



## A COMPARATIVE STUDY ON SELECTED PSYCHOLOGICAL VARIABLES AMONG KHO-KHO AND KABADDI PLAYERS

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### **Abstract**

*The purpose of the study was to know about the comparison of psychological variables among Kho-Kho and Kabaddi Players. The study was conducted among 24 male players (12 Kho-Kho and 12 kabaddi) those who was represented District level from Kustagi District of Karnataka. The subjects were thoroughly aware with the testing procedure as well as the purpose and significance of the study. Subjects were made aware about the conduct of the study and related information was given by the researcher. The variables selected for the study are psychological respectively. They are Self-confidence and Aggression. Further the data were analyzed to find out the significant differences among the groups. 't'-test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. Further the data were analyzed to find out the significant differences among the groups. The results revealed that there was insignificant difference among the Kho-Kho and kabaddi player in Self-confidence and Aggression.*

**Keywords:** *Psychological Variables, Kho-Kho and kabaddi Players.*

### **Introduction**

Kho kho is a traditional Indian sport that dates back to ancient India. It is the second-most popular traditional tag game in the Indian subcontinent after kabaddi. Kho kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court. During the game, nine players from the chasing team (attacking team) are on the field, with eight of them sitting (crouched) in the central lane, while three runners from the defending team run around the court and try to avoid being touched. Each sitting player on the chasing team faces the opposite direction of their adjacent teammates.

At any time, one player on the chasing team (the 'active chaser'/'attacker') may run around the court to attempt to tag (touch) members of the defending team, with one point scored per tag, and each tagged defender required to leave the field; however, the active chaser cannot cross the central lane to access the other half of the field, and cannot change direction once they start running toward either pole. The chasing team can get around these restrictions if the active chaser either switches roles with a sitting teammate (by touching them on the back while saying "Kho") who is facing the other half of the court and therefore has access to it, or runs to the area behind either pole and then switches direction/half. Each team has two turns to score and two turns to defend, with each turn lasting nine minutes. The team that scores the most points by the end of the game wins.

The sport is widely played across South Asia, and also has a strong presence in the regions outside South Asia, such as South Africa and England. It is played most often by school children in India and Pakistan and is a competitive game. The first league of its kind called Ultimate Kho Kho was unveiled in India in August 2022.

The Kho-Kho playing field-which will be placed on any appropriate indoor or outdoor surface-is a rectangle twenty nine metres long and sixteen metre wide with a vertical wooden post at either end of the sphere. Each Kho-Kho team consists of twelve players, however throughout a contest solely nine players from each team take the sphere (Gaurav Goel and Veena Goel, 1995).

Kabaddi (also known as kaudi) is a contact team sport played between two teams of seven players, originating from India. The objective of the game is for a single player on offense, referred to as a "raider", to run into the opposing team's half of the court, touch out as many of their players and return to their own half of the court, all without being tackled by the defenders in 30 seconds. Points are scored for each player tagged by the raider,



while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are touched or tackled, but are brought back in for each point scored by their team from a tag or a tackle.

It is popular in the Indian subcontinent and other surrounding Asian countries. Although accounts of kabaddi appear in the histories of ancient India, the game was popularised as a competitive sport in the 20th century. It is the national sport of Bangladesh. It is the state game of the Indian states of Andhra Pradesh, Bihar, Chhattisgarh, Haryana, Karnataka, Kerala, Maharashtra, Odisha, Punjab, Tamil Nadu, Telangana, and Uttar Pradesh.

There are two major disciplines: "Punjabi kabaddi", also called "circle styles", comprises traditional forms of the sport that are played on a circular field outdoors, and the "standard style", on a rectangular court indoors, is played in major professional leagues and international competitions such as the Asian Games.

