



A STUDY OF PSYCHOLOGICAL VARIABLES OF WRESTLERS AND KABADDI PLAYERS

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Abstract:

The main purpose of this study was to compare the Psychological variable such as anxiety and aggression of wrestlers and Kabaddi players. To achieve the purpose of the study data was collected from one hundred players, fifty from each game, who have represented inter university tournaments in wrestling and Kabaddigame. The age of the subjects were ranging from 18-25 years. The data collected was treated with the statistical technique 't' and found there is a significant difference in the selected psychological aspects between wrestling and Kabaddi players.



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Key words: Psychology, wrestlers, Kabaddi, anxiety and aggression.

Introduction:

The world of games and sports has crossed many milestones, as a result of different achievements in general and their application in the filled of sports in particular. Scientific investigation into performance of sportsman has been playing an increasingly importance role to attain excellence of performance in different sports.

The human body is a marvel of form and function, capable of feats of speed, endurance, strength, fluid grace, beauty and expression. We are blessed with a magnificent machine, from the ingenious architecture of the skeleton, through complex muscular, circulatory, respiratory, and digestive and nervous systems, as well as body's innate ability to constantly rejuvenate and rebuild. The harmony and co-ordination required to ignite billions of cells, fire the synapses and touch points of thousands of nerves and muscle fibers and continuously pump an adequate supply of blood and energy throughout is simply enormous.

Sports psychology is all about sports behavior especially with muscle –minded interactions, that influences and their outcomes in the context of sport which is basically a form of active reaction. But which has turned intensely competitive on account of the growing Olympics well over a century.



Sports psychology being the newest sport science what needs to be taught and trained during practice and competition is the major determinant of difference at higher levels of performance has been accepted.

Purpose of the Study:

The main purpose of the study was to identify the Psychological variables such as anxiety and aggression of wrestlers and Kabaddi Players.

Methods and Materials:

To achieve a purpose of the study, data was collected from fifty players of each game, who have represented their teams in interuniversity tournaments. The age of the subjects was ranging from 18-25 years.

Findings:

The data collected was treated with the statistical technique 't' and results are presented in the following tables.

Table 1. Shows Mean, standard deviation and 't' value of anxiety of wrestlers and Judo Players.

Sr. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Wrestlers	50	09.28	0.738	3.912
2.	Kabaddi	50	08.52	0.701	

The abovetable indicates the mean, standard deviation and t value of anxiety between wrestlers and Kabaddi P layers. The table shows there is a significant difference between wrestlers and Kabaddi Players. In this variable wrestlers found significant than Kabaddi.

Table 2. Shows Mean, standard deviation and 't' value of aggression of wrestlers and Kabaddi Players.

Sr. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Wrestlers	50	61.95	8.76	6.74
2.	Kabaddi	50	85.92	15.25	

The above table indicates the mean value, standard deviation and 't' value of aggression of wrestlers and Kabaddi Players. In this, Kabaddi players have shown significant difference than wrestlers.

Conclusion:

In anxiety Psychological variable, there is a significant difference between wrestlers and Kabaddi Players. In this variable wrestlers found more anxious than Kabaddi. This is due to mind set and



the nature of the game and the training they get. In aggression, Kabaddi players have shown significant difference than wrestlers.

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