



Adjustment Ability of Kabaddi Players Participating in University Level Tournaments

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1.0 Introduction

Kabaddi is a very popular Indian game that requires both skill and power, and often referred to as a game that combines the characteristics of wrestling and rugby. In India, the game of Kabaddi is aptly known as the game of masses, as it is simple, easy to comprehend rules, and has a lot of public appeal. This appeal has increase manifold after the organization of Kabaddi Premier League in India. Since, the inception of Kabaddi Premier League, the sports science has also made its entry in the professional coaching of Kabaddi players playing for different franchiases. The game Kabaddi is a team based sport and it demands number of external and internal factors like anthropometrical, physical, physiological and psychological characteristics to play the game at elite level.

It is very well known that the ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes (Hardy, Jones & Gould, 1996). Many studies have shown that mostly the players performing at elite tournaments often are affected with stress or anxiety related problems. It is generally recognized that psychological factors are of crucial importance in high-level competitive sports but unfortunately the game like Kabaddi was not given due importance for a long time. The relation between anxiety and performance has been the subject of many thorough researches (Craft, Magyar, Becker & Feltz, 2003) but its use in the Kabaddi game was not critically explored. In addition to above, the level of adjustment exhinited by the Kabaddi players is also of importance as it is a team game. Adjustment refers to the extent to which an individual's personality functions effectively in the world of people and this makes it an important aspect of the Kabaddi game. This is because, a well-adjusted personality is well prepared to play the roles which are expected of the status assigned to him within given environment. In view of the above, this investigation was carried out to understand the status of adjustment ability amongst Kabaddi Players participating in University level tournaments.

2.0 Research Methodology

2.1 Design of Study and Sample Selection

The study was carried out by using single group design and the data collection was done using simple random sampling method. In all 90 male Kabaddi players who have represented Rashtrasant Tukadoji Maharaj Nagpur University Nagpur were selected in this study.

2.2 Tool for data collection

A self-prepared questionnaire was used to collect general and other information related to **adjustment** from Kabaddi players. The sub factors of adjustment in various areas like Home, Health, Social, Emotional, Educational and Total Adjustment were studied in detail. The reliability and validity of questionnaire was tested prior to its use for data collection.

2.3 Reliability of the Data

Prior to data collection, instrument's reliability and the tester competency were evaluated. For this all the standard methods as well as instruments were used for data collection in this study.

3.0 Results and Discussion

3.1 Adjustment – Home

Table 3.1: Home-Adjustment of Kabaddi Players

| Adjustment – Home | No. of Players | Percentage |
|-------------------|----------------|--------------|
| Poor | 8 | 8.9 |
| Average | 59 | 65.6 |
| Better | 23 | 25.6 |
| Total | 90 | 100.0 |

Chi-Square: 45.8; df: 2; Table Value: 5.99; $p < 0.05$

Table 3.1 presents results of the home component of the overall adjustment ability of Kabaddi players. The results show that 8.9% Kabaddi players have poor adjustment ability, while 65.6% have average adjustment ability and further 25.6% players exhibited better adjustment ability vis-à-vis home component of the adjustment.

3.2 Adjustment – Health

Table 3.2: Health-Adjustment of Kabaddi Players

| Adjustment – Health | No. of Players | Percentage |
|---------------------|----------------|--------------|
| Poor | 4 | 4.4 |
| Average | 21 | 23.3 |
| Better | 65 | 72.2 |
| Total | 90 | 100.0 |

Chi-Square: 66.067; df: 2; Table Value: 5.99; $p < 0.05$

Table 3.2 presents results of the health component of the overall adjustment ability of Kabaddi players. The results show that 4.4% Kabaddi players have poor adjustment ability, while 23.3% have average adjustment ability and further 72.2% players exhibited better adjustment ability vis-à-vis health component of the adjustment.

