

# Mood States of Traditional Games of India

Ravindra Gouda S M<sup>1</sup>, Dr. N D Virupaksha<sup>2</sup>

<sup>1</sup>Research scholar, Department of physical education, Kuvempu University, Karnataka. India

<sup>2</sup>Deputy Director, Department of physical education, Kuvempu University, Karnataka. India

**Abstract:** Sports psychology today is an independent component of the complex sports sciences. It deals with the behavioral mechanism of the body in sports situations. Genetic factors contribute to the establishment of the core psychological frame-work over which all other forces operate. Sports psychology as an applied psychology has the greatest blessing of the modern-day science, in this stage within a span of short time sports psychology has taken giant stride. Psychological behavior is shaped through participation in sports and games. The efficacy of the mass participation, the stimulus of the peer-grouping and joy of achievement all these contributor to the enrichment of the child to facilitate the development of healthy attitudes and right outlook towards life in general. Kho-Kho and Atya-Patya are the most ancient forms of traditional games of India. These games were basically played by children in the simplest form of chasing and running. The main purpose of this study was to compare the mood states of National level Atya-Patya and Kho-Kho male players. To achieve the purpose of the study, data was collected from sixty players of each game. The age of the subjects were ranging from 18-25 years. The data collected was treated with the statistical technique 't' test and found there is a significant difference in mood states such as confusion, depression, fatigue and vigor of Atya-Patya and Kho-Kho players.

**Keywords:** Psychology, Mood, Confusion, Depression, Fatigue And Vigor, Kho-Kho, Atya-Patya Players

## 1. Introduction

Sports psychology today is an independent component of the complex sports sciences. It deals with the behavioral mechanism of the body in sports situations. Genetic factors contribute to the establishment of the core psychological frame-work over which all other forces operate.

Psychological behavior is shaped through participation in sports and games. The efficacy of the mass participation, the stimulus of the peer-grouping and joy of achievement all these contributor to the enrichment of the child to facilitate the development of healthy attitudes and right outlook towards life in general.

Psychological aspects of the competitive sports form, a class by themselves, there exist a definite correlation between performance potential and emotional balance. During the past two decades sports psychology has emerged as a legitimate field of scientific enquiry. Researchers are afforded ample opportunity to observe, describe and explain the various psychological factors that influence diverse aspects of sport and physical activity. Sports psychology, as an applied psychology has taken giant strides. The knowledge in all fields of human Endeavour, especially of behavior, has expanded to such an extent that it is difficult to discuss one aspect of behavior without reference to others. In the field of competitive sport, training of the athletes is incomplete without psychological training of the competition. Sport involves extremely complex behavior issues. As a consequence of intense competition a sportsmen's behavior may undergo important changes. Physical education scientist and coaches have not be expert only in the matters of skill training but also be engineers who understand the mechanism of human behavior or playfield, under extremely diverse situation.

Atya-Patya and Kho- Kho are an immensely popular sport in India. In some parts of India it is even played on a professional level. Atya-Patya and Kho- Kho ranks as one of

the most popular traditional sports in India. Like all Indian games, it is simple, inexpensive and enjoyable.

## 2. Purpose of the Study

The main purpose of this study was to compare the mood states of National level Atya-Patya and Kho-Kho players.

## 3. Methodology

To achieve the purpose of the study, data was collected from one hundred and twenty players, sixty players from each game, who have represented Karnataka state in Atya-Patya and Kho-Kho game. The age of the subjects were ranging from 18-25 years.

## 4. Statistical Technique

The collected data was analyzed by using 't' statistical technique with the help of SPSS 20<sup>th</sup> version.

## 5. Results

After analyzing the data within the limitation of the study results are presented in the following tables.

**Table 1:** Shows Mean, standard deviation and 't' value of mood state variable confusion of Atya - Patya and Kho -Kho players

variable	players	N	Mean	Standard deviation	't' value
Confusion	Atya-Patya	60	64.10	13.13	7..54
	Kho-Kho	60	86.95	19.50	

\*significant at 0.05 level.

The above table indicates the mean value, standard deviation and 't' value of Atya-Patya and Kho- Kho players in confusion. In this Kho-Kho players have shown significant difference than Atya Patya players.

**Table 2.** Shows Mean, standard deviation and 't' value of mood state variable Depression of Atya - Patya and Kho-Kho players.

variable	players	N	Mean	Standard deviation	't' value
Depression	Atya-Patya	60	74.92	16.28	7.39
	Kho-Kho	60	56.48	10.41	

\*significant at 0.05 level.

The above table reveals the mean value, standard deviation and 't' value of Atya - Patya and Kho-Kho players in Depression. In this Atya - Patya players have shown significant difference than Kho-Kho players.

**Table 3:** Shows Mean, standard deviations and 't' value of fatigue of Atya- Patya and Kho-Kho players.

variable	players	N	Mean	Standard deviation	't' value
Fatigue	Atya-Patya	60	58.22	7.95	6.65
	Kho-Kho	60	73.18	18.93	

\*significant at 0.05 level.

The above table shows the mean value, standard deviation and 't' value of fatigue of Atya -Patya and Kho- Kho male players. Here Kho-Kho players are having more mean value than Atya - Patya players.

**Table 4.** Shows Mean, Standard Deviations and 't' value of vigor of Atya- Patya and Kho-Kho players.

variable	players	N	Mean	Standard deviation	't' value
vigor	Atya-Patya	60	56.33	8.60	4.67
	Kho-Kho	60	62.80	6.41	

\*significant at 0.05 level.

The above table explains the mean value, standard deviation and 't' value of vigor of Atya -Patya and Kho- Kho players. Here Kho-Kho players are having more mean value than Atya - Patya players.

## 6. Discussion on Findings

The above result shows that there is a significant difference in the psychological variable such as confusion, depression, fatigue and vigor of Atya-Patya and Kho-Kho Players.

In Psychological variable confusion, the Kho-Kho players are having more confusion than the atya-patya players. Because in Kho-Kho game, the execution of skills such as surprise attacks, late Kho and lane cutting are more conflict when compare to atya-patya game. So Kho players are more confused over atya-patya players.

The Atya-Patya players are having more depressive state than Kho-Kho players. Because in each trench the atya-patya players waiting for the players and it could be lethargic in some movements when compare to Kho players. In another mood state fatigue, the Kho-Kho players are having more fatigue than atya-patya players, because in Kho-Kho game all the skills are in movement oriented when compare to atya-patya players. It is the reason to fatigue more. In Vigor psychological variable, Kho-Kho players dominate the Atya-Patya players. Because any time

movement condition gives energetic, strength & vigorous one. This clearly shows each sports discipline must have different psychological states.

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