Chapter - I

Introduction
INTRODUCTION

Man is the most intelligent and admirable being among all the creations of God. His quest for knowledge is an internal and insatiable education completely modifies the behaviour and personality of an individual.

Swami Vivekananda said “Education is the manifestation of perfection which is already in man”.¹

India is a large socialist and democratic country in the world today. The security of our nation is in the hands of our youth. So our youth must be physically strong, mentally alert and socially upright. Youth must develop and integrated personality in varied spheres, like sports and games and other activities used in physical education.

Sports in the present day have become extremely competitive. Previous records are being broken whenever there is a competition. It is not the more participation or few days practice, that being an individual’s victory, but the continuous hard work of training right from childhood, a strong self determination and certain psychological factors. Individual and team sport have valuable contribution to make to all who discover the fun, challenge and adventure in playing them such riches are equally available to both the sex.

Women in sport are now serious force in world competition and the domination by men of elite is threatened at a professional level, the quality and quantity of high money earning. Women are quite remarkable and the publicity attracted has led to a media glamorization of healthy performance and vitality.\(^2\)

Sport is as old as human society and it has achieved as unusual following in the modern time, it has now become an integral part of educational process and social activities, many participate in sports fortune, adventure health, physical fitness and financial benefits liked a high degree of polarity.\(^3\)

The last decade has seen a growing interest in physical fitness and its relationship to good health, recent significant developments seem to indicate that a new era may be drawing for physical education as the public slowly becomes aware of the damages of physical deterioration.

Sports is a complex phenomenon which acts as an important agent of both social change and social control and modifies and defines female role in society at large sport, create and reflects tensions surrounding definitions of sex and gender role and perhaps more clear than any other institution reveals how status functions and power are assigned on the basis of biological differences. Because of the particular place of the body in definitions of women and because of the attack of women’s sports on physical norms the factors that controlled and subordinated women that most barriers to women’s participation in sports were amongst the lost to fall.

\(^3\) Ibid.
At the same time however, sports has considerable potential for social description, since it can operate as an important channel for underprivileged groups to challenge exercising social arrangements and express hostility and deviance from established norms, its masculinity marks an obvious sphere for women attempt to penetrate or at the every least to challenged by creating parallel words of their one- in their efforts to counter external definitions of female physical and emotional frailty.  

In India a very meager percentage of women participate in sports and games considering the enormous exploding population. Only in the recent past, Indian society has paid some attention to women’s sports and games.

Sports

Sports is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex participation of the intrinsic satisfaction associated with the activity itself and the external reward earned through participation.

Sport holds a prominent place in the modern life, millions of people participate in sports activities, watch and read about them and spend billions of dollars annually for sports related activities and equipments.

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One aspect it is emphasized and become increasingly vital during the recent years in the study of psychological characteristics that limit the performance of an individual in a given sport during high level competition. The personality of an individual is formed early in life and it can be modified by later experience, psychologists recognize that participation in games and sports satisfy such basic needs, as recognition, belonging, self-respect and feeling of achievement as well as provide a wholesome outlet for the drive of physical activity and creativity. These are desirable psychological traits as they help in molding socially acceptable personality.

Winning laurels in international sports has become a prestige issue linked with political systems and ideologies and as such nations compete with others to produce to class sportsman for international competitions. For this research is systematically conducted to identify the factors that help in achieving level of skill which a player can attain through proper coaching and evaluation.

Performing to the best of abilities has become more relevant in today’s sport, because of the extensive media exposure. Sports are at the peak of their popularity all throughout the world, cutting across the barriers of richness or poverty, nationality, race or religion. In order to sustain the tremendous expectations of the fans and also to maintain a high ranking in the international arena, it is important to perform well.

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Testing the amount of knowledge achieved, skills developed and attitudes got an important function of teaching any subject. A problem of testing is much more complicated in physical education as the factors affecting learning of physical skills are too numerous much as physical fitness, motivation, intelligence etc., besides instructions got from well-planned schemes of lessons. Further the criterion behaviour in testing physical skills is not enough for easy objective grading especially the skills of games and sports, which are dependent equally on the circumstances of playing as the physical as the physical skills of the players.