This game is known by numerous names in different parts of the Indian subcontinent, such as: kabaddi or chedugudu in Andhra Pradesh and Telangana; kabaddi in Maharashtra, Karnataka and Kerala; kabaddi, komonti or ha-du-du in West Bengal and Bangladesh; baibalaa in Maldives, kauddi or kabaddi in the Punjab region; hutu-tu in Western India, ha-do-do in Eastern India; chadakudu in South India; kapardi in Nepal; kabadi or sadugudu in Tamil Nadu; and chakgudu in Sri Lanka.

Kabaddi is a traditional team pursuit game, played in India, requiring the players to run and hold their breath. There is no record to indicate exactly when Kabaddi was first played but it must have been centuries ago. India being a multilingual country, the game has been known by different names in various regions until its present name has been universally adopted. It has been called Hututu, Kapati, Do-Do-Do, Bhadi-Bhadi, Wandikali, Chedu-Gudu, Zabar Gagana, Saunchi - Pakki, and Kabardee. (<http://eIairesports.weebly.com/kabaddi-1.html>).

### **Objective of the Study**

- To compare the psychological variables between male players of Kho-Kho and kabaddi from Kustagi District of Karnataka.

### **Hypothesis of the Study**

For the present study it was hypothesized that:

- There will be no significant difference of Self-Confidence between male players of Kho-Kho and kabaddi from Kustagi District of Karnataka.
- There will be no significant difference of Aggression between male players of Kho-Kho and Kabaddi from Kustagi District of Karnataka.

### **Procedure and Methodology**

The study was conducted among 24 male players (12 Kho-Kho and 12 Kabaddi Players) those who were represented District level from Kustagi District of Karnataka. The subjects were thoroughly acquainted with the testing procedure as well as the purpose and significance of the study. Subjects were made aware about the conduct of the study and relevant information was given by the researcher. Further the data were analyzed to find out the significant differences among the groups. 't'-test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. Further the data were analyzed to find out the significant differences among the groups.

### **Tools: Psychological Variables**

1. Self-confidence.
2. Aggression



**Criterion Measure**

**Selection of Test Item for Psychological variable**

1. To assess Self Confidence of Kho-Kho and Kabaddi, self-confidence scale constructed by Agnihotri's Self-confidence Inventory (ASCI) developed by Dr. Rekha Gupta will used.
2. To measure Aggression of Kho-Kho and Kabaddi the aggression scale constructed by Km. Roma Pal and Mrs. Tasneem Naqvi (1980) will administered.

