



## ANALYSIS OF PLAYING ABILITY AND AGGRESSION OF KABADDI PLAYERS

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### ABSTRACT:

The purpose of this study was to compare the playing ability and aggression of the Kabaddi players playing with different play positions and also found the relationship of playing ability and aggression of Kabaddi players. One hundred intercollegiate Kabaddi players of Degrees colleges affiliated to Gulbarga University those who have represented intercollegiate level tournaments, Karnataka were randomly selected as subjects for this study. The age of the subjects were ranged from 18-25 years. With regard to aggression, Aggression Questionnaire developed by Anand Kumar and Prem Shankar was used. The dependent variable Overall playing ability was assessed by touching skills, kicking skills, foot work, catching skills, movement in chin, defensive skills and tactics. The Pearson Product Moment Coefficient of Correlation was used to find out the relationship between variables and also find out the significant differences among the groups, One-way analysis of variance (ANOVA) was used. Further the Scheffe's Post Hoc test was used to find the significant difference in the paired mean scores. It was concluded that there was a relationship between playing ability and aggression of Kabaddi players and also found significant difference in the playing ability of Kabaddi players played with different play positions and not found significant difference in aggressive behaviour. A better understanding of these relationships will help to understand the aggression behaviour and playing ability and help to plan sport specific skills and psychological training.

**KEYWORDS:** Psychology, Playing Ability, Aggression Kabaddi.

### INTRODUCTION

Today is the modern competitive Kabaddi era and every Kabaddi player is in race to excel others and it has become fundamental mode of human expressions and kabaddi players. As the game gained popularity and spread all over the country. The pleasure and thrill that the game provides have attracted the people of all classes to play Kabaddi or witness the game all over the world. Kabaddi is a traditional outdoor game played with minor variations in all regions of India - in fact, in most parts of Asia. It is an ancient backyard and homegrown game. Kabaddi requires tremendous physical stamina, agility, individual proficiency, neuromuscular coordination, lung capacity, quick reflexes, intelligence and presence of mind, aggression on the part of both attackers and defenders. The Kabaddi game has got various fundamental skills. For all sort of activity, motor fitness is very essential. It is related to the ability to meet the demands of the environment specifically to preserve, to will stand stress, to resist fatigue and to possess the energy for an abundant life. Motor fitness is an aspect of total fitness total fitness is viewed as the capacity to function in every way at one's best.

Sports psychology is the scientific study of the athletes and their behaviors in the context of sports and the practical application of that knowledge. Sports psychology deals with the increase of performance by the management of emotions and the minimization of psychological effects of injury and poor performance. Aggression is as old as the human race. Aggression is the frequency and intensity of feeling angry, combined with the violence one exhibits when angry. Literal meaning of aggression is 'to move towards with intention to hurt or harm' Aggressive Behaviour is an overt verbal or physical act that can psychologically or physically injure another person or oneself. Aggressive Behaviour has been associated with destructive acts, prejudice speech, drug and alcohol addiction, sports and exercise and so forth. Aggressive behaviour and acts of cheating occur regularly at all levels of sports participation, and there is evidence that a great deal of such illegal aggressive behaviour in sport goes completely unpenalised (Sheldon & Aimer, 2001).

Karkare (2011) found relationship between anthropometric measurements and body composition of hockey players with respect to their playing positions. The results found that hockey players playing in different position found to be differs on some anthropometric measurements and body composition. Reddy, Reddy and Samiullah (2000) investigated to find out the impact of level of participation on aggressions and performance. Aggressiveness Questionnaire (AQ) by Smith (1973) was administered to asses Aggression. The study concludes that aggression was found negative impact on the Performance of the soccer players. Nageswaran (1999) found relationship between selected skill performance and the effect of aggression of university basketball players. The results showed that the significant relationship between the selected skill performance (Dribbling, Passing, Shooting) and aggression of university basketball players.

In this paper, the researcher compared aggressive behaviour and playing ability of Kabaddi players with different play positions and also found the relationship between playing ability and aggression.

