ABSTRACT

Aim and Objective of the study:

1) To find out the mental health among interuniversity and intercollegiate kabaddi players.
2) To find out the responsibility among interuniversity and intercollegiate kabaddi players.
3) To find out the self-confidence among interuniversity and intercollegiate kabaddi players.
4) To find out the stress among interuniversity and intercollegiate kabaddi players.
5) To find out the mental health among male and female kabaddi players.
6) To find out the responsibility among male and female kabaddi players.
7) To find out the self-concept among male and female kabaddi players.
8) To find out the stress among male and female players.

Hypothesis:

1) Interuniversity kabaddi players will be significantly good mental health than the intercollegiate kabaddi players.
2) Interuniversity kabaddi players will be significantly high responsibility than the intercollegiate kabaddi players.
3) Interuniversity kabaddi players will be significantly high self-confidence than the intercollegiate kabaddi players.
4) Interuniversity kabaddi players will be significantly high stress than the intercollegiate kabaddi players.
5) Male kabaddi players will be significantly good mental health than the female kabaddi players.

6) Male kabaddi players will be significantly high responsibility than the female kabaddi players.

7) Male kabaddi players will be significantly high self-concept than the female kabaddi players.

8) Female kabaddi players will be significantly high stress than the male kabaddi players.

Sample:

For the present study were 400 samples was belonging to Aurangabad. The effective sample consisted of 400 subjects; out of which 200 subjects were male players 200 subjects were female players. The age range of subjects were 18-21 year ratio were 1:1, as well as ratio of male female was 1:1. Purposive Non-probability sampling was used

Tools:

1) Mental Health Inventory (MHI):

Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) was utilized to access positive aspects of mental health.

2) Differential Personality Inventory (DPI):

This test used for measuring decisiveness. This test is developed and standardized by L.N.K. Shinha and Arun Kumar Singh. The test consisted of 165 Items. The subjects were required to respond to each item in terms of ‘True’ OR ‘False’. The test – retest Reliability Coefficient Range from .73 to
.86 which were high and significant indicating that the Different dimensions of the Scale have sufficient Temporal Stability.

3) **Self-Concept Scale (SCQ):**

   This scale was constructed and standardize by Dr. Raj Kumar Saraswat.

4) **PERSONAL STRESS SOURCE INVENTORY (PSSI):**

   In order to assess the stress of teacher educators, many types of scales have been used by the researchers.

**Variables of the study:**

**Independent Variable:**

1) Level  
   a) Male  
   b) Female

2) Level  
   a) Interuniversity  
   b) Intercollegiate

**Dependent Variable:**

I. Mental Health  
II. Responsibility  
III. Self-Concept  
IV. Stress

**Research Design:**  2x2 Balanced Factorial Designs was used.

**Conclusions:**

1) Interuniversity kabaddi players have significantly good mental health than the intercollegiate kabaddi players.

2) Interuniversity kabaddi players have significantly high responsibility than the intercollegiate kabaddi players.

3) Intercollegiate kabaddi players have significantly high self-concept than the Interuniversity kabaddi players.
4) Intercollegiate kabaddi players have significantly high stress than the Interuniversity kabaddi players.

5) Male kabaddi players have significantly good mental health than the female kabaddi players.

6) Male kabaddi players have significantly high responsibility than the female kabaddi players.

7) Female kabaddi players have significantly high self-concept than the male kabaddi players.

8) Female kabaddi players have significantly high stress than the male kabaddi players.