3.3 Adjustment – Social

Table 3.3: Social-Adjustment of Kabaddi Players

| Adjustment – Social | No. of Players | Percentage |
|---------------------|----------------|--------------|
| Poor | 12 | 13.3 |
| Average | 53 | 58.9 |
| Better | 25 | 27.8 |
| Total | 90 | 100.0 |

Chi-Square: 29.267; **df:** 2; **Table Value:** 5.99; $p < 0.05$

Table 3.3 presents results of the social component of the overall adjustment ability of Kabaddi players. The results show that 13.3% Kabaddi players have poor adjustment ability, while 58.9% have average adjustment ability and further 27.8% players exhibited better adjustment ability vis-à-vis social component of the adjustment.

3.4 Adjustment – Emotional

Table 3.4: Emotional-Adjustment of Kabaddi Players

| Adjustment – Emotional | No. of Players | Percentage |
|------------------------|----------------|--------------|
| Poor | 29 | 32.2 |
| Average | 48 | 53.3 |
| Better | 13 | 14.4 |
| Total | 90 | 100.0 |

Chi-Square: 20.467; **df:** 2; **Table Value:** 5.99; $p < 0.05$

Table 3.4 presents results of the emotional component of the overall adjustment ability of Kabaddi players. The results show that 32.2% Kabaddi players have poor adjustment ability, while 53.3% have average adjustment ability and further 14.4% players exhibited better adjustment ability vis-à-vis emotional component of the adjustment.

3.5 Adjustment – Educational

Table 3.5: Educational-Adjustment of Kabaddi Players

| Adjustment – Educational | No. of Players | Percentage |
|--------------------------|----------------|--------------|
| Poor | 16 | 17.8 |
| Average | 63 | 70.0 |
| Better | 11 | 12.2 |
| Total | 90 | 100.0 |

Chi-Square: 54.867; **df:** 2; **Table Value:** 5.99; $p < 0.05$

Table 3.5 presents results of the educational component of the overall adjustment ability of Kabaddi players. The results show that 17.8% Kabaddi players have poor adjustment ability, while 70.0% have average adjustment ability and further 12.2% players exhibited better adjustment ability vis-à-vis educational component of the adjustment.

3.6 Adjustment – Total

Table 3.6: Total-Adjustment of Kabaddi Players

| Adjustment – Total | No. of Players | Percentage |
|--------------------|----------------|--------------|
| Poor | 13 | 14.4 |
| Average | 57 | 63.3 |
| Better | 20 | 22.2 |
| Total | 90 | 100.0 |

Chi-Square: 37.267; **df:** 2; **Table Value:** 5.99; $p < 0.05$

Table 3.6 presents results of the total component of the overall adjustment ability of Kabaddi players. The results show that 14.4% Kabaddi players have poor adjustment ability, while 63.3% have average adjustment ability and further 22.2% players exhibited better adjustment ability vis-à-vis total component of the adjustment.

4.0 Conclusions

4.1 Adjustment – Home Component

- In view of the results, it is concluded that significantly ($p < 0.05$) high percentage of Kabaddi players of the study area have average adjustment ability with respect to home component.

4.2 Adjustment – Health Component

- On the basis of the study results it is concluded that significantly ($p < 0.05$) high percentage of Kabaddi players of the study area have better adjustment ability with respect to health component.

4.3 Adjustment – Social Component

- From the study results it is concluded that significantly ($p < 0.05$) high percentage of Kabaddi players of the study area have average adjustment ability with respect to social component.

4.4 Adjustment – Emotional Component

- In view of the study results it is concluded that significantly ($p < 0.05$) high percentage of Kabaddi players of the study area have average adjustment ability with respect to emotional component.

4.5 Adjustment – Educational Component

- In the backdrop of the study results it is concluded that significantly ($p < 0.05$) high percentage of Kabaddi players of the study area have average adjustment ability with respect to educational component.

4.6 Total Adjustment

- In view of the study results it is concluded that significantly ($p < 0.05$) high percentage of Kabaddi players of the study area have average adjustment ability with respect to total component.

5.0 Bibliography

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