

# IMPACT OF PSYCHOLOGICAL FACTORS ON THE PERFORMANCE OF KABADDI PLAYERS IN HARYANA STATE

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## ABSTRACT

*This research investigates the nuanced relationship between psychological factors and the performance of Kabaddi players in Haryana State, India. Kabaddi, deeply ingrained in the cultural fabric of the region, serves as a unique backdrop for understanding the multifaceted interplay of motivation, confidence, stress management, and goal-setting in athletic achievement. Furthermore, the research scrutinizes the goal-setting practices of Kabaddi players, analyzing their alignment with performance outcomes. Insights gained from this investigation are anticipated to inform sports psychologists, coaches, and players about the psychological intricacies that underpin successful Kabaddi performance in Haryana. Ultimately, the findings seek to contribute not only to the understanding of sports psychology in the context of Kabaddi but also to the development of targeted strategies for optimizing player performance and well-being in this culturally rich and sports-centric region.*

**Keyword:** - Athletic performance, Haryana State, Kabaddi players, mental resilience, Psychological resilience, Player well-being, Psychological factors, Sports psychology

## 1. INTRODUCTION

Kabaddi, a traditional Indian sport with deep-rooted cultural significance, has evolved into a highly competitive and organized game. While physical prowess and technical skills are integral components of a Kabaddi player's performance, the influence of psychological factors on their overall success cannot be overstated. This study delves into the intricate relationship between psychological factors and the performance of Kabaddi players in Haryana State, shedding light on the multifaceted aspects that contribute to their success or hindrance.

Haryana, known for its rich sporting culture and a significant contribution to Indian sports, particularly in Kabaddi, serves as an ideal setting for this investigation. The players hailing from this state are celebrated for their robust playing style, tenacity, and skillful execution of Kabaddi techniques. However, the mental aspects that underpin their performance remain an understudied area, prompting the need for a comprehensive examination.

Psychological factors influencing Kabaddi performance encompass a wide array of dimensions, including motivation, confidence, stress management, goal-setting, and mental resilience. Understanding how these factors interplay within the unique context of Kabaddi in Haryana is crucial for developing targeted interventions that can enhance player performance and overall well-being.

Motivation, as a psychological driver, plays a pivotal role in a Kabaddi player's commitment to training and competition. Examining the sources of motivation, whether intrinsic or extrinsic, provides insights into what fuels their dedication and perseverance. Additionally, confidence, often cited as a cornerstone of athletic success, can significantly impact a player's decision-making, risk-taking, and overall game strategy. The demanding nature of Kabaddi competitions, coupled with the pressure to perform consistently, places players at risk of stress and anxiety. Investigating stressors unique to Kabaddi players in Haryana allows for the identification of potential interventions to mitigate stress and enhance mental resilience. Furthermore, understanding how goal-setting practices align with performance outcomes provides valuable information for both players and coaches.

This study seeks to unravel the intricate web of psychological factors influencing the performance of Kabaddi players in Haryana State. By gaining insights into the motivational, confidence-building, stress-management, and goal-setting aspects, this research aims to contribute not only to the scientific understanding of sports psychology but also to the development of targeted interventions that can optimize the performance and mental well-being of Kabaddi players in this culturally rich region.

### **Objectives of the Study**

The objectives of the study on the impact of psychological factors on the performance of Kabaddi players in Haryana State are:

- To study the impact of self-confidence on performance of kabaddi players
- To study the impact of locus of control on performance of kabaddi players.
- To observe the impact of aggression on performance of kabaddi players.
- To examine the gender disparities in kabaddi performance.
- To study the effect of psychological factors on kabaddi performance between two age groups.

### **Need for the Study**

The study on the impact of psychological factors on the performance of Kabaddi players in Haryana State is crucial for several reasons:

1. **Performance Optimization:** Understanding the psychological factors influencing Kabaddi players is essential for optimizing their performance. By identifying motivational drivers, confidence levels, and stressors unique to the sport in Haryana, targeted interventions can be developed to enhance player performance.
2. **Player Well-being:** The well-being of athletes is a holistic consideration that goes beyond physical fitness. Exploring psychological dimensions such as stress management and mental resilience contributes to the overall well-being of Kabaddi players in Haryana, promoting a healthier and more sustainable approach to their athletic pursuits.
3. **Strategic Coaching:** Coaches play a pivotal role in shaping the performance of Kabaddi players. Insights from this study can inform coaches about the psychological aspects that require attention in training programs, enabling them to tailor coaching strategies to address the specific needs of players in Haryana.
4. **Sports Psychology Advancement:** The study contributes to the broader field of sports psychology by providing context-specific insights into the psychological dynamics of Kabaddi. This can expand the existing knowledge base and serve as a reference for future research in sports psychology, particularly in traditional sports with cultural significance.
5. **Cultural Relevance:** Kabaddi is deeply rooted in the culture of Haryana, and understanding the psychological factors impacting players in this region acknowledges the cultural nuances that influence athlete development. This recognition is essential for creating effective and culturally sensitive interventions.
6. **Development of Targeted Interventions:** The findings of the study can lead to the development of targeted psychological interventions and training programs. These interventions can be designed to address specific psychological challenges faced by Kabaddi players in Haryana, fostering a more comprehensive and personalized approach to athlete development.
7. **Enhancing Competitiveness:** Given the competitive nature of Kabaddi, gaining insights into the psychological factors affecting performance can give players and teams a competitive edge. Strategies developed based on the study's findings can contribute to improved mental preparedness and resilience during high-pressure situations.
8. **Educational and Awareness Purposes:** The study can serve an educational purpose by creating awareness among players, coaches, and stakeholders about the importance of psychological factors in Kabaddi. This knowledge can lead to a more informed and proactive approach to mental well-being in sports.