Sports bring out the best qualities in every individual. Every faculty of the human body, whether physical or mental, is stretched to its limits while playing a competitive game. In today's world, the standard of all games has increased considerably. Elite sportspersons are finding it increasingly difficult to sustain their dominance in their respective sports. The mental state of a sportsperson plays a vital role in his or her performance.

Sport psychology researchers have been investigating different means and forms of exercises to better support coaches and scouts in recruitment, talent development and also to enhance athletic performance. Most investigations are based on the assumption that psychological characteristics should be considered as important determinants of athletic performance and success. Recently researchers have made an effort to reveal the most relevant psychological characteristics and traits of elite athletes in different sport settings.
Psychological Preparation

During the past few years, interest has been increased in the field of sports psychology; cognitive sports Psychology focuses on the influence of mental factors on performance. Sports Psychologists have acknowledged that an individual’s thoughts and feelings can have a critical impact on his or her performance.

The collective responses of sportsmen are in the combination of isolated motor response and cognitive response. This package of various responses filled together forms the correct motor skill demanded in performance. For example in weight lifting the lifter mentally attempts to dominate weights. But this kind of preparation is planned and carried out with the aim of enabling the players to stick on to the optimum psychic state during competition based on the following things which are as follows:

1. The Psychological character of sport
2. The competitive conditions and
3. The personality character of the sportsmen.

So it has to be planned in such a way that, it has to help to build a strong mental feeling before competition.\(^7\)

**Need and Importance of Psychology in Sports**

The sports psychologists use psychological assessment techniques to achieve their optimal with analyzing human behaviour in various types of performance.

The scientific evidence obtained from different investigations have revealed that a part from somatic and Psychological variables, techniques and tactics etcetera of high level performance of a sportsman is dependent upon his psychological make up. Different psychic abilities play decisive role in achieving better performance in track and field. An athlete winning in international sports competitions highly depends on the psychological abilities. Psychological fitness and training of the “individuals” are important factors in achieving outstanding performance.

Role of Psychology in selection training, materials and rehabilitations would definitely help in achieving sports excellence. The emphasis has been laid on pointing out that psychology and sports coverage at the same point and excellence in sports can be optimally obtained by developing appropriate strategies.  

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Sport places a wide variety of stress upon participants; it can be physically exhausting, it pitches you against superior opponents, hostile fans might verbally abuse you, the elements may need to be overcome and your emotional frailty is constantly laid bare for all to see. Despite this, sport offers participants an opportunity for growth and a chance to push back personal boundaries, and means by which to liberate the body and mind.

**Psychological factors determine the Sports Performance**

Success in sport can come down to the tiniest of margins—whether it is scoring one penalty more than your opponent or crossing the line 0.01 of a second ahead of your competitor. Increasingly, sports performers’ are aiming to gain every advantage they can over their opponents. This involves employing professionals to advice about training, conditioning, nutrition and mental preparation. The field of sport psychology is playing a more prominent role in sport.

Understanding the psychological factors that accompany successful athletic performance is a high priority for applied sport psychology, with a major area of focus being mental links to optimal performance. To advance knowledge in this area, it is important to examine specific psychological constructs with theoretical relevance to optimal performance in order to understand what psychological processes might be contributing to quality of performance.
Aggression

The word aggression comes from the Latin root agreed (to attack) and gradi (to go toward) literally then the word means to walk towards or approach to "move against" or "to move with intender" to hurt or "to harm". The major problem when studying aggression in sport is in finding an acceptable universal definition. Most Psychologists describe aggression in terms of behaviour.

Aggression is behaviour and actions that usually seek to inflict psychological and physical harm, either on another person or on his possessions or dear ones. Aggression has directional components. Some aggression is directed inward and in its extreme form many culminate in self-destructive behaviours including suicide.\(^9\)

Aggression in sports

Aggression in sport can be caused by a number of factors. The most identifiable reasons are the rules of the game (level of physical contact), frustration, instinct, presence, arousal, environmental cues, self control and also the behavior of those around. Other factors in aggression include personality, media involvement, coaching, role models and the society we live in. The following is an insight into the term aggression is sport, using the social learning theory and environmental cues theory.

