**A PSYCHOLOGICAL FACTORS OF KABADDI PLAYERS & KHO - KHO PLAYERS OF TELANGANA STATE – A STUDY**

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**INTRODUCTION**

Today sports are more popular than ever before. Sports serve as a vital role in the social and cultural functioning of each individual. Sports Psychology is defined as the scientific study of human behaviour in sport. The games of kabbadi and kho- kho are typical Indian major games and played throughout the country especially in rural areas. Sports fill in as a sort of passionate gauge. On the off chance that the players experience difficulty in their own lives, these issues are probably going to appear in their games execution.

**SIGINIFICANCE OF THE STUDY**

The study was to determine the psychological factors of kabaddi and kho - kho players. **Sports Psychology as a behavioural science has made its contribution for improving sports performance.**

**HYPOTHESES:**

1. There may not be any significant difference between kabaddi players and kho - kho players of Telangana State in relation to their Anxiety.
2. There may not be any significant difference between kabaddi players and kho - kho players of Telangana State in relation to their Aggression.
3. There may not be any significant difference between kabaddi players and kho - kho players of Telangana State in relation to their Motivation.

**METHODS & MATERIALS**

The subjects for the study were in the age group between 20 to 25 years, 50 kabaddi players and 50 kho - kho players of Telangana State players were considered. The subjects were tested in following categories of psychological factors i.e. Anxiety - Sport Competition Anxiety Test (SCAT) that was developed by Martens, Vealey, and Burton. Aggression - The aggression questionnaire Buss, A. H., & Perry, M. P. (1992). Motivation - The Sport Motivation Scale (SMS-28) - Luc G. Pelletier, Michelle Fortier, Robert J. Vallerand, Nathalie M. Brière, Kim M. Tuson and Marc R. Blais, 1995.

**FINDING OF THE STUDY**

The finding and discussion of the study showing the mean, standard deviation, t-value and P- Value of kabaddi Players and kho - kho Players in relation to their Anxiety. The mean value of kabaddi Players was 26.85, standard deviation was 6.98 and the mean value of kho - kho Players was 28.24 and standard deviation was 7.95. The obtained t-ratio was 3.18, which was found to be significant at 0.01 levels, showing the mean, standard deviation, t-value and P- Value of kabaddi Players and kho - kho Players in relation to their Aggression. The mean value of kabaddi Players was 84.60, standard deviation was 36.711 and the mean value of kho - kho Players was 81.76 and standard deviation was 35.481. The obtained t-ratio was 0.155, which was found to be significant at 0.005 levels, showing the mean, standard deviation, t-value and P- Value of kabaddi Players and kho - kho Players in relation to their Motivation. The mean value of kabaddi Players was 87.88, standard deviation was 37.221and the mean value of kho - kho Players was 83.64 and standard deviation was 35.546. The obtained t-ratio was 0.339, which was found to be significant at 0.002 levels.

**CONCLUSION**

In conclusion the major role of the sport psychologist is to impart knowledge and help the team players to cope with the effects of sport by offering techniques and strategies to increase concentration, confidence, consistency, control and motivation. Sport psychologists can help the team players to cope with the pressures of sport by helping individual athletes to learn different coping skills and stress management skills. Finally it was observed that kabaddi players at Telangana State have shown low level of anxiety when comparative to kho - kho players as mean average score were less to kabaddi players when compared to kho - kho players, the reasons for the high level of anxiety may attributed to their level of participating intensity of participation and various other environmental factors.

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