



## Impact of aggression and achievement motivation among Kabaddi College men Players

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**Abstract:** The reason for the study was to decide the relationship of physical wellness and mental factors to Kabaddi playing capacity. To accomplish the destinations of the study six physical wellness and three mental factors were chosen as autonomous factors and playing capacity as needy variable, which was evaluated through subjective rating by three specialists amid the competitions. Forty men Kabaddi players participated in the Dravidian University Inter-Collegiate Kabaddi competitions in the 2012-2013 sessions were chosen as subjects. Pearson's item minute connection (Zero request) was utilized as a measurable apparatus to discover the consequence of the study and it uncovers that the physical wellness factors of speed, dexterity, unstable power, bear quality, perseverance and adaptability and the mental factors of games rivalry tension, animosity and accomplishment inspiration were noteworthy association with Kababdi playing capacity.

**Key Words:** Agression, Achievement Motivation, Kabaddi

### Introduction:

Kabaddi is our indigenous amusement and it is one of the significant diversions in India. Numerous numbers of provincial people groups and urban people groups are playing this diversion and competitions are directed different levels. It is included the Asian amusements and our group conveyed trees to our country. Kabaddi is characterized as the group contact wear that started in South India. "Kabaddi" is initially gotten from a Hindi word which signifies "holding your breath". Kabaddi is the National session of Iran and Bangladesh and the State round of Punjab, Tamil Nadu, and Andhra Pradesh. In India Kabaddi is a

noteworthy game, which is played everywhere throughout the India. Kabaddi is played in more than sixty five nations particularly Asian nations.

Kabaddi players requires high measure of physical wellness to execute hostile push, falls, turns, sudden alter of course holding, bowing, bouncing, leg and hand touch, and keeping up hold and breath. It is a body contact and battle diversion, which is played in a little range measuring 10 m 12.5m size with 7 players in every side which require mental qualities, for example, nervousness, hostility and accomplishment inspiration. Kabaddi requires both aptitude and power. It joins the attributes of wrestling and rugby.



Kabaddi requires colossal physical stamina, dexterity, singular capability, neuromuscular coordination, brisk reflexes, knowledge, mental strength and nearness of brain with respect to both assailants and protectors<sup>2</sup>.

**Physical wellness Variables:** Physical wellness is the basic need for any brandishing action. Engine qualities for example, speed, quality, unstable power, perseverance, and adaptability are key for perfection in games. Sports mentors lay overwhelming accentuation on enhancing the physical wellness and engine characteristics of the players, which is additionally molding program. A decent molding system is the foundation of the general preparing of the sportsperson. In Kabaddi, the particular wellness is with reference to quality, speed and co-appointment. Wellness preparing prepares the sportsperson to confront the physiological and mental difficulties that come his way in his aggressive games profession. In light of the request of physical wellness qualities the underneath clarified physical wellness qualities are chosen in this study.

### **Speed**

Speed is exceptionally fundamental for the Kabaddi player, especially for hostile and cautious players. A high rate of speed or development speed is a fundamental piece of good assault to empower the pillager alter course, assault on antis in both of the three zones, or escape from the grasp of the antis. A looter force ought to dependably be slanted marginally towards the mid line or focus line for brisk withdraw to security. With the assistance of speed, the plunderer move the adversary court, execute the foot work developments, to touch the guarded player and come back to claim

court. Speed is included in different hostile and cautious abilities.

**Nimbleness :** Nimbleness is required for hostile and cautious players. It empowers the plunderer to execute a movement at high rate of speed assault on antis in any of the three zones or escape from the gets. With the assistance of nimbleness, the plunderer effectively cross the reward line, shy away line and come back to the claim court. Additionally cautious player all of a sudden alter the course to get the marauder. It likewise include in different getting away aptitudes, ex: revolution, plunging, sliding, bouncing, turning and so on.

### **Quality**

Quality is a wellness action, as well as constructs imperviousness to wounds. This preparation is likewise useful to harmed players who, with the right sort of activities can recoup from the damage all the more rapidly, since debilitated, harmed muscles are fortified to their previous state. Quality is an essential component for hostile and cautious players. Without strength, we can't do any sort of ability in the round of Kabaddi. So Kabaddi is a quality based diversion. It is required for a guarded player to get the marauder effortlessly and not to achieve the inside line by lifting, pushing and blocking. It is likewise utilized by hostile player to lift or push the protector and achieve the middle line. Additionally hostile and guarded players ought to have more quality to stay away from wounds.

