

Emotional experience before Match playing and Training period among Kabaddi players

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Abstract: **Kabaddi** is a contact team sport in Ancient India, Played between two teams of seven players. The Universe of the study shall be the Kabaddi players who have been regularly participating in recognized tournaments. The method of sample was purposive –A non-random method of sampling design for elite Kabaddi players with a specific purpose. Total 500 Kabaddi players from different districts were selected as sample size of the study. The demographic information was collected through respondents in the form of different descriptive tests. The findings of the study shows that most of the Kabaddi players felt Motivated and stressful before competition among Kabaddi players. The findings of the study shows that most of the Kabaddi players felt Motivated and stressful before competition among Kabaddi players

INTRODUCTION

Kabaddi is a popular sport in the Indian subcontinent. The Kabaddi Federation of India (KFI) was founded in 1950, and it compiled a standard set of rules. The governing body for kabaddi in Pakistan is Pakistan Kabaddi Federation. In Bangladesh, Kabaddi is known with a different name called "Ha-du-du". Ha-du-du has no definite rules and is played with different rules in different areas. Kabaddi is the national sport of Bangladesh, given official status in 1972. The Amateur Kabaddi Federation of Bangladesh was formed in 1973. In Iran, the Community of Kabaddi was formed in 1996 (the same year they joined the Asian Kabaddi Federation), and in 2001 they joined the International Kabaddi Federation. The Iran Amateur Kabaddi Federation was formed in 2004. Kabaddi is one of the national sports of Nepal. Kabaddi is played and taught in most primary schools beginning in about the third grade in most Nepali schools. Kabaddi was also played by the British Army for fun, to keep fit and as an enticement to recruit soldiers from the British Asian community. Kabaddi was brought to United Kingdom by Indian, Nepali and Sri Lankan immigrants. It is restricted by physiological and psychological limits, as most of the sports activities require greater amount of speed, strength, endurance, flexibility, co-ordination along with the will power, tolerance power, intellect and mental toughness.

METHODS

This study was involve a descriptive study of Kabaddi players in a non-experimental, retrospective research design. Retrospective studies usually employ some form of questionnaire over a particular period. The Universe of the study shall be the Kabaddi players who have been regularly participating in recognized tournaments. The method of sample was purposive –A non-random method of sampling design for elite football players with a specific purpose. Total 500 Kabaddi players from different districts were selected as sample size of the study.

The study depends mainly on primary source of data. The data was collected through respondents in the form of Questionnaires from 500 elite level Kabaddi players of different Academies, Clubs, and Universities separately , investigator contacting Kabaddi personally and some cases at the venue of Inter-varsity, State tournaments. In collecting the data, the researcher Follow to ethical guidelines, principles, and standards for studies conducted with human beings . The demographic information was collected through respondents in the form of different descriptive tests. The demographic information about, age, height, weight daily smoking, drug use, etc. was obtained before seeking responses. Data processing play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationships and the variations with respect to different aspects. The collected data was analyzed as a whole and fragments .

The data was checked for accuracy and completeness and was coded and entered into the Statistical Package for Social Sciences (SPSS) software version 16 (SPSS Inc., Chicago, Illinois, USA). Descriptive statistics for all studied variables, percentage, was used .

RESULT AND DISCUSSION

Table – 1

Mean Scores and Standard Deviations of selected game related Components of Kabaddi players

Sr. No.	Components	Means Scores	Standard Deviations
1.	Training /Practice (days/week)	04.67	1.30
2.	Training duration (minutes)	65.78	09.70
3.	Warm up (minutes)	10.67	2.56
4.	Warm Down	10.44	2.43
5.	Competition in one year	09.67	2.24

Table- 1 shows Mean Scores and Standard Deviations of selected game related Components of Kabaddi players. The Mean Scores and Standard Deviations of selected game related Components of Kabaddi players has been illustrated through figure-1

