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Dr. Mettilda Thomas
Assistant Professor, Morning
Star Home Science College,
Angamaly, Kerala, India

Dr. Biju Kumar K
Associate Professor, Mahatma
Gandhi College, Trivandrum,
Kerala, India

Corresponding Author:
Dr. Mettilda Thomas
Assistant Professor, Morning
Star Home Science College,
Angamaly, Kerala, India

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Psychological profile of kho-kho players in Kerala

Dr. Mettilda Thomas and Dr. Biju Kumar K

Abstract

The primary purpose of the study was to investigate the psychological variables of Kho-Kho players in Kerala. The subjects were selected from various districts of Kerala. The subjects were either state, national, university or international Kho-Kho players. Out of the 280 male and female players in the age group of 15 - 25 were selected. The variables and test items selected for this study are as given below: Mental toughness - Dr. Alan Gold Berg (2004) mental toughness questionnaire and Self-esteem - Rosenberg Self-esteem Scale (2006) were used for data collection. In order to find out the psychological variables of Kho-Kho players in Kerala; descriptive statistics such as mean, standard deviation are computed for the selected variables. To determine whether the difference exist district wise in selected variables one way ANOVA is used. Level of significant set at 0.01 and 0.05 level. All the statistical analysis are carried out with the help of SPSS 16.0 for windows. The abbreviations were used to represent the districts in all tables and graphs. In this study, it has been found that there was a significant difference in psychological variables of Kho-Kho players in different district.

Keywords: self-esteem, kho-kho, mental toughness, psychological

Introduction

The game, Kho-Kho originated in India, have considerably long tradition. At present, these games becoming most popular among the indigenous activities in Physical Education in India. Kho-Kho is a chase and tag game. The chaser chases the runner to dismiss him from the game. The game is called Kho-Kho because it is obligatory on the part of the active chaser to utter 'kho' behind a seated chaser to hand over chase to the sealed chaser for the progress of the game, failure in its, is a foul. The psychological variables that contribute to the successful performance in any sports events. The investigator herself is Kho-Kho player; so researcher has decided to find out the psychological variables of the Kerala state Kho-Kho players. Then the players can know their psychological weakness and capacities through this study.

Materials and Methods

The subjects were selected from various districts of Kerala. The subjects were either state, national, university or international Kho-Kho players. Out of the 280 male and female players in the age group of 15 - 25 were selected. The variables and test items selected for this study are as given below: Mental toughness - Dr. Alan Gold Berg (2004) mental toughness questionnaire and Self-esteem - Rosenberg Self-esteem Scale (2006) were used for data collection.

Results

The statistical analysis of data on psychological variables of Kho-Kho players in Kerala has been presented below:

Comparison of self-esteem of Kho-Kho players from different districts

The data on self-esteem was collected from Kho-Kho players belonging to different districts and then descriptive statistics used for summarizing the raw data. The mean differences in self-esteem scores of Kho-Kho players from different districts were statistically tested for significance using one way ANOVA. The details are given in Tables 1 and 2.

Table 1: Analysis of variance for the comparison of self-esteem of Kho-Kho players from different districts

SV	Sum of squares	DF	Mean of squares	F	P
Between Groups	650.343	13	50.026	4.271	0.000**
Within Groups	3116	266	11.714		
Total	3766.343	279			