\(^9\) Ibid., p. 243.
Importance of Aggression

The idea that aggression and performance are thought to be positively related in sports setting is not surprising. Aggressive behaviour is a behaviour designed to harm others.

Aggression could have a positive influence on the performance outcome of an individual or team, if the aggressive behaviour harmed the opposition either physically or psychologically weakening their resources (i.e. input). Aggression could also improve a team’s performance outcome by improving the process of that group.

Faulkner also suggest that a group aggressive behaviour can help in performance outcome by weakening the oppositions “unity bonds of collective strength” and reducing their “sense of control of the opposition”.10

Anxiety

Anxiety plays an important role in the acquisition of motor skills as well as in athletic performance. Anxiety can either enhance or inhibit performance. Whether its effect is positive or negative depends on how an individual athlete perceives the situation.11

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The anxiety has become so great that the person loses complete control of himself and the situation.\textsuperscript{12}

Anxiety is a natural reaction to threats in the environment and part of the preparation for the 'fight or flight' response. This is our body's primitive and automatic response that prepares it to 'fight' or 'flee' from perceived harm or attack. It is a 'hardwired' response that ensures survival of the human species. Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Essentially, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome.

Anxiety sets in when an individual begins to doubt his or her capacity to deal with the situation which builds stress. Quite often it is not the talent that decides your performance. It simply depends on the way you deal with the ups and downs of the game.

The ability to deal with anxiety is an integral part of sports training. People, who are able to overcome their anxiety, perform much better than some of the strongest contenders of the game.

There is always a pre-defined 'region of anxiety' in a sportsperson, before the start of any game, bout or a race. When this anxiety is at the optimum level, it

\textsuperscript{12} Ibid., p. 77.
can lead to a significantly better performance. If the level exceeds or falls below this 'region of anxiety', it can adversely affect the performance. Research has also proved that performances influenced by anxiety have more impact in a team game than in a solo sport. The dominant and top players of a game convert their performance anxiety into excitement, which stimulates the positive hormones, resulting in winning performances. They take the anxiety arousal as a facilitator to come up with a better performance. A sportsperson, whose mind interprets anxiety as a debacle often ends up with losing.

**Importance of Anxiety**

Anxiety plays an important role in sports and games, it is considered as an important phenomenon in motor performance. Anxiety especially the state it plays a significant role in the motor performance of individual. Athletes may be either inward attainders or out word attainders. Adjustment of these natural propensities may have to be done with some care.

Anxiety plays an important role in the acquisitions of motor skills as well as in athletic performance. Anxiety can either enhance or inhibit performance whether its effect is positive or negative depends on how an individual athlete perceives the situation.

People with low A-trait level selected motor skills than those with high A-trait levels. There is also positive relationship between the A-trait and A-state
levels of participants in athletics competition. A moderate level of anxiety seems best for the acquisition and performance of motor skills level of anxiety either too high or too low tend to inhibit learning and performance.\textsuperscript{13}

Anxiety is a natural part of competition at any level. But in the case of young and immature athletes anxiety can have several harmful effects on athletic performance.\textsuperscript{14}

There is two of types anxiety one is State anxiety which fluctuates in response to a given situation. Leaned behavioral response, which can be controlled and manipulated to facilitate the optimal performance. Another one is trait anxiety which is genetically inherited, indelible characteristic of personality. It is permanent and relatively stable.

Anxiety occurs when there is a substantial imbalance between the individual’s perception of their ability and their perception of the demands and importance of the situation.

Role of Anxiety in Sports Performance

Research finding on anxiety in the context of physical activity and sports are divergent and at times contradictory in many ways chiefly because of inconsistencies in terminology in lack of agreement among the scientists about the

\textsuperscript{13} Ibid, p. 84-85.
\textsuperscript{14} Ibid, p. 147.
meaning of anxiety and implications of the "effective" state on performance in
athletic feats Moderate anxiety is reported to be a pleasurable state and enhance of
performance, while higher anxiety level interferes with performance.

