



## Physiological and Psychological Intervention of Team Game Players

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### Abstract

*To achieve the purpose of the study, data was collected from fifty players of the each game, who have represented their teams in national level championships. The age of the subjects were ranging from 18-25 years. The main purpose of the study was to identify the Physiological and Psychological variables such as breathe holding, vital capacity and will to win concept of Atya-Patya and Kho-Kho Players. The data collected was treated with the statistical technique 't' and results are presented in the following tables. In breath holding physiological variables Kho-Kho male players found significant than the Atya-Patya male players. The continuous running movement can be seen in both defensive and chasing time. This might be one of the reasons. In vital capacity physiological variables, Kho -Kho male players found significant than the Atya-Patya male players. The continuous running movement can be seen in both defensive and chasing time. This might be one of the reasons. In will to win psychological variable Atya-Patya players are more will to win concept than to kho-kho players. This is due to mind set and the nature of the game and the training they get.*

**Keywords:** Kho-Kho, Atya-Patya, National, Physiological, Psychological.

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### Introduction

Now the sports-man have been able to give outstanding performance because of involvement of new scientifically substantiated training methods and means of execution of sports exercise such as sports techniques and tactics, improvement of sports grass, and equipment, as well as other components and condition of the system of sports training (Powel 1983). The world of games and sports has crossed many milestones, as a result of different achievements in general and their application in the filled of sports in particular. Scientific investigation into performance of sportsman has been playing an increasingly importance role to attain excellence of performance in different sports. Physiology is the study of the effects of training on the bodies of athletes. Coaches can improve training methods by knowing how and why specific training regimen and conditions affect athletes' performances.'

The human body is a marvel of form and function, capable of feats of speed, endurance, strength, fluid grace, beauty and expression. We are blessed with a magnificent machine, from the ingenious architecture of the skeleton, through complex muscular, circulatory, respiratory, and digestive and nervous systems, as well as body's innate ability to constantly rejuvenate and rebuild. The harmony and co-ordination required to ignite

billions of cells, fire the synapses and touch points of thousands of nerves and muscle fibers and continuously pump an adequate supply of blood and energy throughout is simply enormous. Sports psychology is all about sports behavior especially with muscle –minded interactions, that influences and their outcomes in the context of sport which is basically a form of active reaction. But which has turned intensely competitive on account of the growing Olympics well over a century. Under the incredibly fast changing sport scenario especially from the view point of people's ascending craze and quest from winning the Olympic gold. Sport psychology has become a buzz word- a key to sporting excellence and success that governs the quality of the performance. Sports psychology being the newest sport science what needs to be taught and trained during practice and competition is the major determinant of difference at higher levels of performance has been accepted.

### Methodology

To achieve a purpose of the study, data was collected from fifty players of the each game, who have represented their teams in national level championships. The age of the subjects were ranging from 18-25 years. The main purpose of the study was to identify the Physiological and Psychological variables such as breathe holding, vital capacity and will to win concept of Atya-Patya and Kho-Kho Players. The data collected was treated with the statistical technique 't' ratio. In all conditions, the significant level was fixed at 0.05 level,

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which was considered to be appropriate.

### Results and Discussions

The results are presented in the following tables,

**Table I.** Shows Mean, standard deviation and 't' value of Breath holding of Atya-Patya and Kho-Kho Players.

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	<b>Atya-Patya</b>	50	70.02	6.99	4.835
2.	<b>Kho-kho</b>	50	72.16	8.14	

\*significant at 0.05

The above table depicts the mean, standard deviation and 't' value of Breath holding of Atya-Patya and Kho-Kho P layers. The table shows there is

a significant difference between Atya-Patya and Kho-Kho Players. In this variable Kho-Kho Players are found significant than atya-patya players.

**Table II.** Shows Mean, standard deviation and 't' value of vital capacity of Atya-Patya and Kho -Kho P layers.

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	<b>Atya-Patya</b>	50	3.62	0.526	0.498
2.	<b>Kho-kho</b>	50	3.66	0.421	

\*significant at 0.05

The above table reveals the mean, standard deviation and 't' value of vital capacity of Atya-Patya and Kho-Kho P layers. The table shows there is a significant difference between Atya-Patya and Kho-Kho

Players. In this variable Kho-Kho Players are found significant than atya-patya players when compare to mean values.

**Table III.** Shows Mean, standard deviation and 't' value of will to win of Atya- Patya and Kho-Kho Players.

Sl. No.	Players	Sample Size	Mean value	Standard deviation	't' value
1.	<b>Atya-Patya</b>	50	10.48	0.838	4.812
2.	<b>Kho-kho</b>	50	09.72	0.701	

### Conclusion

1. In breath holding physiological variables Kho-Kho male players found significant than the Atya-Patya male players. The continuous running movement can be seen in both defensive and chasing time. This might be one of the reasons.
2. In vital capacity physiological variables, Kho -Kho male players found significant than the Atya-Patya male players. The continuous running movement can be seen in both defensive and chasing time. This might be one of the reasons.
3. In will to win psychological variable Atya-Patya players are more will to win concept than to kho-kho players. This is due to mind set and the nature of the game and the training they get.

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