### **Adaptability**

Kabaddi is a group activity which requires adaptability for both hostile and cautious player. The perfect body position for the thief is legs held separated with flexed knees, head held high to keep



every one of the antis in the fringe see, inclining forward marginally with elbows flexed for simple reach. A solid body position will be an inconvenience to the marauder or shield, a casual body position is prescribed for the looter, who ought to be ready and keep his abdominal area somewhat bowed towards the centerline. Cautious player through his adaptability can get the bandit effectively. For instance: lower leg get, abdomen get, knee find, blocking, wrist catch and thigh get. Also hostile player needs adaptability to execute the hand touch, toe touch, kicking and escape from the cautious player to achieve the middle line.

#### **Leg Explosive Power**

Touchy Power is a fundamental element for the greater part of the games. Kabaddi being a body contact diversion, the player needs to utilize a considerable measure of touchy power joined with speed and quality. The player is thought to be in great shape when he can utilize the power adequately, consolidated with expertise. Hazardous power can be created through weight preparing works out, alongside quality and adaptability. Especially hostile player is to be suggested in this ability, With help of unstable power the looter is anything but difficult to perform plunging, sliding, hopping over the chain, kicking, toe touch cross, the reward line and recoil line.

#### **Perseverance**

Kabaddi players ought to have speed perseverance to do the activities more than once more sum a period. It is impractical to play Kabaddi without satisfactory measure of continuance with respect to a player. The execution of Kabaddi does not rely on upon the

dominance of specialized angle alone additionally in the ideal improvement of physical structure, physical wellness and psychic capacities which are the trademark for the top level execution.

Devaraja and Needhiraja (2012)<sup>3</sup> discovered that Physical wellness segments Speed, Flexibility, Leg unstable Muscular power and Muscular perseverance and Psychological components to be specific Physical nervousness, Cognitive tension and Self-certainty were having high association with Kabaddi playing capacity. Mahdi Majlesi et al. (2012) were found that the Kabaddi players ought to have great body creations however did not evaluate in a perfect sum in the physical wellness segments particularly high-impact limit and nimbleness. Nataraj and Chandrakumar (2008) found that engine capacity factors as indicators of execution in Kabaddi.

#### **Mental Variables**

Games is a psycho-social movement with, brimming with rivalry against adversaries and participation among partners, that offer ascent to a considerable measure of anxiety previously, then after the fact the opposition, particularly when the player handle the anxiety and rise with more certainty to confront the following test. In a group activity, for example, Kabaddi, the player needs to connect with his kindred partners and perform in the basic enthusiasm of the group.

Mental arrangement not just helps him beat the evil impacts of the anxiety forced on him amid the opposition, additionally helps him alter with his partners to give his best execution. In considering the significance of mental factors the



accompanying mental factors are chosen in this study.<sup>4</sup>

#### **Animosity**

Animosity is characterized as the conduct coordinated towards objective of hurting another living being who wishes to stay away from such treatment. Kabaddi is a forceful amusement, since it is body contact amusement. Hostility can assume a huge part in adding to achievement in the session of Kabaddi offering certain favorable position to enhance the execution. However over animosity can likewise prompt a few inconveniences by diminishing the execution. It is seen by numerous to be a terrible quality in light of the fact that the vast majority of them partner animosity with savagery and wounds. Nonetheless, animosity is the way of a few games.

#### **Brandish Achievement Motivation**

Accomplishment inspiration is a vital intends to impart self-assurance and enthusiastic strength in a player. Accomplishment inspiration can assume an imperative part in the round of Kabaddi. Through legitimate inspiration, the mentor can lessen the enthusiastic awkwardness in the players and cultivate solidarity among them. The player ought to be urged to build up an inspirational demeanor and ought to be made mindful of their capability to win. Kabaddi player ought to be urged to set a couple of goal-oriented however achievable long haul objectives; maybe to speak to their nation in a noteworthy title in three or four years. Through engaging competitors to set their own objectives, they will probably acknowledge the difficulties that lie ahead and seek after the objectives with energy. Positive self-talk is a system that can be utilized to improve inspiration over an extensive variety of

accomplishment areas. It makes utilization of a player's intense inward voice to fortify their self-regard or imperative parts of their execution. With suitable redundancy, self-talk can decidedly change a player's conviction framework. Accomplishment inspiration is predominant motivational introduction in circumstance portrayed by the achievement of clear achievement or disappointment. The two essential thought processes are either to make progress (Mass) or to keep away from disappointment (Anne and Cripe, 1986).