Extensive reviews of literature on anxiety studies have offered the
following conclusions.

As an essential ingredient of human behaviour anxiety plays a periodical
role in athletic performance. It helps as well as records performance. High trait
anxiety seems to be an attribute with superior athletes. There is no evidence to
show that personality traits change as a result of participation in exercise and
sport. Apparently there is some evidence to conclude that acquisition of athletic
skills and reasonable adequate physical fitness help to reduce anxiety. As the level
of sports competition rises, the proportional rise in the level of anxiety in athletic
is an inevitable reality. However, the ascending athletes become capable of
handling higher level of anxiety that is generated by the competitive situations. In
case of novices of athletes of lesser caliber anxiety certainly interferes with their
ability to performance well.

An optional level of anxiety is conducive to athletic performance but this
"optimal level" differs from individual to individual. The threshold level of
anxiety cannot be generalized. Inter sport and intra sport anxiety differences do
exist. Coping strategies adopted by athletes range from Jacobson's muscular
relaxation techniques to behavioral modification and oriental modification
techniques.
Now-a-days great emphasis is being placed on the study of pre-competition anxiety through sport specific tests such as “SCAT” and intervention techniques that rest heavily on cognitive processes.

Elite athletes repeatedly have to perform under high pressure, and it is therefore not surprising that psychological characteristics often distinguish those successful at the highest standard from their less successful counterparts. Early research evidence already supported an association between psychological characteristics and sports performance. Further research evolved with an emphasis in identifying psychological skills relevant to sport identified potential constructs assessing motivation, confidence, anxiety control, mental preparation, team emphasis and concentration. They developed an instrument that assesses a broad range of psychological skills possessed by athletes and moreover is sport-specific, elite athletes reported that they were more motivated to do well in their sport, were more self-confident, experienced fewer problems with anxiety, relied more on internally referenced and kinesthetic mental preparations, were more focused on their own performance than that of their team, and were more successful at deploying their concentration. To assist young athletes in reaching elite level, it is important to gain insight into factors that influence the development of a successful sports career, such as their psychological skills.

We take part in sport for variety of different reasons. Most of us learn our sporting skills in school as part of compulsory curriculum. As we get older we can
choose to increase our sporting activity if we so wish. Our reasons for playing may change over time as we grow older or develop other interests. For us to continue taking part in sport we need to get something in return. Initially enjoyment of the activity for its own sake is sufficient, but as we take it more seriously, playing well and winning also become important. If we do not enjoy the activities or unsuccessful in it, we are unlikely to continue. Whether we want to continue in sport or not depends upon the strength of the drive within us. This drive or desire we call motivation. We all vary in our drive to succeed in sport or life in general; that is we all have different levels of motivation. There are two different types of motivation. They are intrinsic motivation and extrinsic motivation.

Intrinsic motivation comes from our own inner drives. Examples include playing for fun and enjoyment, improving fitness and losing weight, the physical pleasure of the activity, performing skillfully and being successful and the pleasure gained from being with others.

Extrinsic motivation comes from rewards and outside pressures. Examples include winning competitions, being praised for our achievements, to satisfy the expectations of parents, teachers and coaches and to fulfill our commitment to our team.

Intrinsic motivation is usually stronger; sport persons with intrinsic motivation participate with no expectancy of outside reward. In extrinsic
motivation, success is needed to ensure maximum results. The greater their motivation, the greater the effort which will be put in and this will incite better concentration and focus.

**Achievement Motivation in Sports**

Achievement motivation may be associated with a variety of goals, but in general, the behaviours adopted, will involve activity which is directed towards the attainment of some standard of excellence.

Achievement motivation can be best defined as “the expectancy of finding satisfaction in mastering difficult performances, sometimes it is called “pursuit of excellence”.

To understand motivation and achievement, one should be clear that they are complementary to each other. Motivational devices become more effective when there are greater chances of success than failure.

Achievement or success, in turn, will serve as a feedback to strengthen the motivation and continue the activity. Therefore, the feeling of higher expectation, achievement and accomplishment must run along with the skill learning, so that the satisfaction arising out of success keeps the hopes of an individual alive\textsuperscript{15}.