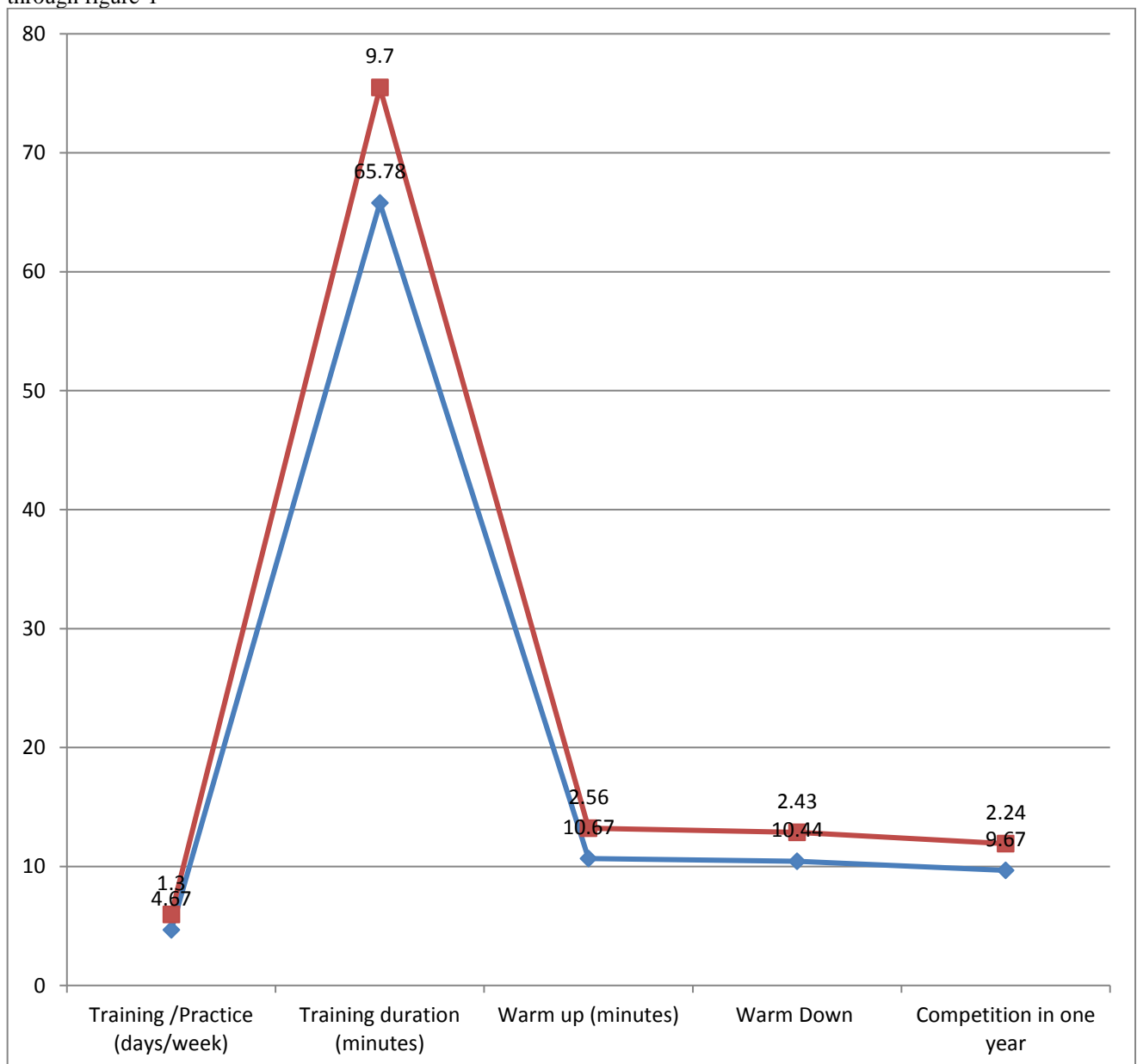


Figure-1 Shows the Mean Scores and Standard Deviations of selected game related Components of Kabaddi players

Table – 2
Emotional experience before competition among Kabaddi players.

Sr.No.	Emotional experience	Kabaddi players (%)
1)	Anxious	22.00%
2)	Motivate	33.00%
3)	Stressful	29.00%
4)	Fatigue	16.00%

Table-2 , shows that the percentage of selected **Emotional experience** with respect to feeling before competition among Kabaddi players.

The percentage of selected **Emotional experience** with respect to feeling before competition among Kabaddi players has been presented through graphically in figure-2

