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Effect of Complex Training on Selected Psychological Variables among Male Kabaddi Players

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Abstract

The purpose of the study was to find out the effect of complex training on selected psychological variables among male kabaddi players. To achieve the purpose of the present study, thirty kabaddi players from Thanjavur district, Tamilnadu were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen kabaddi players each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The groups were assigned as complex training group and control group in an equivalent manner. The experimental group participated the training for a period of twelve weeks to find out the outcome of the training packages and the control group did not participated in any training programme. Paired 't' test was applied. In all cases 0.05 level of confidence was fixed to test hypotheses. The complex training group had shown significant improvement in all the selected psychological variables among kabaddi players after undergoing complex training group for a period of twelve weeks.

Keywords: Complex Training, Cognitive, Somatic, Anxiety, Self Confidence.

Introduction

Complex training, one of the most advanced forms of sports training, integrates strength training, plyometrics, and sport-specific movement. It consists of an intense strength exercise followed by a plyometric exercise. Complex training activates and works the nervous system and fast twitch muscle fibers simultaneously. The strength exercise activates the fast twitch muscle fibers (responsible for explosive power). The plyometric movement stresses those muscle fibers that have been activated by the strength training movement. During this activated state, the muscles have a tremendous ability to adapt. This form of intense training can teach slow twitch muscle fibers to perform like fast twitch fibers. (Alves et al. 2010).

Kabaddi is a congenital folk game of India. Now in India it is considered as "National Game". To make it international, impulse is provided only very recently. This sport has a long history dating back to pre-historic times. It was probably invented to ward off group attacks by individuals and vice-versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic, the "Mahabharata" has made an analogy of the game to a tight situation faced by Abhimaneu, the heir of the Pandava kings when he is surrounded on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha played Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides. The origin of kabaddi can be traced to the pre-historic times when the game was devised as a way to develop the physical strength and speed in young men. The game is essentially an Indian one, and commands huge popularity in the Indian hinterland (Prasad 2002).

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Methodology

The purpose of the study was to find out the effect of complex training on selected psychological variables among male kabaddi players. To achieve the purpose of the present study, thirty kabaddi players from Thanjavur district, Tamilnadu were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen kabaddi players each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The groups were assigned as complex training group and control group in an equivalent manner. The experimental group participated the training for a period of twelve weeks to find out the outcome of the training packages and the control group did not participated in any training programme. Paired 't' test was applied. In all cases 0.05 level of confidence was fixed to test hypotheses.

Table I. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Complex Training Group (CTG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Cognitive anxiety	23.41	20.11	3.30	3.11	0.71	3.15*
2	Somatic Anxiety	22.01	19.23	2.78	1.62	0.37	5.06*
3	Self confidence	25.63	30.01	4.38	3.27	0.75	4.27*

* Significant at 0.05 level

Table I shows the obtained 't' ratios for pre and post test mean difference in the selected variable of cognitive anxiety (3.15), somatic anxiety (5.06) and self confidence (4.27). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically significant at 0.05 level of confidence. It was observed that the means gain and losses made from pre to post test were significantly improved in selected psychological variables of cognitive anxiety (3.30, p>0.05), somatic anxiety (2.78, p>0.05) and self confidence (4.38, p>0.05).

Figure I. Shows the Pre and Post Mean Values of Experimental Group on Selected Variables