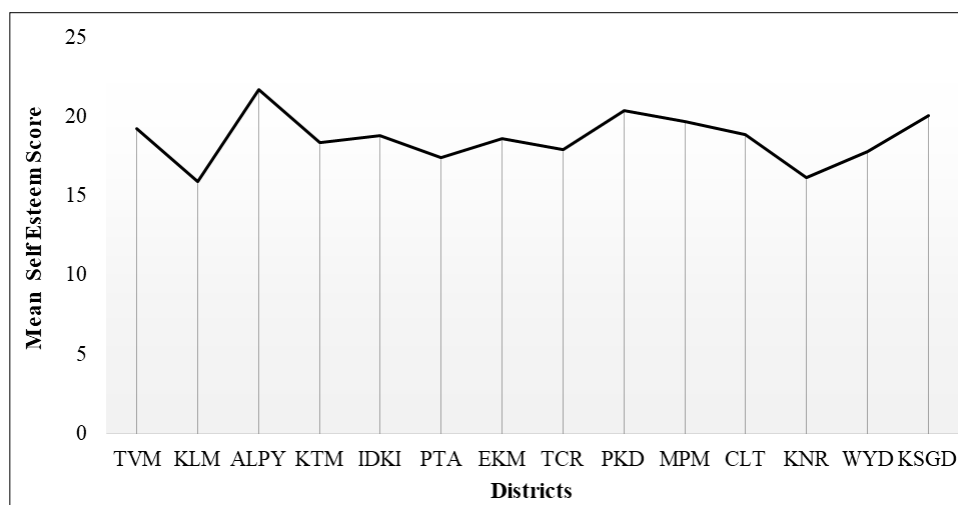
** : Significant at 1% level ($P < 0.01$)

Table 2: Analysis of self-esteem of Kho-Kho players from different districts

Districts	Mean	SD	LCL	UCL
TVM	19.20	3.98	17.34	21.06
KLM	15.85	2.18	14.83	16.87
ALPY	21.70	4.12	19.77	23.63
KTM	18.35	3.59	16.67	20.03
IDKI	18.75	5.62	16.12	21.38
PTA	17.40	2.46	16.25	18.55
EKM	18.60	3.17	17.12	20.08
TCR	17.90	2.10	16.92	18.88
PKD	20.35	3.69	18.62	22.08
MPM	19.65	3.47	18.03	21.27
CLT	18.85	3.51	17.21	20.49
KNR	16.15	2.06	15.19	17.11
WYD	17.80	3.58	16.13	19.47
KSGD	20.05	2.54	18.86	21.24

From Table 1, ANOVA shows that there exists statistically significant mean differences in self-esteem scores of Kho-Kho players from various districts ($F = 4.271$, $P < 0.01$). Hence from Table 2, Kho-Kho players from ALPY district has high level of mean self-esteem score (mean = 21.70, SD = 4.12, LCL = 19.77, UCL = 23.63) followed by PKD (mean = 20.35, SD = 3.69, LCL = 18.62, UCL = 22.08) and KSGD (mean = 20.05, SD = 2.54, LCL = 18.86, UCL = 21.24).

While Kho-Kho players from KLM (mean = 15.85, SD = 2.18, LCL = 14.83, UCL = 16.87), KNR (mean = 16.15, SD = 2.06, LCL = 15.19, UCL = 17.11) and PTA (mean = 17.40, SD = 2.46, LCL = 16.25, UCL = 18.55) districts have lower level of mean self-esteem level. The diagrammatic representation of comparison of self-esteem of Kho-Kho players from different districts is shown in Figure 1.

**Fig 1:** Comparison of self-esteem of Kho-Kho players from different districts

Comparison of mental toughness of Kho-Kho players from different districts

The data on mental toughness was collected from Kho-Kho players belonging to different districts and then descriptive statistics used for summarizing the raw data. The mean

differences in mental toughness scores of Kho-Kho players from different districts were statistically tested for significance using one way ANOVA. The details are given in Tables 3 and 4.

Table 3: Analysis of variance for the comparison of mental toughness of Kho-Kho players from different districts