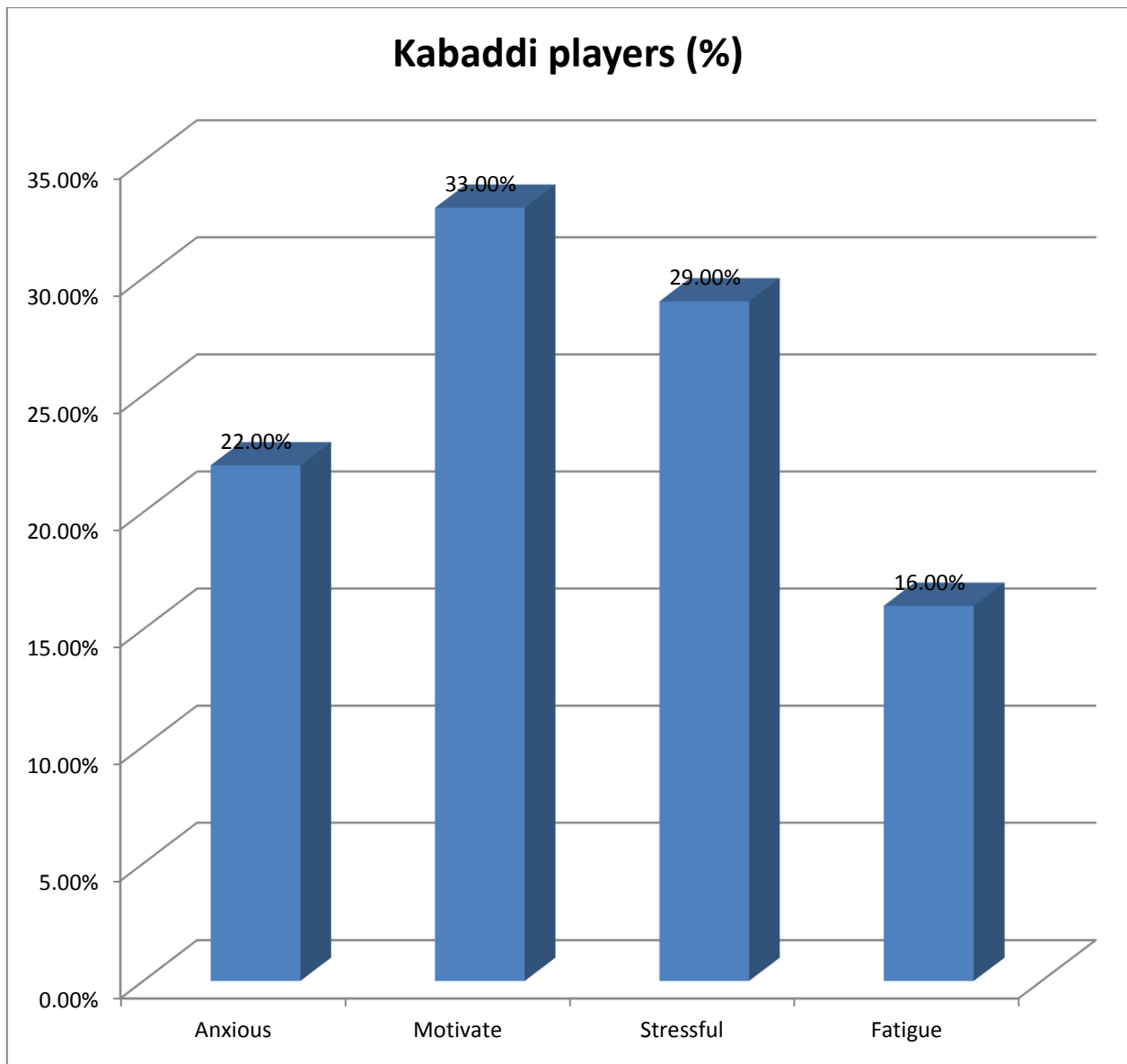


Figure-2 shows percentage of selected Psychological factors with respect to feeling before competition among Kabaddi players

Table –3
Emotional experience before training or practice among Kabaddi players.

Sr.No.	Emotional experience	Kabaddi players (%)
1)	Anxious	25.00%
2)	Motivate	31.00%
3)	Stressful	24.00%
4)	Fatigue	20.00%

Table-3 , shows that the percentage of selected **Emotional experience** with respect to feeling before **training or practice** among Kabaddi players.
 The percentage of selected **Emotional experience** with respect to feeling before competition among Kabaddi players has been presented through graphically in figure-3