## 2. PURPOSE AND OBJECTIVE:

The purpose of the study is to know the aggression and playing ability among Kabaddi players with different play positions and also to find out the relationship between playing ability and aggression among Kabaddi players.

## 3. STATEMENT OF HYPOTHESES

1. It is hypothesized that there was no significant difference in the Aggression and Playing Ability of Kabaddi Players with different play positions. (Attackers, Midfielders and Defenders).
2. It is hypothesized that there was no significant relationship between Aggression and Playing Ability of Kabaddi Players.

## 4. METHODOLOGY

4.1 Method: Descriptive Survey Method

4.2 Selection of Samples: One hundred Kabaddi players who were studying in Degrees colleges affiliated to Gulbarga University those who have represented intercollegiate tournaments Karnataka were randomly selected as subjects for this study. The age of the subjects were ranged from 18-25 years.

4.3 Selection of Variables: The following variables selected for the study with tests and criterion measures

Sl. No.	Variables	Tests	Criterion Measure
	<b>Dependent Variable</b>		
1.	Overall Playing Ability	Overall playing ability (touching skills, kicking skills, foot work, catching skills, movement in chin, defensive skills and tactics) was measured by a panel of experts consisting three persons.	In scores
	<b>Independent Variable</b>		
	<b>Psychological Variable</b>		
1.	Aggression	The aggression questionnaire developed by Anand Kumar and Prem Shankar	In Scores

4.4 Description of Aggression Questionnaire:

The aggression questionnaire developed by Anand Kumar and Prem Shankar was administered to each subject to estimate the aggression level of college level Kabaddi players. The aggression questionnaire inventory consisted of 25 items in which 13 items were keyed 'Yes' and rest of 12 were keyed 'No'. The statements which had keys 'yes' were 1, 4, 5, 6, 9, 12, 14, 16, 18, 21, 22, 24, 25 and the statements which were keyed 'No' were 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 and 23. The higher the score the higher was the aggression level. One point was awarded for right answer. For each item the score was '1'. The maximum score was '25' and minimum score was '0'.

4.5 Statistical Procedure

The Karl Pearson Product Moment Coefficient of Correlation was used to find out the relationship between playing ability and Aggression and One-way Analysis of Variance (ANOVA) was used to find the significant difference among the three groups. The Scheffe's Post Hoc test was used to find the significant difference in the paired means. The level of significance was fixed at 0.05 level.

5. RESULTS AND DISCUSSION

5.1 ANOVA RESULTS

The One-way ANOVA (F test) results on Aggression and Playing Ability scores of Kabaddi men players with different play positions. (Attackers, Midfielders and Defenders)

Table-1

Table shows One-Way ANOVA Analysis on Aggression and Playing Ability scores of Kabaddi men players with different play positions. (Attackers, Midfielders and Defenders).

Variables	Groups	Sum of Squares	df	Mean Squares	F Value	Level of Sig.
Aggression	Between Groups	9.940	2	4.970	0.929 (P=0.399)	Not Significant
	Within Groups	519.060	97	5.351		
	Total	529.000	99			
Playing Ability	Between Groups	614.149	2	307.074	3.198 (P=0.045)	Significant at 0.05
	Within Groups	9314.841	97	96.029		
	Total	9928.990	99			

Groups: Attackers (N=29); Midfielders (N=34); Defenders (N=37)  
 Table value at 0.05(df-2, 97); 3.09; Table value at 0.01(df-2, 97) =4.82

From the above table, it was observed that the obtained 'F' value 0.929 is less than table value t of 3.09 for df '2 and 97' required for the significance at 0.05 level of confidence and it is not found to be statistically significant even at 0.05 level of significance. Hence, the stated hypothesis is accepted that "there is no significant difference in the Aggression of Men Kabaddi players of different play positions." This indicates kabaddi players with different play positions had similar type of aggressive behaviour.

The table-1 also shows that the obtained 'F' ratio 3.198 for Playing Ability is greater than the table value of 3.09 for df '2 and 97' required for the significance at 0.01 level of confidence. Hence, the stated hypothesis was rejected and in its place an alternate hypothesis has been accepted that "there was significant difference in the Playing Ability of Men Kabaddi players of different play positions." To determine the significant difference in the playing ability among these paired means, the 'Scheffe's test was applied as the Post hoc analysis and the results were presented in Table-2.

