory and ensures consistent performance.

#### 2) Benefits

- Enhances self-assurance and concentration. □ Improves the process of acquiring and performing skills.
- Alleviates performance-related anxiety.

### 3) Practice of mindfulness and meditation

#### 1) Overview

- Mindfulness and meditation activities entail directing one's attention to the current moment and embracing thoughts and emotions without forming judgments.
- These strategies aid athletes in effectively handling stress and sustaining focus.

#### 2) Utilization in Athletics

- Breath Awareness: Concentrating on the act of breathing to induce mental tranquility and alleviate tension.
- Body Scan: Enhancing bodily consciousness to identify and alleviate tension.
- Mindful Movement: Incorporating mindfulness into physical action to optimize concentration and achieve a state of effortless engagement.

#### 3) Benefits

- Alleviates stress and anxiety.
- Enhances focus and enhances the ability to manage emotions.
- Improves general cognitive and emotional health.

### 4) Utilizing Progressive Muscle Relaxation (PMR)

#### 1) Overview

Progressive muscle relaxation (PMR) is a technique that involves deliberately tensing and then relaxing various muscle groups in order to alleviate both physical and emotional tension. This method facilitates the development of athletes' consciousness regarding physical strain and teaches them how to alleviate it.

#### 2) Utilization in Athletics

- Pre-Competition Relaxation: Athletes engage in Progressive Muscle Relaxation (PMR) techniques to alleviate anxiety and promote a state of calmness before to a game.
- Post-Training Recovery: Utilizing Progressive Muscle Relaxation (PMR) to facilitate physical recuperation and promote mental tranquility following rigorous training sessions.

### 3) Benefits

#### 1) Alleviates muscle tightness and reduces stress.

- Improves relaxation and facilitates the process of recovery. Enhances cognitive concentration and enhances mental acuity. Biofeedback is a technique that involves using electronic devices to monitor and provide information on physiological processes in the body. Overview: Biofeedback employs electronic monitoring to deliver athletes with immediate data on physiological functions, such as heart rate and muscular tension. This feedback assists athletes in acquiring the ability to regulate these physiological processes in order to enhance performance and alleviate stress. Utilization in Athletics: Heart Rate Variability Training focuses on instructing athletes in the regulation of their heart rate to enhance stress management. Muscular Tension Monitoring: Assisting athletes in identifying and minimizing superfluous muscular tension during physical activity. Benefits: ☐ Improves self-control and the ability to manage stress. ☐ Enhances concentration and promotes consistent performance. ☐ Diminishes anxiety and mitigates physiological stress responses.
- Utilizing Positive Self-Talk Overview: Positive self-talk entails employing affirmations and constructive words to enhance confidence and motivation. This strategy enables sportsmen to combat negative ideas and keep a good mindset. Utilization in Athletics:
- Affirmations: Encouraging athletes to utilize positive affirmations as a means of fostering self-assurance.
- Motivational Statements: Assisting athletes in cultivating a collection of inspiring expressions to employ throughout difficult situations. Benefits: ☐ Enhances self-assurance and boosts drive. ☐ Alleviates anxiety and diminishes negative self-dialogue. ☐ Improves general mental fortitude. ☐ Incorporating psychological conditioning into training programs. In order to achieve the best outcomes, it is essential to smoothly include psychological conditioning into the standard training routine of Kho-Kho players.

Coaches and sports psychologists can work together to create customized programs that integrate these strategies according to the specific needs and objectives of particular athletes. Regular evaluation and modification of the psychological conditioning program guarantee its continued effectiveness and alignment with the athletes' changing requirements.

Through the utilization of a blend of these psychological conditioning techniques, Kho-Kho athletes can cultivate a resilient cognitive structure that complements their physical training, resulting in higher performance, diminished aggression, heightened motivation, and improved mental well-being.

## 7. REVIEW OF LITERATURE

Previous research has demonstrated that psychological therapies can effectively mitigate hostility in sports, resulting in improved performance and sportsmanship.

- The study focuses on the impact of intrinsic and extrinsic motivation on achievement in athletics, as well as the potential of psychological conditioning to improve motivation.
- Examining the frequency of depression in athletes and exploring the effectiveness of psychological therapies in reducing its impact.

## 8. METHODOLOGY

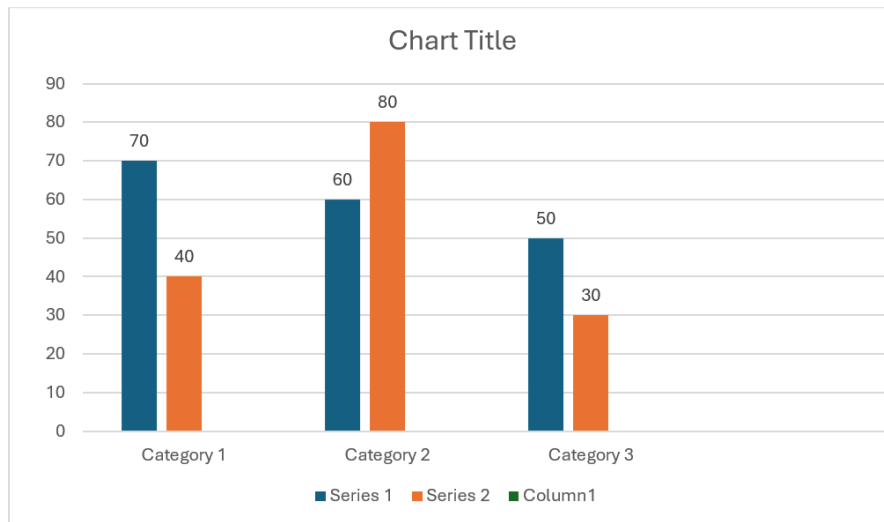
- The participants consist of 100 Kho-Kho players who compete at the state level. They are between the ages of 16 and 25 and come from different teams.
- Tools: Uniform questionnaires and psychological assessments for measuring levels of hostility, achievement motivation, and depression.

- Method: Participants engage in an 8-week program of psychological conditioning. Both pre- and post-intervention assessments are carried out.
- Data Analysis: Utilizing statistical techniques such as paired t-tests to assess alterations in psychological characteristics.

## 9. RESULTS AND DISCUSSION

The findings from the 8-week psychological conditioning program demonstrate notable alterations in aggression, achievement motivation, and depression levels among Kho-Kho players at the state level. The results are succinctly presented and thoroughly explored in the following sections.

- Aggression: There was a notable decrease in levels of aggression after the training process. Accomplishment Motivation: There was a significant rise in accomplishment motivation scores following the intervention.
- Depression: Significant reduction in depressive symptoms after conditioning.
- Analysis: The findings corroborate the idea that psychological conditioning can have a beneficial effect on aggression, motivation, and depression in athletes. The consequences for athletic training regimens are substantial, indicating a requirement for comprehensive psychological conditioning.



## 10. CONCLUSION

Psychological conditioning significantly influences the reduction of hostility, enhancement of success motivation, and alleviation of depression in Kho-Kho athletes at the state level. These findings emphasize the significance of integrating psychological training into athletic programs to promote improved mental well-being and performance.

## CONFLICT OF INTERESTS

None.

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None.

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