In summary, the study addresses a critical gap in understanding the psychological dimensions of Kabaddi performance in Haryana, with the potential to positively impact player development, coaching strategies, and the broader field of sports psychology.

### **Significance of Study**

The significance of the study on the impact of psychological factors on the performance of Kabaddi players in Haryana State lies in its potential to contribute valuable insights to various stakeholders and fields:

1. **Athlete Development:** The study holds significant implications for the development of Kabaddi players in Haryana. By uncovering the psychological factors influencing performance, the findings can be used to tailor training programs, mentorship, and support systems that foster holistic athlete development.

2. **Coaching Strategies:** Coaches play a pivotal role in shaping the performance and well-being of Kabaddi players. The study's insights can guide coaches in devising more effective and targeted coaching strategies, enhancing their ability to address psychological aspects and optimize player performance.
3. **Sports Psychology Advancement:** In the broader context of sports psychology, the study contributes to the understanding of psychological factors in traditional sports. The knowledge gained can enrich the existing literature, paving the way for more nuanced and context-specific approaches in sports psychology research and practice.
4. **Cultural Sensitivity:** Given the cultural significance of Kabaddi in Haryana, the study contributes to a more culturally sensitive approach to athlete development. Recognizing and addressing cultural nuances in sports psychology interventions can lead to more meaningful and impactful strategies.
5. **Performance Optimization:** Understanding the psychological intricacies of Kabaddi players in Haryana can contribute to the optimization of performance. This is particularly important in a sport where split-second decisions, mental resilience, and teamwork are critical for success.
6. **Health and Well-being:** The study's focus on stressors and mental resilience addresses the mental health and overall well-being of Kabaddi players. Enhancing psychological well-being not only benefits athletic performance but also contributes to the overall health and quality of life of the players.
7. **Competitive Advantage:** The study's findings can provide a competitive advantage to Kabaddi players and teams in Haryana. By addressing psychological factors, players may be better equipped to handle the pressures of competition, resulting in improved performance and a competitive edge.
8. **Educational Impact:** The study serves an educational purpose by raising awareness about the importance of psychological factors in Kabaddi. This knowledge can be disseminated to players, coaches, sports organizations, and the broader community, fostering a greater understanding of the multifaceted nature of athletic success.

In conclusion, the significance of this study lies in its potential to positively impact the development of Kabaddi players, inform coaching practices, contribute to sports psychology literature, promote cultural sensitivity, and ultimately enhance the performance and well-being of Kabaddi athletes in Haryana.

#### **Hypothesis**

1. **Motivational Factors:**  
Hypothesis: Kabaddi players in Haryana who exhibit higher levels of intrinsic motivation will demonstrate greater commitment to training and exhibit enhanced competitive performance compared to those primarily motivated by extrinsic factors.
2. **Confidence Levels:**  
Hypothesis: Higher levels of confidence among Kabaddi players in Haryana will positively correlate with effective decision-making, increased risk-taking ability and superior execution of tactical strategies during Kabaddi competitions.
3. **Stressors and Stress Management:**  
Hypothesis: Kabaddi players in Haryana who effectively manage stressors through adaptive coping strategies will demonstrate higher levels of performance and psychological well-being compared to those with less effective stress management.
4. **Goal-Setting Practices:**  
Hypothesis: Kabaddi players in Haryana who engage in clear and realistic goal-setting practices, both at the individual and team levels, will exhibit a stronger alignment between their goals and actual performance outcomes.
5. **Mental Resilience:**  
Hypothesis: Kabaddi players in Haryana with higher levels of mental resilience, as evidenced by their ability to bounce back from setbacks and adversity, will showcase more consistent and improved performance over time.
6. **Relationship between Psychological Factors:**  
Hypothesis: There will be significant interactions and interdependencies among motivational factors, confidence levels, stress management, goal-setting practices, and mental resilience, contributing to a comprehensive understanding of the psychological profile of Kabaddi players in Haryana.
7. **Coaching Strategies:**  
Hypothesis: Coaches in Haryana who actively incorporate sports psychology principles into their coaching strategies will have a positive impact on the psychological well-being and performance of Kabaddi players compared to coaches who do not emphasize psychological aspects.
8. **Cultural Influences:**

Hypothesis: Cultural factors in Haryana will play a significant role in shaping the psychological well-being and performance of Kabaddi players, and interventions tailored to align with the cultural context will be more effective in optimizing player outcomes.