Factors Affecting Achievement Motivation

Owing to the nature of individual differences, in personal make up, each athlete may react differently to a particular situation. Though, the nature of activity, level of competition, external distractions, acceptance of society, the personality of the coach, socio-economic needs etc., are the factors which influence the psychic state of the performer, but the personality of an athlete, locus of control and goal setting seem to be the major issues which influence the achievement motivation of the performer.

The coach must acquaint himself with the potentialities and limitation of the athlete, so that he may effectively use the varied approaches available to him. Though each athlete is uniquely motivated to compete, the athletes who are successful compose a very select group of people.

The basic thing they share is talent and ability to perform under demanding conditions. As the outcome is determined by their personal make up and one should not expect similar results from all.

On the basis of outcome the athletes in competition, the two broad categories can be identified as under achievers and over achievers. The underachiever is an athlete, who achieves worse in the contest than expected from practice performance. Contrarily, the over achiever is one who produces more than the expected during the competitions. Perhaps this can be attributed to the personal
make up and the level of motivation. It is desirable that while motivating the athlete, a coach should deal each athlete separately as per his personal make up\textsuperscript{16}.

**Importance of Achievement Motivation**

Development of achievement motivation is affected by a number of variables in home, school and society.

Home plays an important role in early training of children to develop the attitudes and motives. Parent’s expectation and guidance to the child development are lead to high achievement in life\textsuperscript{17}.

Although the achievement motivation is a complex construct, it is explained as a learned personality. Characteristics which are demonstrated when a person shows one of the three types of behaviour;

a. He shows competition with a standard of excellence and is concerned with winning or doing better than others.

b. He demonstrates a long term involvement in the attainments of an achievement goal.


c. He is involved in accomplishing other than the common daily tasks that will mark him as a personal success. This can be of inventions artistic creations and other extraordinary accomplishment.  

Need achievement is the restless driving energy aimed at achieving excellence, getting ahead improving on past records, doing things faster, better and most efficiently and finding unique solutions to difficult problems.  

Atkinson defines the need to achievement as “the striving to maintain or increase as high as possible one’s own capabilities in all activities with a standard of excellence.”  

**Personality**  

The term personality refers to mind in particular, body and mind in general. The word personality is a derivation from its rubi 'persona' which in originality meant "theatrical mask" worn by various dramatics persons of actors in a drama in the days of ancient Greek civilization.  

The personality must indicate a total of various aspects of human behavior. Personality is the total bio psychological structure of an individual that is his appearance, his anatomy, the way he thinks, feels, acts and behaves in life situation.  

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Personality is the sum of all the biological innate dispositions, impulses tendencies and instincts of an individual and the disposition and tendencies acquired by experience, personality persist over time and across situations.

We expect people to feel, think and behave in certain consistent ways from day to day and, situation to situation.

Thus personality lends a degree of productivity and stability to an individual personality is not merely a collection of independent and unrelated habits.

No two individuals are exactly alike. All may have many characteristics in common. To some extent one individual differs from another in many characteristics. But the degree to which we exhibit these traits and their inter relationship very markedly from person to person and it is the integration of our personality traits. Personality is a person's signature. Since it is both characteristic and unique to a person.

Personality can have profound effect on the positive or negative experience of sports for those involved. Such effects can either help or hinder the athlete, depending on the emotion that the athlete chooses to express and the situation in which he or she choose to express that emotion. There are several factors that can come into play in the emotional situations and conflicts that arise during athletic participation. Such factors include the level at which an athlete participates. In one
of the studies the result states that “top-class” athletes tended to be less emotionally stable than those who participated at middle or lower levels of competitiveness.

**Importance of Personality**

Personality is the total quality of the structure aptitudes, interest, capacities, attitudes and behavior patterns, which are manifested in man's relation with the environment. It is a compound, grouping and resultant of many coordinated elements, some of which are inherited, some absorbed and some predominantly acquired.

Contemporary society finds greater dynamics of human personality in sports than in any other institution. In many ways participants in sports are much better than the non-participants in sports. Sports persons were significantly better adjusted in the area of health, family, society and emotions while the non-participants persons were better adjusted in the areas of education.