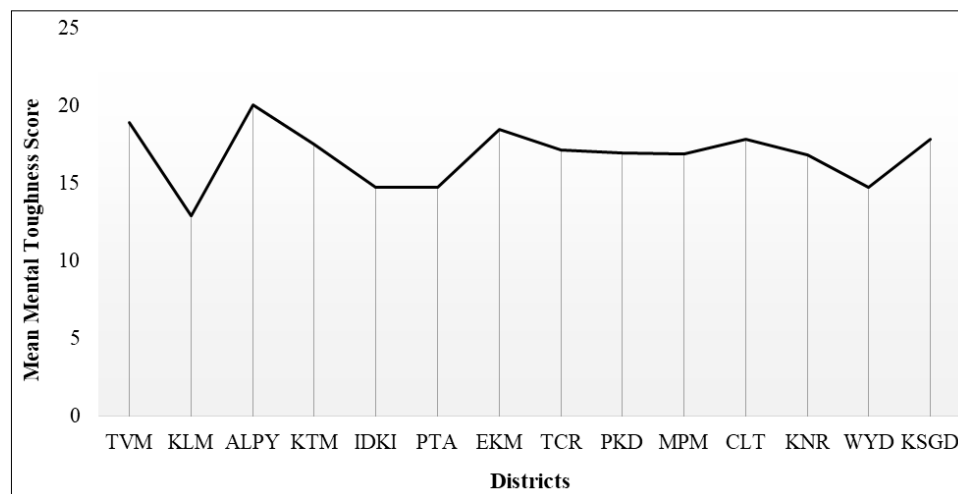
SV	Sum of squares	DF	Mean of squares	F	P
Between Groups	965.071	13	74.236	5.419	0.000**
Within Groups	3644	266	13.699		
Total	4609.071	279			

** : Significant at 1% level ($P < 0.01$)

Table 4: Analysis of mental toughness of Kho-Kho players from different districts

Districts	Mean	SD	LCL	UCL
TVM	18.90	3.74	17.15	20.65
KLM	12.90	2.53	11.72	14.09
ALPY	20.05	4.16	18.10	22.00
KTM	17.50	3.41	15.90	19.10
IDKI	14.75	2.29	13.68	15.82
PTA	14.75	3.55	13.09	16.41
EKM	18.45	4.43	16.38	20.52
TCR	17.15	2.37	16.04	18.26
PKD	16.95	4.30	14.94	18.96
MPM	16.90	4.75	14.68	19.12
CLT	17.85	3.28	16.31	19.39
KNR	16.80	3.98	14.94	18.66
WYD	14.75	3.55	13.09	16.41
KSGD	17.80	4.37	15.75	19.85

From Table 3, ANOVA shows that there exists statistically significant mean differences in mental toughness scores of Kho-Kho players from various districts ($F = 5.419, P < 0.01$). Hence from Table 4, Kho-Kho players from ALPY district has high level of mean mental toughness score (mean = 20.05, SD = 4.16, LCL = 18.10, UCL = 22.00) followed by TVM (mean = 18.90, SD = 3.74, LCL = 17.15, UCL = 20.65) and EKM (mean = 18.45, SD = 4.43, LCL = 16.38, UCL = 20.52). While Kho-Kho players from KLM (mean = 12.90, SD = 2.53, LCL = 11.72, UCL = 14.09), IDKI (mean = 14.75, SD = 2.29, LCL = 13.68, UCL = 15.82) PTA and WYD (mean = 14.75, SD = 3.55, LCL = 13.09, UCL = 16.41) districts have lower level of mean mental toughness level. The diagrammatic representation of comparison of mental toughness of Kho-Kho players from different districts is shown in Figure 2.

**Fig 2:** Comparison of mental toughness of Kho-Kho players from different districts

Discussion

The study results have led to the following decision for the hypothesis being formulated.

Psychological variables - Kerala state Kho-Kho players

Self-esteem shows that there is significant differences exist between the Kho-Kho players in different districts of Kerala. So the hypothesis stated here that will be significant difference between Kho-Kho players in Kerala state in terms of self-esteem is accepted.

Mental toughness shows that there is significant differences exist between the Kho-Kho players in different districts of Kerala. So the hypothesis stated here that will be significant difference between Kho-Kho players in Kerala state in terms of mental toughness is accepted.

Conclusion

The present study was to investigate the psychological variables of Kho-Kho players in Kerala. In this study, it has been found that there was a significant difference in psychological variables of Kho-Kho players in different district. The districts which have SAI centres, sports hostels, and regular scientific training camps conducted by sports council and other agencies showed better result in district wise comparison.

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