



## ANALYSIS OF PSYCHOLOGICAL DIFFERENTIALS AMONG HOCKEY AND KABADDI PLAYERS

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### ABSTRACT

*The purpose of the study was to compare the selected psychological differentials among hockey and kabaddi players. Thirty hockey and kabaddi players each were selected randomly from Coimbatore district, school level hockey and kabaddi players for this study and their age ranged between 15 and 17 years. The cognitive anxiety, somatic anxiety and self-confidence were selected as psychology factors for this study. The standardized Competitive Sports Anxiety Inventory – II (CSAI – II) was used to collect the data. The collected data were statistically analyzed by using Independent ‘t’ test. The result reveals that there was a significant difference among hockey and kabaddi players on all selected psychological factors. The findings also indicate that hockey players had high level of cognitive anxiety and somatic anxiety levels, while kabaddi players were better in self-confidence.*

**KEYWORDS:** Somatic anxiety, cognitive anxiety and self confidence.

### INTRODUCTION

Hockey is the most commonly played and multidimensional game in the biosphere, where the hockey players require technical, tactical and physical and psychological skills to succeed. However, studies to develop hockey performance have often engrossed on technique and tactics at the spending of physical and psychological belongings such as endurance, strength, agility and speed, cognitive anxiety, somatic anxiety and self-confidence. Hockey players, training purposes to develop technical, tactical, psychological, and physical qualities.

Anxiety is a subjective feeling of tension, apprehension, nervousness, and worry associated with arousal of the nervous system (Spielberger, 1983) Anxiety is a psychological condition in which people experience extreme distress and worry and nervousness and a common cause of poor performance before and during completions among students. Anxiety is defined as feelings of nervousness and tension caused by the environment or surrounding expectation that is related to ‘arousal’. Those demands are usually so stressful and thus causing an imbalance between the demands and the athlete’s ability to fulfill the expectation. (Gould, Greenleaf, & Krane, 2002). It is generally recognized that psychological factors are of crucial importance in high-level competitive sports. The relation between anxiety and performance has been the subject of many thorough researches (Craft, Magyar, Becker & Feltz, 2003; Parfitt & Pates, 1999; Martens, Vealey & Burton, 1990).

Cognitive development is a field of study in neuroscience and psychology focusing on a child's development in terms of information processing, conceptual resources, perceptual skill, language learning

participating in sports and Extra- curricular contribute to cognitive development has to do with a child’s ability to think and reason, (www.Wikipedia.org). Cognitive anxiety is characterized by negative concerns and worries about performance, inability to concentrate, and disrupted attention (Krane, 1994). Somatic anxiety consists of an individual’s perceptions, which are characterized by indications such as sweaty palms, butterflies, and shakiness (Martens, Burton, Vealey, Bump & Smith, 1990). Research has also been done on the gender differences concerning state anxiety levels. Self-confidence tends to decrease in females on the day a competitive event is to occur. Male young athletes typically display lower levels of anxiety and higher self-confidence than female athletes (Scanlan & Passer, 1979; Wark & Witting, 1979). Krane and Williams (1994) found no gender differences for cognitive anxiety. They also demonstrated that the more experienced college player would show lower levels of cognitive and somatic anxiety than the less experienced player. Self-confidence refers to an individual’s perceived ability to act effectively in a situation to overcome obstacles and to get things go all right. (Basavanna 1975). The purpose of the study was to compare the psychological differentials among boys and girls hockey players.

### METHODS AND MATERIALS

The purpose of the study was to compare the selected psychological differentials among hockey and kabaddi players. Thirty hockey and kabaddi players each were selected randomly from Coimbatore district, school level hockey and kabaddi players for this study and their age ranged between 15 and 17 years. The data was collected during Coimbatore district inter zone school level tournament. The cognitive anxiety, somatic anxiety

and self-confidence were selected as psychology factors for this study. For the data collection, the standardized Competitive Sports Anxiety Inventory – II (CSAI – II) was used which was developed by Martens, Burton, Vealey, Bump and Smith, (1983). The collected data

were statistically analyzed by using independent 't' test.