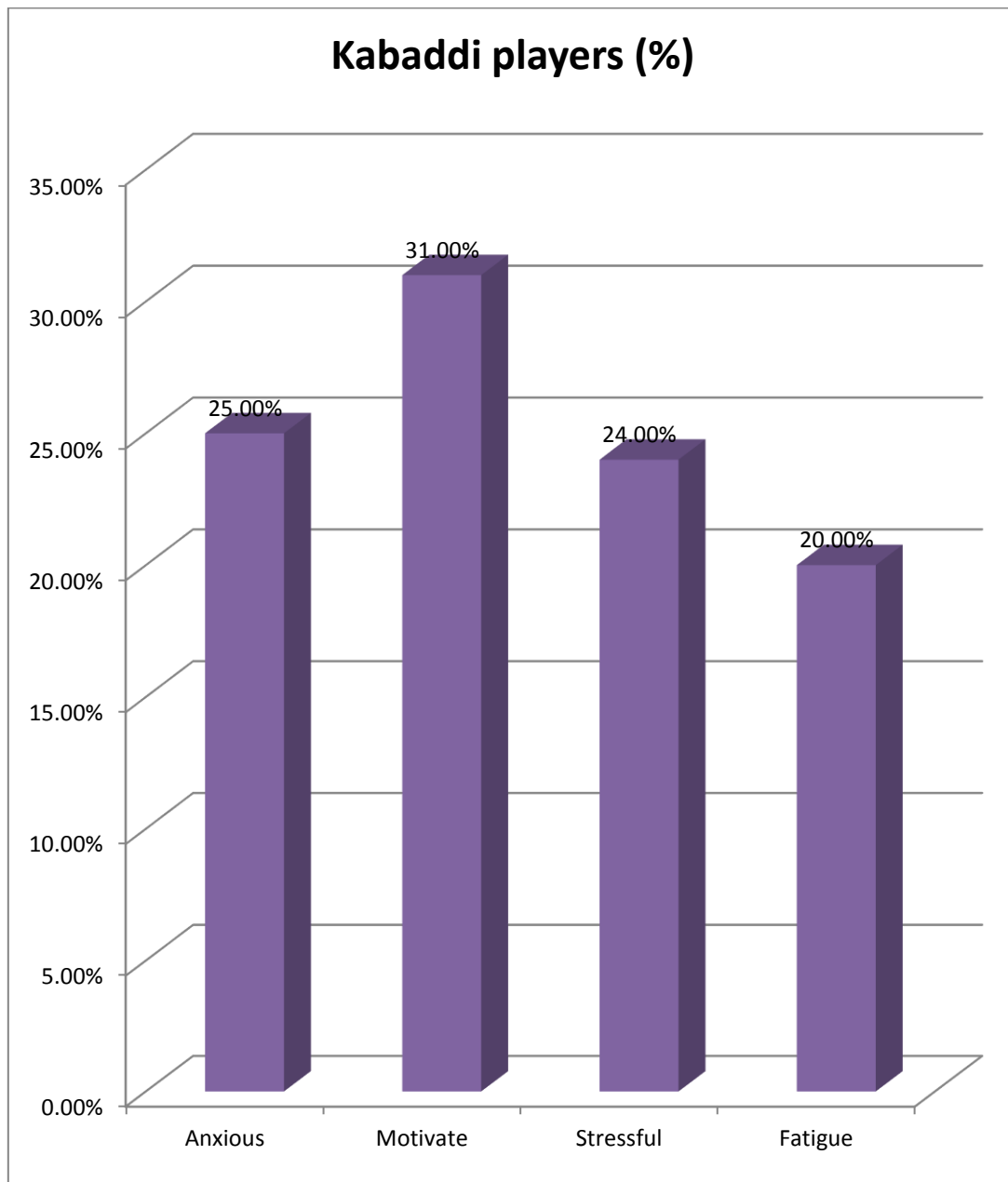


Figure-3 Shows The percentage of selected Emotional experience with respect to feeling before competition among Kabaddi players

**DISCUSSION**

The training mean score (S.Ds.) of Kabaddi Players were 04.67 (1.30) days, their training duration mean score (S.Ds.) were 65.78 (09.70) hours, their warm up mean score (S.Ds.) were 10.67 (2.56) minutes and competition mean score (S.Ds.) of Kabaddi Players were 09.67 (2.24) in one year. 22.00% Kabaddi players felt Anxious, 33.00% Kabaddi players felt Motivated before competition, 29.00% Kabaddi players felt stressful before competition and 16.00% Kabaddi players felt Fatigue before competition. The findings of the study shows that most of the Kabaddi players felt Motivated and stressful before competition among Kabaddi players 25.00% Kabaddi players felt Anxious, 31.00% Kabaddi players felt Motivated before **training or practice**, 24.00% Kabaddi players felt stressful before **training or practice** and 20.00% Kabaddi players felt Fatigue before, The findings of the study shows that most of the Kabaddi players felt Motivated and stressful before competition among Kabaddi players.

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