



PSYCHOLOGICAL THOUGHTS OF INDIAN TRADITIONAL GAMES

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Abstract:

The main purpose of this study was to compare the psychological variables such as vigor, tension and fatigue of National level Atya-Patya and Kho-Kho male players .To achieve the purpose of the study, data was collected from sixty players of each game. The age of the subjects were ranging from 18-25 years. The data collected was treated with the statistical technique 't' test and found there is a significant difference in vigor, tension and fatigue of Atya-Patya and Kho-Kho players.

Key Words: Kho-Kho, Atya-Patya Players, Vigor, Tension & Fatigue.

Introduction:

Sport, in fact, is an attitude of mind. For most people, sport is recreation for others it is competition-the means to excel and achieve high standards in performance .sport is a preparation for life. Sports are a way to get ahead the will to win is the will to work. Maintenance of a strong body and a healthy mind has become an indispensable requirement to be successful in any field of human endeavour.

A sports is highly specialized activity in one or other event and involvement in sports event required a basic desire to compete and excel in performance .It is needless to say that the sports activity is meaningless without competition. However, success in competition depends on the performance of an individual .Higher the performance, greater would be the chances of success. It is true that for these kinds of competitive activities.

Records and outstanding sporting achievement requires the highest standard of performance and maximum will power to achieve that standard. The limits of psychological performance are being consistently advanced through training and competition. Evaluation and analysis of world championships, Olympic games etc., indicate that only those athletes will achieve impressive performance who are suited for the sports in question, who possess the necessary psychological and moral characteristics.

Atya-Patya and Kho- Kho are an immensely popular Indian sports. In some parts, it is even played on a professional level. Atya-Patya and Kho- Kho ranks as one of the most popular traditional sports in India. Like all Indian games, it is simple, easy to organize, inexpensive and enjoyable. Atya-patya & Kho-Kho is the thrilling and ancient game of India. These are one of the Major Games of Indian origin, is very popular particularly in rural areas.

Purpose of the Study:

The main purpose of this study was to compare the vigor, tension and fatigue of National level Atya-Patya and Kho-Kho players.

Methodology:

To achieve the purpose of the study, data was collected from one hundred and twenty players, sixty players from each game, who have represented Karnataka state in Atya-Patya and Kho-Kho game. The age of the subjects were ranging from 18-25 years.

Statistical Technique:

The collected data was analyzed by using 't' statistical technique with the help of SPSS 20th version.

Results:

After analyzing the data, results are presented in the following tables.

Table 1: Mean, standard deviation and 't' value of vigor between Atya-Patya and Kho-Kho players

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Atya-Patya	60	56.33	8.60	4.67
2.	Kho-Kho	60	62.80	6.41	

The data regarding mean value, standard deviation and 't' value of vigor are presented in table 1. The above table reveals that there was a significant difference in vigour between Atya-Patya and Kho-Kho players. Here, the calculated 't' value 4.67 which is greater than the table value 1.96. Hence, it is significant at 0.05 level.

Graphical representation of mean value of vigour between Atya-Patya and Kho-Kho players is shown in figure 1.

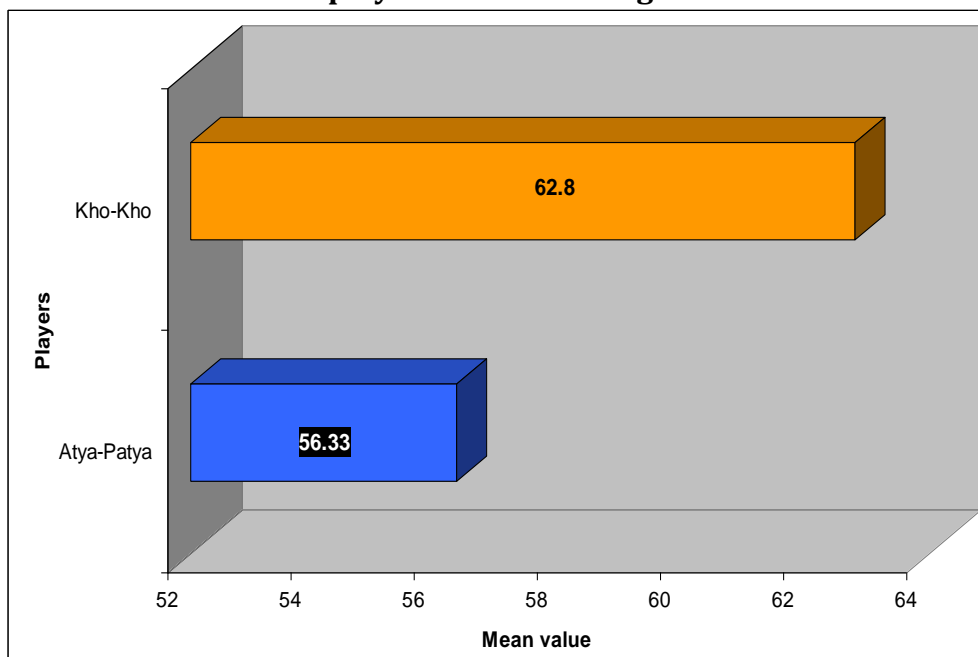


Table 2: Mean, standard deviation and 't' value of tension between Atya-Patya and Kho-Kho players

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Atya-Patya	60	55.47	8.19	2.03
2.	Kho-Kho	60	58.45	7.91	

The data pertaining to mean value, standard deviation and 't' value of tension is showed in table 2. It is clear from the table that there was a significant difference in tension between Atya-Patya and Kho-Kho players. Here the obtained 't' value 2.03 which is greater than the table value 1.96. Hence, it is significant at 0.05 level.

