
A Study of Psychological Variables in Relation to the Performance of Kabaddi Players

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Abstract

The purpose of the present study was to examine the relationship between psychological variables and the performance of Kabaddi players, with special reference to aggression and achievement motivation. Psychological factors play an important role in determining sports performance, particularly in contact sports like Kabaddi. The study was conducted on 60 Kabaddi players selected from colleges and sports academies. Standardized questionnaires were used to measure aggression and achievement motivation. Performance was assessed through competition records and coach ratings. Statistical techniques such as mean, standard deviation, and Pearson's Product Moment Correlation were used for analysis. The findings revealed that aggression and achievement motivation had a significant positive relationship with the performance of Kabaddi players. The study concluded that psychological preparation is essential for enhancing athletic performance.

Keywords: Kabaddi, Aggression, Achievement Motivation, Psychological Variables, Sports Performance.

Introduction

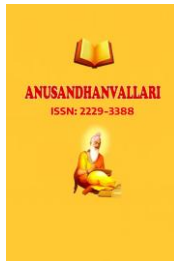
Sports performance is influenced by physical, technical, tactical, and psychological factors. Among these, psychological variables have gained considerable importance in modern sports training and competition. Athletes who possess strong psychological skills often perform better under pressure and maintain consistency in performance. Kabaddi is a traditional Indian contact sport that requires physical strength, agility, speed, courage, and mental toughness. Since Kabaddi involves direct physical confrontation, aggression becomes an important component of successful performance. Controlled aggression helps players attack and defend effectively during the game. Achievement motivation is another important psychological variable that determines an athlete's desire to succeed, excel, and achieve goals. Highly motivated athletes show greater persistence, confidence, and dedication toward training and competition. Therefore, the present study aims to investigate the relationship of aggression and achievement motivation with the performance of Kabaddi players.

Objectives of the Study

1. To assess the level of aggression among Kabaddi players.
2. To assess the level of achievement motivation among Kabaddi players.
3. To determine the relationship between aggression and performance of Kabaddi players.
4. To determine the relationship between achievement motivation and performance of Kabaddi players.

Hypotheses

1. There will be a significant relationship between aggression and performance of Kabaddi players.



2. There will be a significant relationship between achievement motivation and performance of Kabaddi players.

Methodology

Research Design

The descriptive survey method was adopted for the study.

Participants

For the purpose of this study, 60 male kabaddi players aged between 18 and 25 years were selected from colleges affiliated to varied Universities of Karnataka State.

Variables

Independent Variables

- Aggression
- Achievement Motivation

Dependent Variable

- Performance of Kabaddi Players

Tools Used

1. Aggression Scale by S.K. Bhatia.
2. Sports Achievement Motivation Test by Kamlesh.
3. Performance evaluation through coach ratings and competition records.

Statistical Techniques

- Mean
- Standard Deviation
- Pearson's Product Moment Correlation

Results and Discussion

Table 1: Relationship between Aggression and Performance

S.No	Variable	Mean	SD	r-value
1	Aggression	45.32	5.21	0.62*
2	Performance	78.45	6.11	

*Significant at 0.05 level.

The results indicate a positive and significant relationship between aggression and performance. Controlled aggression may help Kabaddi players perform effectively during raids and defensive actions.

Table 2: Relationship between Achievement Motivation and Performance

S.NO	Variable	Mean	SD	r-value
1	Achievement Motivation	38.54	4.76	0.71*
2	Performance	78.45	6.11	

*Significant at 0.05 level.

The findings reveal that achievement motivation has a strong positive relationship with performance. Highly motivated players demonstrate greater dedication, confidence, and competitive spirit.

Findings

1. Aggression showed a positive and significant relationship with Kabaddi performance.
2. Achievement motivation showed a strong positive relationship with performance.
3. Psychological variables significantly influence the performance of Kabaddi players.

Conclusion

The study concludes that aggression and achievement motivation are important psychological variables affecting the performance of Kabaddi players. Proper psychological training can improve the competitive abilities of athletes. Coaches and sports psychologists should incorporate mental conditioning programs along with physical training to enhance sports performance.

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