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Impact of Psychology on Indigenous Game of India

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Abstract

Sports psychology as an applied psychology has the greatest blessing of the modern-day science, in this stage within a span of short time sports psychology has taken giant stride. Sport psychology explores on and off field behavior of the athletes. Sports psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.

Kho-Kho and Atya-Patya are the most ancient forms of indigenous sports; these games were basically played by children in the simplest form of chasing and running.

The main objective of this study was to compare the mood states and will to win concept of national level Kho-Kho and Atya-Patya male players. To achieve the purpose of the study data was collected from sixty players of each game, who have represented Karnataka state in Kho-Kho and Atya-Patya 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 mood states such as (anger & tension) and will to win psychological aspect between Kho-Kho and Atya-Patya male players.

Keywords: Psychology, Mood, Anger, Tension, Will to win, Kho-Kho, Atya- Patya players.

Introduction

Psychology involves various sub-areas of study and applications related with different subject like human development sports education. Physical condition business media well as the regulation. It also includes exploration and investigation from the natural sciences social sciences and humanities.

Psychology is important because it is concerned with the study of behavior and mental processes and at the same time it is also applied to many different things in human life. Everything we perform is very much related to Psychology. Psychology primarily studies who and what we are why we are like that why we act and think like that and what we could be as a person.

Through studying psychology we are able to understand and determine how the mind and body of an individual works with that said people would no longer make things complicated for themselves and for their health as well. They are going to avoid things that can cause stress, they are able to manage time very well, and move effectively with their studies or chosen career.

Sports psychology as an applied psychology is the greatest blessing of the modern-day science, in this stage within short span of time sports psychology has taken giant stride. Sport psychology explores the on and off field behavior of the athletes. Sports psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.

Records and outstanding sporting achievement requires the highest standard of performance and maximum will power to achieve that standard. The limits of physiological and psychological performance are being consistently advanced through training and competition.

Today performance in sports not only demands systematic training to develop physical, physiological variables and technical aspect of sports, but also demand training and considerations of psychological characteristics in this field.

Objective of the Study

The main objective of this study was to compare the mood states and will to win concept of National level Kho-Kho and Atya-Patya male 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 Kho-Kho and Atya-Patya 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 within the limitation of the study results are presented in the following tables.

Table 1: Shows Mean, standard deviation and 't' value of mood state variable anger of Kho -Kho and Atya - Patya players.

Sl. No.	players	N	Mean	Standard deviation	't' value
1	Kho-Kho	60	51.85	7.76	8.74
2	Atya-Patya	60	75.92	18.25	

*significant at 0.05 level.

The above table indicates the mean value, standard deviation and 't' value of Kho- Kho and Atya-Patya male players in anger. In this Atya Patya players have shown significant difference than Kho-Kho players

Table 2: Shows Mean, standard deviation and 't' value of mood state variable tension Of Kho-Kho and Atya -Patya players.

Sl. No.	players	N	Mean	Standard deviation	't' value
1	Kho-Kho	60	58.45	7.91	2.028
2	Atya-Patya	60	55.47	8.20	

*significant at 0.05 level.

The above table reveals the mean value, standard deviation and 't' value of Kho-Kho and Atya - Patya male players in tension. In this Kho-Kho players have shown significant difference than Atya - Patya players.

Table 3: Shows Mean, standard deviation and 't' value of will to win of Kho-Kho and Atya- Patya players.

Sl. No.	players	N	Mean	Standard deviation	't' value
1	Kho-Kho	60	10.43	0.87	4.51
2	Atya-Patya	60	9.78	0.72	

*significant at 0.05 level.

The above table shows the mean value, standard deviation and 't' value of will to win of Kho- Kho and Atya -Patya male players. The 't' value shows the significant difference between Kho-Kho and Atya-Patya players. Here Kho-Kho players are having more mean of will to win than Atya-Patya players.

Discussion on Findings

The above result shows that there is a significant difference in the psychological variable such as anger, tension and will to win concept of Kho-Kho and Atya-Patya Players. In Psychological variable anger, the atya-patya players are having

good anger than the Kho-Kho players.

In psychological variable tension, the Kho-Kho players are having more tension than Atya-Patya players.

In will to win psychological variable Kho-Kho players dominate the Atya-Patya players. This clearly shows each sports discipline must have different psychological states.

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