



## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



### Study of Psychological Hardiness among players of various games

**Prof. Kuldeep R. Gond**

Director of Physical Education

Sardar Patel Mahavidyalaya, Chandrapur

email: kuldeep.spm83@gmail.com

**Prof. Santosh Kumar Sharma**

Assistant Professor, Department of Physical Education

Chintamani College of Science

Pombhurna, Chandrapur

email:santosh@chintamani.edu.in

#### Abstract

The purpose of the study was to compare the psychological hardiness among players of various games. For this purposes researcher has selected 40 players (20 kabaddi players and 20 kho-kho players) who has participated in inter-collegiate tournaments as well as in state tournaments from Sardar Patel Mahavidyalaya and Chintamani College of Science, Chandrapur, Maharashtra. Players were selected by purposive sampling method. There age limit of the subjects were 20 to 25 years. Psychological hardiness was measured with the help of questionnaire constructed by Prof. Arun Kumar Singh. To compare the psychological hardiness among players of kabaddi and kho-kho game t-test was applied as statistically and the level of significance was kept at 0.05 levels. Result shows that on the basis of mean different there was difference between mean of kabaddi players and kho-kho players. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & result shows that there is significant difference between kabaddi players and kho-kho players in reference to Commitment disposition as the calculated t-value 2.301 is greater than the tabulated t-value 2.024. Whereas the two disposition Control and Challenge shows insignificant as the calculated t-value 1.521 & 0.236 is lesser than the tabulated t-value 2.024. In conclusion it revealed that mean of kabaddi and kho-kho players shows difference in reference to psychological hardiness components i.e. Commitment, Control and Challenge. To see this difference is significant or not researcher further calculated 't' test & result shows that there is significant difference between kabaddi players and kho-kho players in reference to Commitment disposition whereas the two disposition Control and Challenge



## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



*found to be insignificant. It may be attributed that every players is unique to each as individual, allowing them to engage themselves in different situation while playing. Kabaddi players shows better level of commitment as it, not solely in terms of individual, also refers to the sense of community and individual place in that arena and able to cope with stressful situations because of the understanding regarding the individuals place within the group cohesion. Both the players shows insignificant in reference to level of control and challenge, it may be attributed that both game players have the same level of responsibility and level of difficulties.*

### Introduction

Psychological hardiness was usually characterized as a personality structure comprising the three related general miens of commitment, control and challenges that experience as a resistance resource in encounters with stressful conditions at the time of early era. The commitment disposition was characterized as a tendency to involve oneself in activities in life and as having a genuine interest in and curiosity about the surrounding i.e. (activities, things, and other people). The control disposition was characterized as a tendency to believe and act as if one can influence the events taking place around oneself through one's own efforts. Lastly, the challenge disposition was characterized as the belief that changes, rather than stability, is the normal mode of life and constitutes motivating opportunities for self-awareness rather than threats to security.

Psychological hardiness can be expressed as a tendency that enables a characteristic to accept the experiences and variations in life with good humor and flexibility, which in turn influences behavior that prevents illness. The way to psychological hardiness is not luck as well as is not genetic, but is a learned approach to stress. The learning includes understanding or observing stressful events in a versatile manner. Psychological hardiness is a multi-component structure that is possessed by all individual to varying degrees and includes three components: commitment, control, and challenge. Researchers have understood the meaning, value, importance, and purpose of themselves, their job, their family, and their life in general. They give more confidence to effort and action than chance and believe they can manipulate life occasions and activities. They possess an internal asset and consider the positive and negative events life as the consequence of their actions.

Psychological hardiness can be expressed as a mental skill that can play a significant role in the performance of players. The effects of psychological hardiness and its various components on competitive anxiety and self-confidence of players were mostly seen. Psychological hardiness protects the individual against the unremitting effects of stress, especially in highly stressful situations. Hardiness is a better predictor of mental health than



## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



physical health. Hence the researcher has taken the study Psychological Hardiness among players of various games.

### Methodology

The purpose of the study was to compare the psychological hardiness among players of various games. For this purposes researcher has selected 40 players (20 kabaddi players and 20 kho-kho players) who has participated in inter-collegiate tournaments as well as in state tournaments from Sardar Patel Mahavidyalaya and Chintamani College of Science, Chandrapur, Maharashtra. Players were selected by purposive sampling method. There age limit of the subjects were 20 to 25 years.

Psychological hardiness was measured with the help of questionnaire constructed by Prof. Arun Kumar Singh. The psychological hardiness questionnaire was consisting of three separate components – commitment, control and challenge. The test consist of 30 questions, the total questionnaire had three factors- Commitment, Control and Challenge. Each question in this test has five possible answers. Players have to tick mark against appropriate answer to each question. All the point value against the answered totaled. There were 30 items. Maximum point score for each question was 5; so for each factor which consists of 10 questions, 50 marks were maximum possible score.

### Statistical Analysis

To compare the psychological hardiness among players of kabaddi and kho-kho game t-test was applied as statistically and the level of significance was kept at 0.05 levels.