## RESULTS AND DISCUSSION

The results were presented in the following tables,

**TABLE –I**  
**CALCULATION OF 't' RATIO BETWEEN**  
**HOCKEY AND KABADDI PLAYERS ON COGNITIVE ANXIETY**

Variable	Group	Mean	S.D	't' ratio
Cognitive anxiety	Hockey	18.60	± 3.83	4.25*
	Kabaddi	15.17	± 2.21	

\*Significant at 0.05 level

Table value 't' = 2.00

An examination of table - I indicates that the obtained 't' ratio on cognitive anxiety was 4.25, which was found to be greater than the table value of 2.00 at 0.05 level of significance of 58 degree of freedom. So it

was found to be significant. The results of this study showed that hockey players had higher level of cognitive anxiety 18.60 while kabaddi players had 15.17.

**TABLE –II**  
**CALCULATION OF 't' RATIO BETWEEN HOCKEY AND**  
**KABADDI PLAYERS ON SOMATIC ANXIETY**

Variable	Group	Mean	S.D	't' ratio
Somatic anxiety	Hockey	14.40	± 4.30	3.22*
	Kabaddi	11.77	± 1.28	

\*Significant at 0.05 level

Table value 't' = 2.00

An examination of table -II indicates that the obtained 't' ratio on somatic anxiety was 3.22 which was found to be greater than the table value of 2.00 at 0.05 level of significance of 58 degree of freedom. So it was

found to be significant. Kabaddi players had lower score on somatic anxiety 11.77. hockey players had higher level of somatic anxiety 14.40.

**TABLE -III**  
**CALCULATION OF 't' RATIO BETWEEN HOCKEY AND KABADDI PLAYERS ON SELF**  
**CONFIDENCE**

Variable	Group	Mean	S.D	't' – ratio
Self confidence	Hockey	25.17	± 7.92	2.18*
	Kabaddi	29.33	± 6.86	

\*Significant at 0.05 level

Table value 't' = 2.00

An examination of table - III indicates that the obtained 't' ratio on self confidence was 2.18 which is found to be greater than the table value of 2.00 at 0.05 level of significance of 58 degree of freedom. Hence there exist significant differences. The results of this study showed that kabaddi players had higher level of self confidence 29.33 while hockey players had lower level of self-confidence 25.17.

## DISCUSSION AND FINDINGS

The result of the research showed that hockey players had lower level of cognitive anxiety and somatic

anxiety, which was facilitative to performance. On the other hand kabaddi players have higher level of self confidence with positive effects on their performance, during the competitions periods. While hockey' stated lower self-confidence, which was neither facilitative nor debilitating to performance. This is because in a team event, more mental skills are needed to interpret anxiety to a more positive direction. These results are consistent with the findings of similar studies (Scanlan et al., 1979; Wark et al., 1979) which indicates that male athletes typically display lower levels of anxiety and higher self-confidence than female athletes. The above findings

seem to support the existing theories on intensity (Mellalieu, Neil & Hanton, 2006; Parfitt & Pates, 1999; Stavrou, Psychoudaki, Zervas, 2006; Woodman & Hardy, 2003; Wilson, & Raglin, 1997) which demonstrates that the more experienced player will show lower levels of cognitive and somatic anxiety than the less experienced player.

## CONCLUSIONS

From the analysis of data, the following conclusions were drawn.

1. The results reveal that there was a significant difference between the hockey and kabaddi players on selected psychological factors.
2. The kabaddi players had high level of self-confidence than the hockey players
3. The hockey players were better in cognitive anxiety and somatic anxiety levels when compared to kabaddi.

The psychological preparation of hockey and kabaddi players must be taken into serious consideration during the coaching procedure. Professional help and programming of the psychological preparation of the athletes and observation of their emotional condition before and during a game is necessary to reduce competitive anxiety and contribute to the high effectiveness of players.

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