**Personality and Sports Performance**

Personality traits of sportsmen have strong being on their performance. High level sports performance need learning complex motor movements. Quickly and thoroughly learned, these movements can be swiftly and confidently applied during the competitions. The sports performance of an individual is believed to be influenced by his physical fitness on the one hand and by the psychological
adjustment on the other. It is strictly so with regard to successful sports person because for the high level achievements in competitive sports they need to be physically and mentally well balanced.

Usually sports persons seem to be extroverts, introverts, dominating, sociable, self esteemed, less anxious tough minded, confident, emotionally stable and intelligent. These personality traits to be developed through continued participation of the individuals in sports competitions.

**Extroversion and Introversion**

It is the expected that sports affect the introversion and extroversion traits of the individuals. It may also be true that extroverts and introverts behave differently not only in track and field events, but also in different sports skills and in different positions they play in sports. Introverts are generally concerned with their own feelings. He is shy, on friendly, cool, calculating, passionate, reserve, unsocial does not easily mix with others, retrains from expressing his feelings in public, avoid group activities, is thoughtful and prefers loneliness. In short introversion is the trait of personality in which is a person characterized by his pro occupation inward interests, thoughts and feelings, similarly on extrovert man is one outgoing, impulsive, uninhibited, individual in group activities, sociable, friendly carving excitement and having many social contacts. They are optimistic, aggressive, lose their temper easily, laugh a great deal and unable to keep their
feelings under control. In accordance with chambers twentieth century dictionary on extrovert is one who is interested mainly in the world external to himself. It is also eminent that they are bound to behave differently while playing different types of games.

**Self-concept**

There has been growing realization of the importance of self-concept in recent years for understanding and predicting human behavior, which plays an important role in sports performance. Self-concept selected for the investigation is not an inherited quality, but it is formed as a result of one’s experience and reaction to the environments. As the child grows learns not only about his surroundings but also about himself.²⁰

A major part of an individual personality can often be inferred from how that person behaves toward oneself. Consistent patterns of self-deprecation or self-aggrandizement are readily apparent even to casual observers. How people perceive, evaluate and behave toward themselves is related to self-concept.

In general self-concept is derived from self-perceptions in all major categories, which in turn are influenced by important subcomponent. Self-concept depends increasingly on specific situations and becomes less stable. Change in general self-concept would require many situational experiences that are inconsistent with one’s general self-concept. Yet another important characteristic

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of self-concept is its evaluative character. People judge themselves against absolute standards such as an Olympic champion who has a seemingly perfect figure and relative standards such as peers. People also judge themselves with respect to perceived evaluations of significant others.\(^{21}\)

Rosenberg\(^{22}\) described the self-concept as the totality of the individuals’ thoughts and feelings with reference to himself as object.

Self-concept is the most important single attribute and key to understanding the behavior of an individual. The importance of the role of self-concept as a determinant of human behavior and its acceptance as a concise measure and critical factor of personality is increasingly raised. Adjustment, academic achievement and general behavior are among the development features of an individual. It would seem to be of interest to coaches and physical educators to determine whether individuals who participate in specific aspects of sports have self-concept which distinguish them from others.\(^{23}\)

**Importance of Self-concept in Sports Performance**

There has been growing realization of the importance of self-concept in recent years for understanding and predicting human behavior, which plays an important role in sports performance, self-concept is not an inherited quality, but it is termed as a result of one’s experience and relation to the environments.\(^{24}\)


It changes as he develops confidence and courage and it changes according to his success and failure. Success enhances the child's self-concept and he is therefore, likely to seek areas where success can be found and to avoid areas where failure is likely. If the child anticipates that he will not do well and not gain acceptance, he tends to give up easily. Where as if he thinks he will do well he tends to persist. There is general acceptance that children and adults with poor self-concept concept are more anxious, tense and less adjusted than those who have greater level of self-concept.  

Statement of the Problem

The purpose of the study was to compare the aggression, sports competition Anxiety, sports achievement motivation, personality traits and self concept between University Kabaddi and Kho-Kho Women players.