TABLE

Comparison of Psychological Hardiness Components among Kabaddi and Kho-Kho Players

Psychological Hardiness	Players	Mean	S.D.	M.D	S.E	D.F	O.T.	T.T.
Commitment	Kabaddi Players	38.14	5.73	3.87	1.68	38	2.301*	2.024
	Kho-Kho Players	34.27	4.87					
Control	Kabaddi Players	37.45	4.89	2.24	1.47		1.521	
	Kho-Kho Players	35.21	4.41					
Challenge	Kabaddi Players	36.43	4.53	0.33	1.39		0.236	
	Kho-Kho Players	36.76	4.28					

\*significant at 0.05 level



# OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

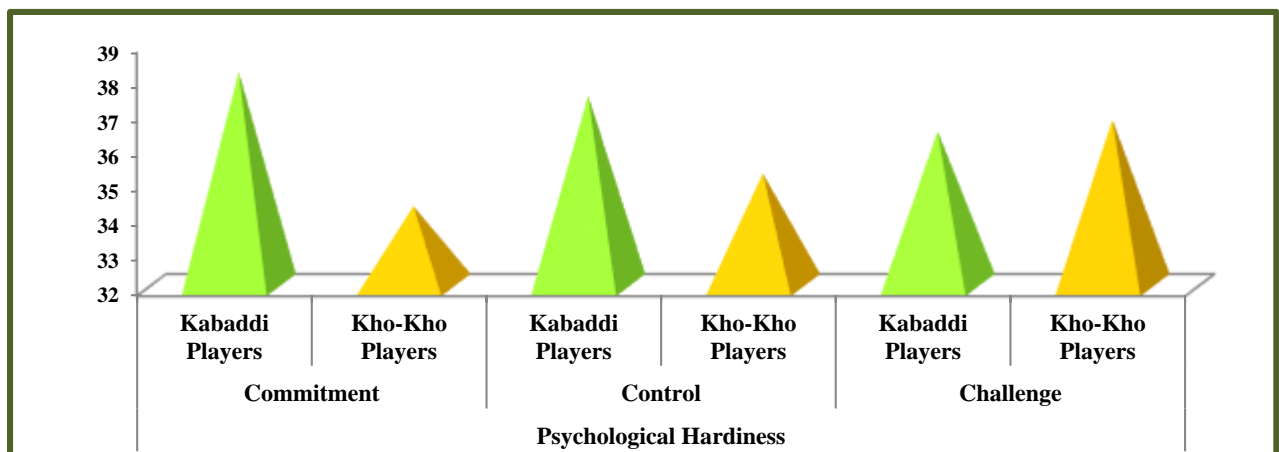
Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



Above table shows that on the basis of mean different there was difference between mean of kabaddi players and kho-kho players. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & result shows that there is significant difference between kabaddi players and kho-kho players in reference to Commitment disposition as the calculated t-value 2.301 is greater than the tabulated t-value 2.024. Whereas the two disposition Control and Challenge shows insignificant as the calculated t-value 1.521 & 0.236 is lesser than the tabulated t-value 2.024.

## GRAPH



Comparison of Psychological Hardiness Components among Kabaddi and Kho-Kho Players

## Conclusion

In conclusion it revealed that mean of kabaddi and kho-kho players shows difference in reference to psychological hardiness components i.e. Commitment, Control and Challenge. To see this difference is significant or not researcher further calculated 't' test & result shows that there is significant difference between kabaddi players and kho-kho players in reference to Commitment disposition whereas the two disposition Control and Challenge found to be insignificant. It may be attributed that every players is unique to each as individual, allowing them to engage themselves in different situation while playing. Kabaddi players shows better level of commitment as it, not solely in terms of individual, also refers to the sense of community and individual place in that arena and able to cope with stressful situations because of the understanding regarding the individuals place within the group cohesion. Both the players shows insignificant in reference to level of control and challenge, it may be attributed that both game players have the same level of responsibility and level of difficulties.



## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

*National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"*

*Sponsored by ICSSR*

*Held on (01 February 2020, Saturday)*

**Organized by:** *Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)*



### Reference

- Allport, G.W. (1927). Personality and psychological interpretation. New York: Henry Holt & CO. pp 132-140.
- Bhatia, H. R. (1977). Educational Psychology, New Delhi; Surjeet Publications p. 389.
- Cattell, R. B. (1970). Theories of personality 2<sup>nd</sup> edition. John Wiley and Sons. P. 386.
- Hull, J. G., Van Treuren, R. R., & Proptom, P. M. (1988). Attributional style and the components of hardiness. Personality and Social Psychology bulletin, 14(3), 505-513.
- Kobasa, S. C., Maddi, S. R., and Kahn, S. (1982). Hardiness and health: A prospective study. Journal of Personality and Social Psychology, 42(1), 168-177.
- Mathis, M, and Lecci, L. (1999). Hardiness and college adjustment: Identifying students in need of services. Research in Brief, 40(3), 305-309.