**Table-2**  
Scheffe's Post Hoc Analysis on Playing Ability of Kabaddi players with different play positions

Variable	Play Positions			Mean Difference	Critical Difference
	Attackers	Midfielders	Defenders		
Playing Ability	71.413	75.264		3.850	6.136
		75.264	77.540	2.275	5.767
	71.413		77.540	6.126*	6.020

\*Significant at 0.05 level

The table also shows significant paired mean differences on the playing ability between Attackers and Midfielders and the value is 6.126 which is greater than the critical difference value at 0.05 level of confidence. It was concluded that there was a significant difference in the Playing Ability between attackers and defenders and no different exists between the attackers & midfielders and midfielders & defenders. The defenders had better playing ability followed by midfielders and attackers.

The following Bar graph shows the comparison of mean scores of the playing ability scores of the Kabaddi players with different play positions.

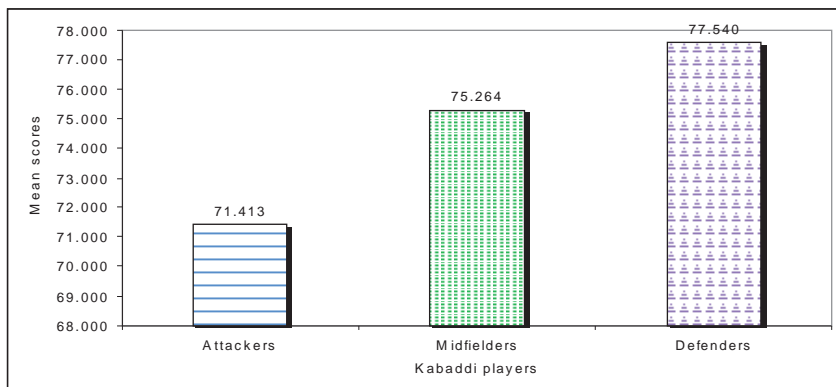


Fig.1: Comparison of mean scores of Playing Ability of Men Kabaddi players with different play positions.

**5.2 CORRELATION RESULTS**

The relationship of selected motor fitness variables with overall playing ability of Intercollegiate Kabaddi players was ascertained by the obtained values of coefficient of correlation. The result is presented in Table-2.

**Table-2**  
Table shows relationship of aggression and playing ability of Intercollegiate men Kabaddi players. (N=100, df=98).

Sl. No.	Variable	Mean	Standard Deviation	'r' value and Sig. level
1.	Overall playing ability	74.990	10.014	-
2.	Aggression	11.300	2.311	-0.384*

\* Significant at 0.05 level.

From the table it shows that overall playing ability of the men Kabaddi players was correlated with aggression variable. The table clearly reveals that there is correlation of overall playing ability with aggression

since the obtained 'r' value -0.384, is greater than the table value 0.195 at 0.05 level of significance.

## 6. FINDINGS OF THE STUDY

The major findings of the study:

1. There is no significant difference in the Aggression of Men Kabaddi players of different play positions.
2. There is a significant difference in the Playing Ability of Men Kabaddi players of different play positions.
3. There is a significant relationship between Aggression and Playing Ability of Kabaddi Players.

## 7. CONCLUSION

The study concludes that aggressiveness of the players correlated with their playing ability of Kabaddi players and also shows that there was a significant difference in the playing ability of men Kabaddi players of different play position. The defenders had better playing ability than midfielders and attackers and no difference exists in their aggressive behaviour. It is generally recognized that psychological factors are of crucial importance in high-level competitive sports. In recent years, there has been growing concern that competitive sport has become more violent and aggressive. Aggressive behaviour and acts of cheating occur regularly at all levels of sports participation, and there is evidence that a great deal of such illegal aggressive behaviour in sport goes completely unpenalised (Sheldon & Aimer, 2001). As far as Kabaddi is concerned, it is suggested that aggression play an even more important role in a competition, differentiating between successful and unsuccessful teams.

## 8. REFERENCES

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