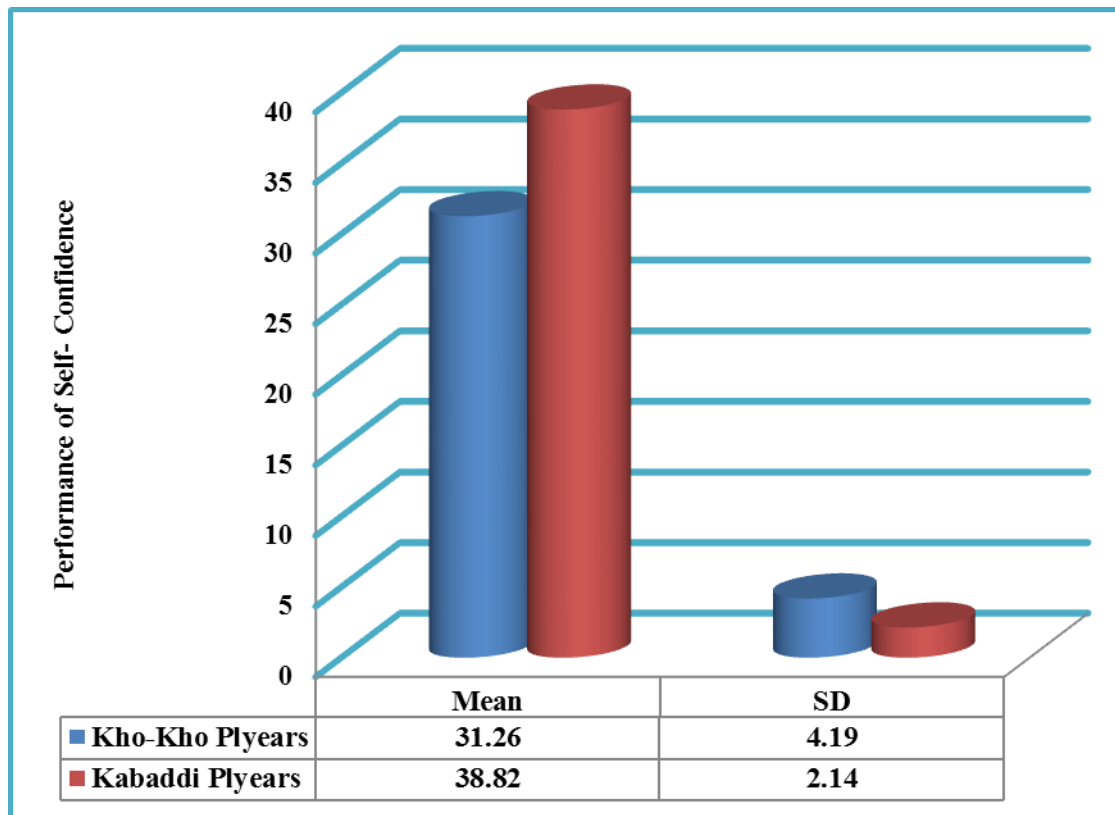
**Table 1: t-ratio of the scores of Kho-Kho and Kabaddi players on the measure of self-confidence**

	N	Mean	SD	t-value
Kho-Kho Players	12	31.26	4.19	<b>16.84</b>
Kabaddi Players	12	38.82	2.14	

df (218) at 0.05 level = 1.97

**Table No.1** shows the Mean, S.D. and 't'-value for self-confidence Kho-Kho and Kabaddi players. The table statistically reveals that the calculated 't'-value of self-confidence 16.84 is greater than tabulated value 1.97. Hence it proves that there was significant difference between Kho-Kho and Kabaddi players in self-confidence. Furthermore the mean value shows that Kho-Kho player were lower than the Kabaddi players the values of table no.1 are also illustrated in figure No.1.

**Fig 1: Mean and Standard deviation of the scores of Kho-Kho and Kabaddi players on the measure of self-confidence**



**Figure No. 1:** showing Mean Difference of self-confidence among the Kho-Kho and Kabaddi players. Mean score of Kho-Kho Players is 31.26 and Kabaddi players are 38.82; mean difference vale is 16.84 only. It shows that there was significant difference between male Kho-Kho and Kabaddi.