Graphical representation of mean value of tension between Atya-Patya and Kho-Kho players is shown in figure 2.

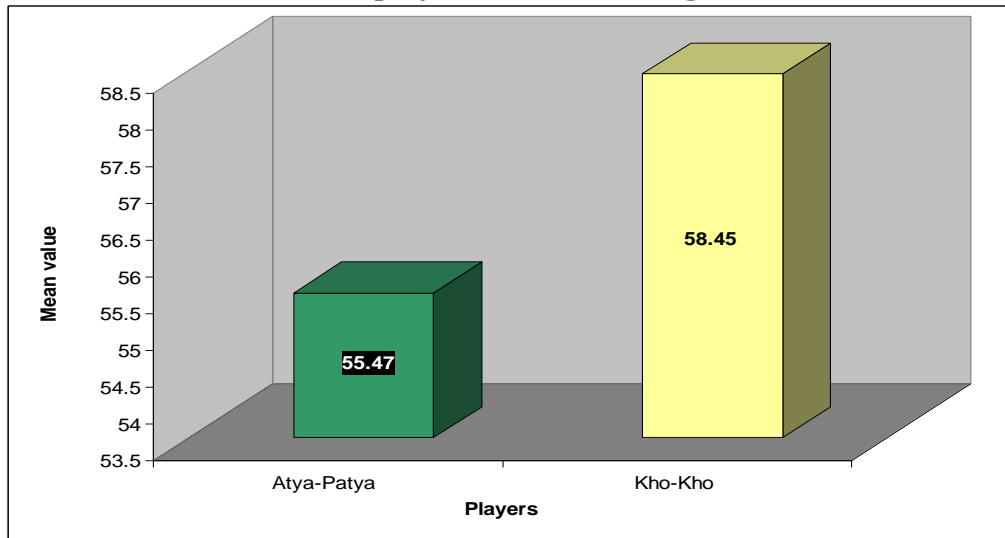
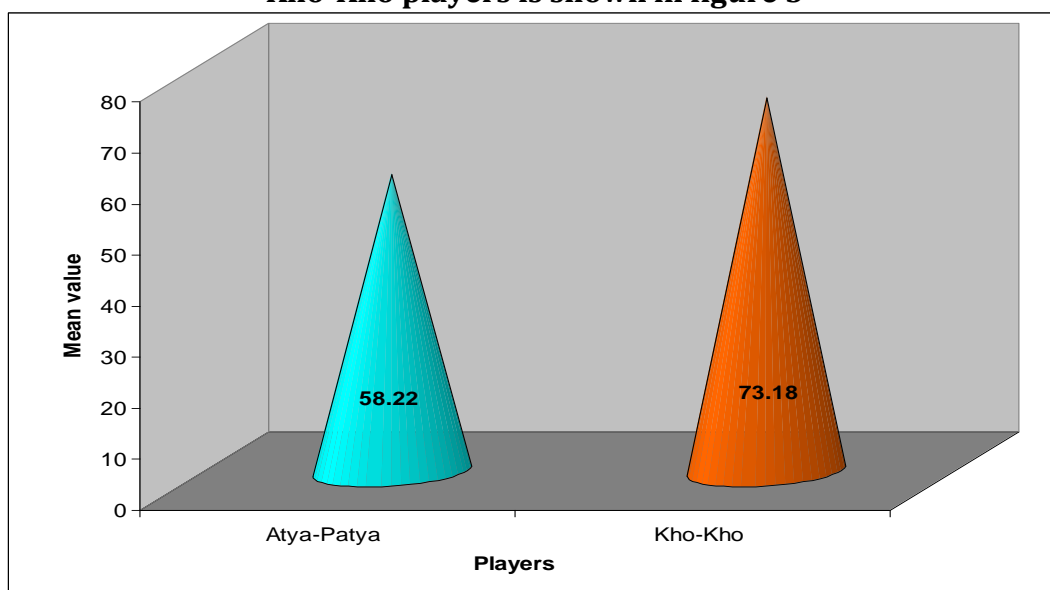


Table 3: Mean, standard deviation and 't' value of fatigue between Atya-Patya and Kho-Kho players

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	Atya-Patya	60	58.22	7.95	5.65
2.	Kho-Kho	60	73.18	18.93	

The above table depicts the mean value, standard deviation and 't' value of fatigue. The data showed in the above table reveals that there was a significant difference in fatigue between Atya-Patya and Kho-Kho players. Here, the calculated 't' value is 5.65 which is higher than the table value 1.96. Hence, it is significant at 0.05 levels.

Graphical representation of mean value of fatigue between Atya-Patya and Kho-Kho players is shown in figure 3



Discussion on Findings:

The above result shows that there is a significant difference in the psychological variable such as vigor, tension and fatigue of Atya-Patya and Kho-Kho Players.

In psychological variable vigor, the Kho-Kho players are having more vigorous condition than atya-patya players.

In variable, tension the Kho-Kho players are having more tensed than Atya-Patya players. Because, in Kho-kho game the sudden movement, fakeing & escaping from the attackers is more when compare to atya-patya players in that time the players are tensed to execute the skills. This is one of the reasons.

The Kho-Kho players are having more fatigue than Atya-Patya players. Because the kho-kho players are more sitting, running, sideward movement condition when compare to atya-patya players. So it might be the reason.

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