#### **Sports Competition nervousness**

Nervousness is negative passionate condition of stress and misgiving, consolidated with uplifted excitement. There is dependably a pre-characterized 'area of nervousness' in a sportsperson, before the begin of any diversion. At the point when this tension is at the ideal level, it can prompt a fundamentally better execution. In the event that the level surpasses or falls beneath this 'area of uneasiness', it can unfavorably influence the execution. Look into has additionally demonstrated that exhibitions affected by nervousness have more effect in a group diversion than in a performance don. The predominant and top players of a diversion change over their execution uneasiness into fervor, which animates the positive hormones, bringing about winning exhibitions. They take the nervousness excitement as a facilitator to think of a superior execution. A games individual whose brain is translates tension as a disaster regularly wind up losing.

#### **Reason for the study**

In considering the significance of the above physical wellness and mental factors the present study was embraced



with the sole mean to decide and distinguish the relationship of those physical wellness and mental factors with Kabaddi playing capacity. The choice of subjects, factors and measurable method were clarified.

#### **Choice of subjects<sup>5</sup>**

Forty Kabaddi Players from Dravidian University entomb university rivalry in the 2012-2013 sessions were chosen as subjects. The subjects were had a place the age gathering of 18 to 28 years.

#### **Choice of factors**

The physical wellness factors of speed (50 m. dash), spryness (4 x 10 m. carry run), unstable power (standing expansive bounce), bear quality (push-ups), continuance (12 m run/walk test and adaptability (sit and reach) and mental of games rivalry uneasiness (Rainer Martens Sports Competition Anxiety), Sports Achievement Motivation {M.L.Kamalesh Sports Achievement inspiration scale) and hostility (Guru Pyari Mathur and Raj Kumar Bhatnagar Aggression Scale) were chosen in this study.

The reliant variable was playing capacity incorporates the capacity of positional paly, start hold, group bolster, attacking, contrast touch, strategies of assault, strategy of safeguard, general conduct, correspondence and examine the adversaries, which was surveyed through subjective rating by three specialists. The normal of three specialists was the individual standard score.<sup>6</sup>

#### **Factual Procedure**

Pearson's item minute connection (Zero request) was utilized as a device to discover the relationship of those physical wellness and mental factors with

Kabaddi playing capacity. The level of criticalness was set at 0.05 and SPSS bundle was utilized for factual investigation.

#### **Results and Discussions**

##### **Coefficients of physical wellness variables with Kabaddi playing capacity**

The results had demonstrated the relationship of those physical wellness factors with Kabaddi playing capacity. In this examination all the chose factors all the got connection qualities were more than the table estimation of 0.313. Consequently, every one of the factors were huge association with Kabaddi playing capacity. Among the Physical wellness factors hazardous power was found the most astounding association with Kabaddi playing capacity ( $r = -0.567$ ). Alternate factors speed (0.2.98), nimbleness (0.534), bear quality (0.453), perseverance (0.654) and adaptability (0.439) moreover noteworthy association with Kabaddi playing capacity. Unstable power produced from the legs constantly supportive to the players to execute the abilities of bounce amid the plunderer in getting away from the get.<sup>7</sup>

##### **Coefficients of Psychological factors with Kabaddi Playing Ability**

The results had demonstrated the relationship of those physical wellness factors with Kabaddi playing capacity. In this examination all the acquired relationship qualities were over the table estimation of 0.313. Consequently, theselected factors were noteworthy association with playing capacity and among this accomplishment inspiration having most astounding relationship (0.645) esteem and hostility (0.480) furthermore, sports rivalry nervousness (0.567) additionally noteworthy



relationship with Kabaddi playing capacity.<sup>8</sup>

### Conclusion

From the above results and exchanges it is presumed that the chose physical wellness what's more, mental factors were huge association with Kabaddi playing capacity. In this manner Kabaddi execution is exceptionally impacted by high measure of physical wellness and Psychological qualities. Facilitate the aftereffect of the study is useful to the mentors to choose the Kabaddi players by giving significance in very much created physical wellness standard and mental effectiveness.

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