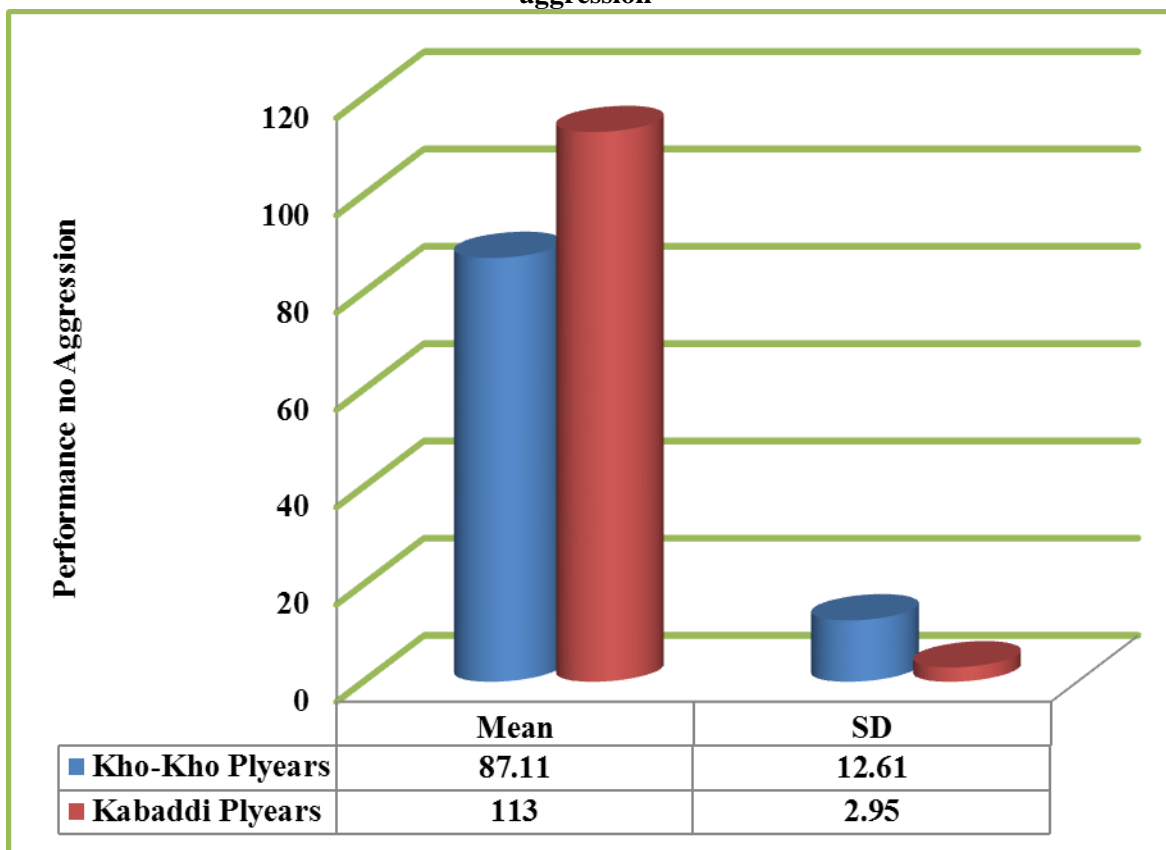
**Table 2: t-ratio of the scores of Kho-Kho and Kabaddi players on the measure of aggression**

	N	Mean	SD	t-value
Kho-Kho Players	12	87.11	12.61	21.52
Kabaddi Players	12	113.00	2.95	

df (218) at 0.05 level = 1.97

**Table no.2** shows the Mean, S.D. and 't'-value for aggression of Kho-Kho and Kabaddi players. The table statistically reveals that the calculated 't'-value of aggression 21.52 is greater than tabulated value 1.97. Hence it proves that there was significant difference between Kho-Kho and Kabaddi players in aggression. Furthermore the mean value shows that kabaddi player were lower than the gatka players the values of stable no.1 are also illustrated in figure no.2.

**Fig 2: Mean and Standard deviation of the scores of Kho-Kho and Kabaddi players on the measure of aggression**



**Figure No. 2:** showing Mean Difference of self-confidence among the Kho-Kho and Kabaddi players. Mean score of Kho-Kho Players is 87.11 and Kabaddi players are 113.00; mean difference vale is 21.52 only. It shows that there was significant difference between male Kho-Kho and Kabaddi.

### Discussion & Finding

The main purpose of the study was comparison of Psychological Kho-Kho and Kabaddi players. The study was conducted among 24 male players (12 Kho-Kho and 12 kabaddi) those who was represented District level from Kustagi District of Karnataka. The data calculated separately for all the ten psychological variables. The variables selected for the study are psychological respectively. They was self-confidence and aggression. Further the data was analyzed to find out the significant differences among the players. 't' test statistical technique was used to analyse the significant differences and the level of significance was set at 0.05 level for



testing the hypothesis. The results revealed that there was insignificant difference among the Kho-Kho and Kabaddi in self-confidence and aggression.

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