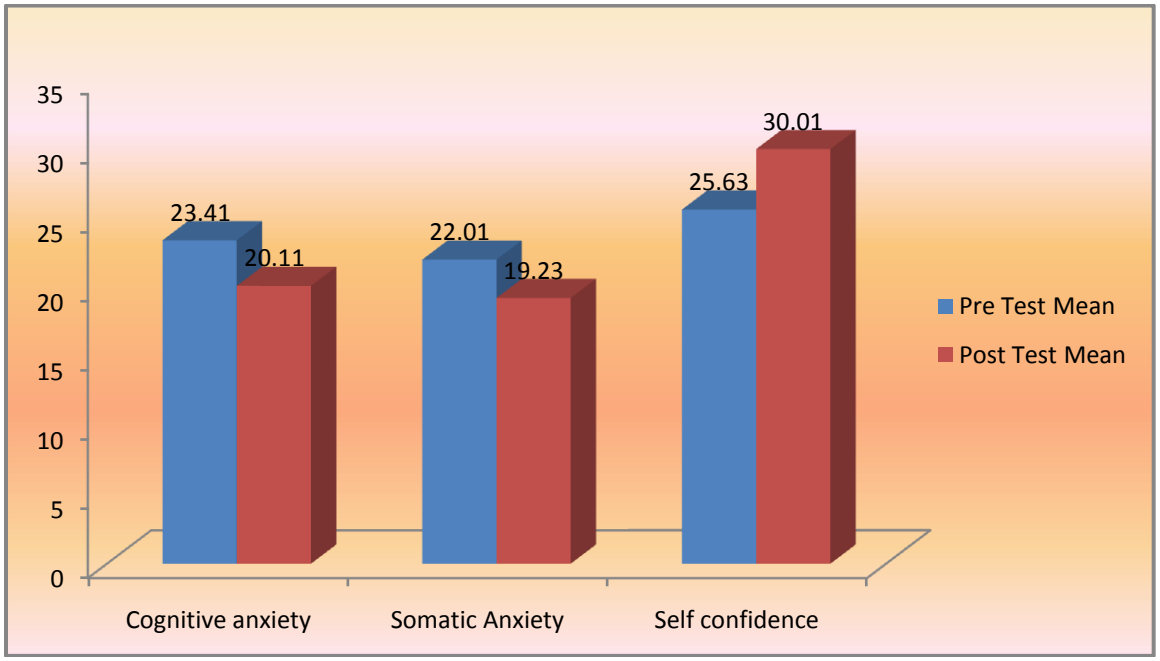


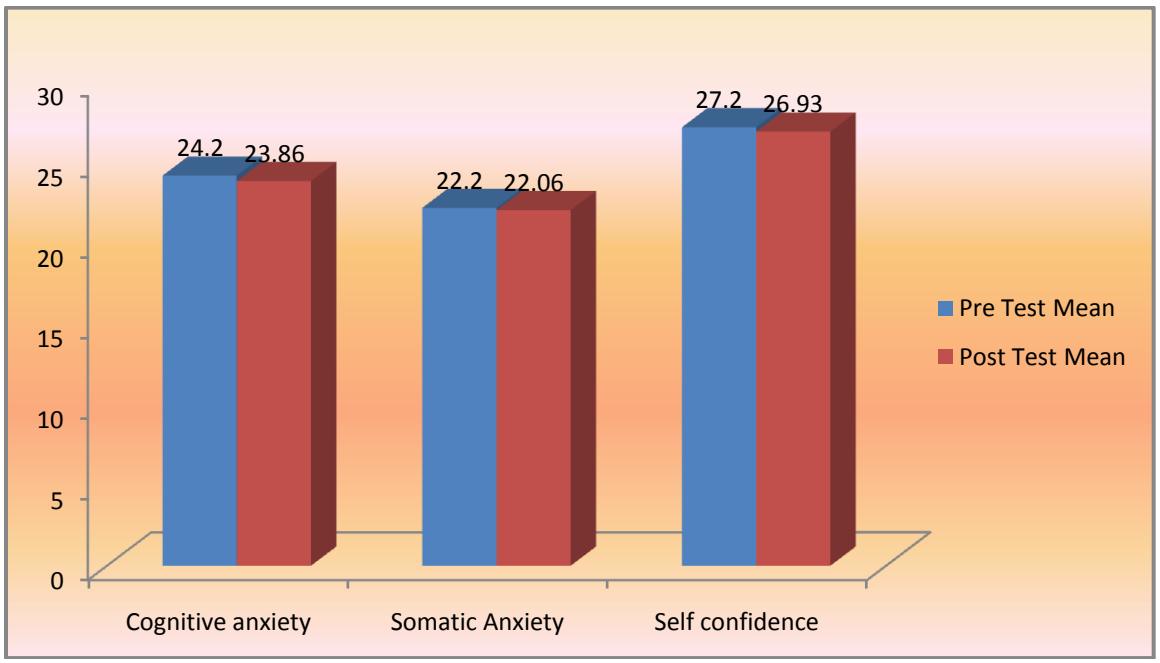
Table II. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group (CG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Cognitive anxiety	24.20	23.86	0.34	2.81	0.65	1.23
2	Somatic anxiety	22.20	22.06	0.14	0.89	0.21	0.42
3	Self confidence	27.20	26.93	0.27	1.47	0.35	0.33

* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post test mean difference in the selected variable of cognitive anxiety (1.23), somatic anxiety (0.42) and self confidence (0.33). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically insignificant at 0.05 level of confidence. It was observed that the means gain and losses made from pre to post test were not significantly improved in selected psychological variables of cognitive anxiety (0.34, $p<0.05$), somatic anxiety (0.14, $p<0.05$) and self confidence (0.27, $p<0.05$).

Figure II. Shows the Pre and Post Mean Values of Contol Group on Selected Variables



Conclusions

From the analysis of the data, the following conclusion was drawn:

1. The complex training group had shown significant improvement in all the selected psychological variables among kabaddi players after undergoing complex training group for a period of twelve weeks.

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