## 2. RESEARCH METHODOLOGY

Developing a comprehensive methodology for studying the impact of psychological factors on the performance of Kabaddi players in Haryana State involves careful planning and consideration of various factors.

The systematic approach is used while keeping the main goal of the study in mind. The research will focus on a sample of 50 kabaddi players taken at random from the state of Haryana. The identified kabaddi players must have competed at least at the state level. The data collection has been done through the questionnaire by distributing to the participants.

For the purpose of comparison, attempts will be made to divide the sample into different equal subgroups. Factors such as self-confidence, locus of control, and aggression will be considered in order to assess their impact on the sports performance of kabaddi players

## 3. DATA ANALYSIS

To investigate the correlation between specific psychological characteristics and the performance of male Kabaddi players at the state level, Pearson moment correlation ( $r$ ) was employed. The findings of this analysis are detailed in Table-1, presenting the relevant data.

Table 1: Relationship of selected psychological characteristics to kabaddi performance

No	Dependent Variables	Independent Variables	Correlation Coefficient ( $r$ )
50	Kabaddi Performance	Aggression	0.67*
50	Kabaddi Performance	Locus of Control	0.15
50	Kabaddi Performance	Self Confidence	0.17

\*Significant at 0.05 level

The provided table 1 illustrates the correlation between selected psychological characteristics and Kabaddi performance. Notably, there is a significant positive relationship between Aggression ( $r=0.67^*$ ). However, no statistically significant relationships were observed between Kabaddi performance and selected psychological characteristics such as Locus of Control ( $r=0.15$ ) and Self-concept ( $r=0.17$ ) among state-level male players.

The table 1 provides information on the relationship between selected psychological characteristics and Kabaddi performance, measured using correlation coefficients ( $r$ ). Here are the interpretations for each relationship:

- Aggression and Kabaddi Performance ( $r = 0.67^*$ ): There is a strong positive correlation (0.67) between aggression and Kabaddi performance. This suggests that as aggression increases, Kabaddi performance tends to improve. The asterisk (\*) next to the correlation coefficient may indicate that the correlation is statistically significant.
- Locus of Control and Kabaddi Performance ( $r = 0.15$ ): There is a weak positive correlation (0.15) between locus of control and Kabaddi performance. This indicates a slight tendency for individuals with a particular locus of control to have a slightly better Kabaddi performance, but the relationship is not very strong.
- Self Confidence and Kabaddi Performance ( $r = 0.17$ ): There is a weak positive correlation (0.17) between self-confidence and Kabaddi performance. This suggests that individuals with higher self-confidence may have a slightly better Kabaddi performance, but the relationship is not very strong.

In summary, the strongest relationship is observed between aggression and Kabaddi performance, indicating that higher levels of aggression are more strongly associated with better Kabaddi performance. Locus of control and self-confidence also show positive correlations, but the relationships are weaker. It's important to note that correlation does not imply causation, and other factors not considered in this study may also influence Kabaddi performance.

### Findings of the Study

The presented findings highlight important associations between selected psychological characteristics and Kabaddi performance. The key takeaways from the study are as follows:

- **Aggression and Performance:** There is a robust and statistically significant positive correlation ( $r = 0.67$ ) between aggression and Kabaddi performance. This suggests that a higher level of aggression is strongly associated with improved performance in Kabaddi.
- **Locus of Control and Performance:** A weak positive correlation ( $r = 0.15$ ) is observed between locus of control and Kabaddi performance. While this indicates a slight tendency for individuals with a specific locus of control to perform slightly better, the relationship is not notably strong.
- **Self-Confidence and Performance:** Similarly, a weak positive correlation ( $r = 0.17$ ) exists between self-confidence and Kabaddi performance. This implies that higher levels of self-confidence are associated with a slight improvement in Kabaddi performance.

These findings suggest that psychological factors play a role in influencing Kabaddi performance. Therefore, it is recommended that interventions and support programs be designed to harness and manage aggression effectively. Additionally, efforts to enhance locus of control and self-confidence may contribute to improved overall performance.

It is crucial to recognize the complexity of psychological factors and their dynamic interplay with sports performance. The recommendations provided earlier, including aggression management training, locus of control enhancement, and comprehensive psychological support, aim to address these psychological aspects and support athletes in optimizing their performance

### 4. CONCLUSION.

Based on the findings of the current study, the following conclusions were drawn:

- A significant relationship was identified between the selected psychological characteristic of Aggression.
- No significant relationships were observed between the selected psychological characteristics of Locus of Control and Self-confidence.

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