Delimitations

1. The present study was delimited to Kho-Kho and Kabaddi games.

2. The study was delimited to University players, who had taken part in the south zone inter university Kho–Kho and Kabaddi tournament.

3. The study was confined to women players only.

4. The study was further delimited to selected psychological variables such as aggression, sports competition anxiety, sports achievement motivation, personality traits, and self concept.

5. The age of the subjects was ranging from 18-25 years.

Limitations

1. The psychological tools have their own limitation.

2. Since the subjects selected for this study were from different Universities certain factors like habits, lifestyle, daily routine, diet and other factors which might have an effect on the results of this study was also considered as one of the limitations of the study.

3. No special motivational technique was used during tests. Therefore, the difference may occur in performance due to lack of motivation was another limitation of the study.

Hypothesis

There will be a significant difference in aggression, sports competition anxiety, sports achievement motivation, personality traits and self concept between Kabaddi and Kho-Kho University women players.
Definition of Terms

Inter-University Players

Players who have selected to represent the University team in the inter university competition or tournament.

Anxiety

Anxiety is a state of emotional and physical disturbance included in a person by real or imagined threat. In psychology the term refers to disturbance caused by threats that are only apparent to an individual and cause him to behave in a way that is not relevant to the true situations.

Aggression

Any behaviour that is intended to harm another individual by physical or verbal means.

Aggression is a

➢ Behaviour that is intended to hurt another.

➢ Behaviour that results in personal injury or destruction of property.

➢ Behaviour intended to harm another of the same species.
• Behaviour directed towards the goal of harming or injuring another living being who is motivated to avoid such treatment.

• The intentional infliction of some form of harm on others.

• Behaviour directed towards another individual carried out with the proximate (immediate) intent to cause harm.

Motivation

Motivation as personality construe, subsequent level of attention paid to a problem or task facing an individual. Motivation is Drive to succeed or persist with a task.

Intrinsic motivation

Intrinsic motivation is a motivation which comes from within you, a belief, and value, desire, proving something to you, a goal or need.

Extrinsic motivation

Extrinsic motivation is an external motivation like money, position, fame and popularity, trophies and recognition.

Personality traits

Personality can be broadly defined as the total quality of an individual's behavior, as it is revealed in his habits of thought and expression, his attitudes and interests, his manners of acting and personal philosophy of life.
Those relatively stable and enduring aspects of individuals, which are distinguish them from other people making them unique, but which at the same time allow people to be compared with each other.

The underlying, relatively stable, psychological structure and process that organize human experience and shape a person’s activities and reactions to the environment.

The pattern of characteristic thought, feelings and behavior that distinguishes one person from another, and that persists overtime and situation. The total of an individual’s characteristics which are make him unique.

**Extrovert**

Extroverts are socially outgoing and show great confidence. They are likely to prefer team sports, activities using the whole body and a great deal of activity and uncertainty.

**Introvert**

Introverts are less confident and reserved in social situations. They are likely to prefer individual sports, activities with little movement, but fine skills and sports with repetitive movements.
Self Concept

In encyclopedia of psychology defines, self concept as the totality of attitude, judgment and value of an individual relating to his behavior, ability and qualities. Self-concept embraces the awareness of these variables and their calculation.²⁶

Significance of the Study

- It may throw light on various psychological variables that affect the performances of Kho-Kho and Kabaddi women players.

- The study may be significant as it is possible to enumerate the role of psychological variables of the players and it is also possible to find out to what extent they influence on performance.

- The study will help the coaches and physical education teachers in developing systematic and scientific psychological training programs to Kho-Kho and Kabaddi University women players.

- The study may help in screening and selecting women players for Kho Kho and Kabaddi game.

- It helps to know the level of Aggression, sports competition Anxiety, sports achievement motivation, personality traits, and Self Concept of Kho-Kho and Kabaddi University women players.

This study may help to find out the differences in aggression, sports competition anxiety, sports achievement motivation, personality traits and self concept of Kho-Kho and Kabaddi University Women players.

The study may create interest among researchers to determine the importance of psychological variables on the performance of other game players.