



Comparative Study of Aspiration Level of Various Level of Female Kabaddi Player

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ABSTRACT

The purpose of the study was to compare Aspiration Level various level of female kabaddi player. For this sixty (60) female kabaddi player, 20 from each participated in the Maharashtra State Tournaments (20 State Players), Inter Collegiate Tournaments of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (20 Inter Collegiate Players) and Inter University Tournaments (20 Inter University Players) with the help of purposive sampling method were selected from Dr. Babasaheb Ambedkar Marathwada University, Aurangabad. The weight categories of the Kabaddi Players were ranged 18 to 25 years. Subjects did not use any ergogenic aids or supplementations and also they were all free from any injuries during the collection of data. To see the level of aspiration researcher has selected 'The level of aspiration measure test' which was constructed by Mahesh Bhargava and M. A. Shah were distributed to the players and the same were collected back after having filled by the players. Statistical Analysis was done on the basis of One Way Analysis of Variance (ANOVA). The collected data were statistically analyzed with f-test. The level of significance was significant at 0.05 levels. Result shows that there was significant difference were found in Level of Aspiration among Inter University, State and Inter Collegiate Kabaddi Players as obtained F-ratio was 6.231 which was greater than that of required tabulated 'F' value of 3.158 at .05 level of significance with (2,57) degree of freedom. Hence, Post Hoc test was applied to see the Mean Difference among Inter University, State and Inter Collegiate Kabaddi Players in reference to Level of Aspiration. The significant

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difference was found only among Inter University kabaddi and Inter Collegiate kabaddi in reference to Level of Aspiration whereas insignificant difference was found among remaining comparison. Concluding the above study we conclude that there was significant difference were found in Level of Aspiration among State, Inter Collegiate and Inter University Kabaddi Players, it may be attributed that Level of Aspiration varies from each other but remains a bit in everybody whether it may be player, student, teacher, businessman etc, we can conclude that in the view of different level of players Inter University Female kabaddi player shows high level of aggression followed by State Level Kabaddi Players and least in Inter Collegiate Kabaddi Players.

Keywords: Level of Aspiration, Female Kabaddi Player.

INTRODUCTION

Today sports are considered as an integral to all-round development of one's personality. Now a day sports has become an essential part of life. Millions of fans and spectators follow different games and sports events bordering on devotion. Many people participate in sports and games for fun, enjoyment, happiness, pleasure, health, fitness, status and also for recreation. Increased participation in games and sports has resulted in competition which has become an important element of modern life.

In last five decades we have seen that sport emerging as a great socio-cultural as well as socio-economic force influencing human behavior in all aspects of life. The impact of this phenomenal change has been equally influence on athletes, spectators, sponsors and administrators. People are associated with sport in different roles - as athletes, as trainers, as doctors, as physiotherapists, as administrators, as tournament officials (judges, referees, umpires, jury), as team management (managers, coaches) and finally as spectators. Where there are human beings, there is behavior; and where there is behavior - whether individual or social - there is bound to be psychology, in some form. The value of sports psychologist as an integral member of the coaching and health care teams is widely accepted everywhere. Sports psychologists can train specific skills to help players to enhance their learning process and motor skills, cope with competitive pressures, and fine-tune the level of awareness needed for optimal

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performance. Psychological training must be an integral part of a player's holistic training process, carried out in combination with other training elements. This is best skilled by a collaborative effort among the coach, the sport psychologist, and the players; however, a knowledgeable and skilled coach can learn basic psychological skills and impart them to players, especially during actual practice.

Generally people think that kabaddi is not usually seen as a sport requiring high levels of fitness, however player need to attain a certain level in many aspects of fitness to allow them to perform with accuracy and be able to repeat the actions without fatigue. With calm and quite the player can take a punch with greater intensity and frequency during training, and to punch without fatigue during competition. A successful player requires good vision, hand/eye coordination, controlled psychological variables, high level of Aspiration, etc and many such factors which directly or indirectly effect on boxing performance.

Like other psychological phenomena, motivational factors are important in directing individual behavior consciously and make him strive to perform certain type of activity in order to achieve a definite goal. Every one aims at reaching a definite goal or excellence in performance and doing so, he sets a desire for distinction which has an inner structure known as 'Level of Aspiration' (LOA). Hence, researcher wants to know the level of aspiration of different player, he has taken the study entitled "Comparative study of aspiration level of various levels of female kabaddi player."

MATERIALS AND METHODS

Subject

Sixty (60) female kabaddi player, 20 from each participated in the Maharashtra State Tournaments (20 State Players), Inter Collegiate Tournaments of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (20 Inter Collegiate Players) and Inter University Tournaments (20 Inter University Players) with the help of purposive sampling method were selected from Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Nagpur. The weight categories of the Kabaddi Players were ranged between 18 to 25 years. Subjects did not

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use any ergogenic aids or supplementations and also, they were all free from any injuries during the collection of data.

To see the level of aspiration researcher has selected 'The level of aspiration measure test' which was constructed by Mahesh Bhargava and M. A. Shah were distributed to the players and the same were collected back after having filled by the players.

STATISTICAL ANALYSIS

To compare the level of aspiration of various levels of female kabaddi player researcher applied One Way Analysis of Variance (ANOVA). The collected data were statistically analyzed with f-test. The level of significance was significant at 0.05 levels.

Table-1

Analysis of Variance in Level of Aspiration among various levels of female kabaddi player

Source of Variation	Sum of Square	df	Mean Sum of Square	F-Ratio
between	8.133	2	4.066	6.231*
error	37.2	57	0.652	

*Significant at 0 .05 level

Tabulated 'F' $0.05_{(2, 57)} = 3.158$

Table-2 Post Hoc Test

Inter University Player	State Player	Inter Collegiate Player	MD	CD
5.1	4.7		0.4	0.806
5.1		4.2	0.9*	
	4.7	4.2	0.5	

*Significant at 0 .05 level

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Above table revealed that there was significant difference were found in Level of Aspiration among Inter University, State and Inter Collegiate Kabaddi Players as obtained F-ratio was 6.231 which was greater than that of required tabulated 'F' value of 3.158 at .05 level of significance with (2,57) degree of freedom. Hence, Post Hoc test was applied to see the Mean Difference among Inter University, State and Inter Collegiate Kabaddi Players in reference to Level of Aspiration. The significant difference was found only among Inter University Player and Inter Collegiate Player in reference to Level of Aspiration whereas insignificant difference was found among remaining comparison.

CONCLUSION

Concluding the above study we conclude that there was significant difference were found in Level of Aspiration among State, Inter Collegiate and Inter University Kabaddi Players, it may be attributed that Level of Aspiration varies from each other but remains a bit in everybody whether it may be player, student, teacher, businessman etc, we can conclude that in the view of different level of players Inter University Female kabaddi player shows high level of aggression followed by State Level Kabaddi Players and least in Inter Collegiate Kabaddi Players.

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