



Influence of Psychological Skill Training on Emotional Control Among Kabaddi Players.

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ABSTRACT- The purpose of the study was to find out the influence of psychological skill training, (mental imagery training) on emotional control among kabaddi players. An exploration configuration is the game plan of conditions for assortment and examination of information in a way that means to join significance to the exploration reason with economy in technique. The purpose of this study was to find out the effect of psychological skill training, namely, mental imagery training on emotional control of kabaddi players. In this research design randomly selected (N=30) thirty men Kabaddi were divided into two groups, namely, experimental and control group. Experimental group was provided with six of weeks psychological skill training, namely, mental imagery training and control group was not. They were measured of the selected variable, emotional control, through emotion regulation questionnaires (ERQ) Gross & John (2003) administered both prior to experimental treatment, which formed pre test scores and the scores obtained after experimental treatment was considered as post test scores. The initial and final means were compared to test significance through Analysis of Covariance (ANCOVA). In all cases 0.05 level was fixed to test the hypothesis.

Keyword: Psychological Skill Training

I. INTRODUCTION

The *Psychological Skill Training* program will focus on optimizing performance by improving self-efficacy and emotional control. To improve these mental abilities, the competitor will finish meetings utilizing objective setting, symbolism and unwinding. The program will follow an instructive methodology, the program comprises of three principle stages: Educational Phase- building up the agreement and significance of PST and what it can mean for execution. Acquisition Phase - Competitors figure out how to utilize PST techniques and how best to execute them. Practice phase - commit time and exertion to PST and complete preparing in both rivalry and practice. Therefore, for the imagery sessions within the PST program, a mixture of internal and external imagery will be used as proposed by Callow and Hardy (1997).

Imagery training is the psychological act of an ability or given undertaking without really doing it. Imagery training includes more than representation - it incorporates any remaining faculties too. Imagery training is a useful asset when utilized accurately. It can give an edge in upgrading actual execution and is helpful in both pre-serious and cutthroat circumstance. Imagery training is presumably related most with Olympic style sports Competitors or Gymnasts. Be that as it may, any ability related execution, like batting, handling or pitching can profit by utilizing Imagery training

1.1 Statement of the Problem

The purpose of the study was to find out the influence of psychological skill training on emotional control among kabaddi players.

1.2 Objectives of the study

I. The purpose of the study would acquaint the coaches with the psychological factors which are useful in the modern sports not only during the training period, but also during higher sports competitions.

II. The results of the study would add further knowledge to the existing literature of sports psychology studies.

III. It would facilitate the coaches in providing appropriate training to know whether the players and athletes can make self-assessment on their emotional control for optimum level of performances.

IV. The findings of the study would provide a guideline to the future research investigators in sports psychology and sports sciences to conduct further research in this field.

II. MATERIALS AND METHODS

With the end goal of the examination 30 university level kabaddi players were chosen from YMCA college of Physical Education, Chennai. The age of the subjects were in the range of 19 and 24 years. The subjects were haphazardly isolated into two groups, experimental group and control group.

2.1 Training Intervention

For the purpose of the study only 30 inter collegiate level Kabaddi players were selected from YMCA College of Physical Education, Chennai. The age of the subjects were between 19 and 24 years. The subjects were randomly divided into two, experimental group and control group. Psychological skill training (mental imagery) was given to the experimental group for six weeks. The Emotional Intelligence self-analysis inventory composed by Dr. Richard Boyatzis (2000) was used in this study, to determine emotional control of the subject

EMOTION REGULATION QUESTIONNAIRE (ERQ)

This questionnaire was formed by Mr. Gross and John (2003) this a short form questionnaire which contains of total 10 questions. Designed to respondent's tendency to regulate their emotions in two ways, they are 1. Cognitive re-appraisal 2. Expressive suppression.

Respondents answer each item on the questionnaire at 7-point liker type scale ranging from (strongly disagree) to 7 strongly agree.

SCORING

Items: 1,3,5,7,8,10 make up the cognitive Reappraisal facet

Items: 2,4,6,,9 make up the expressive suppression facet.

Based on the selection of the subjects, the scores were awarded and total score for 10 statements formed the emotional control of the subjects

2.2 Statistical Techniques

To execute this examination, the researcher utilized two gathering ANCOVA. In all cases 0.05 level was fixed as importance level to test the hypothesis.

III. RESULT AND DISCUSSIONS

The initial and final means on psychological skills training(mental imagery training) group and control group on Emotional control among Kabaddi players and the obtained results on Analysis of Covariance (ANCOVA) is presented in Table I.

Table I: Computation of Analysis of Covariance on Emotional Control

| | EXPERIMENTAL GROUP | CONTROL | SOURCE OF VARIANCE | SUM OF SQUARES | DF | MEAN SQUARES | OBTAINED F |
|-------------------------|--------------------|---------|--------------------|----------------|----|--------------|------------|
| Pre Test Mean | 48.8 | 53.7 | Between | 182.5 | 1 | 182.5 | 0.9 |
| | | | Within | 5445.3 | 28 | 194.5 | |
| Post Test Mean | 59.6 | 53.3 | Between | 294.5 | 1 | 294.5 | 5.9* |
| | | | Within | 1397.2 | 28 | 49.9 | |
| Adjusted Post Test Mean | 61.7 | 53.2 | Between | 797.5 | 1 | 797.5 | 46.7* |
| | | | Within | 461.0 | 27 | 17.1 | |
| Mean Diff | 10.8 | -0.4 | | | | | |

Table F-ratio at 0.05 level of confidence for 1 and 28 (df) =4.01, 1 and 27(df) =4.02.

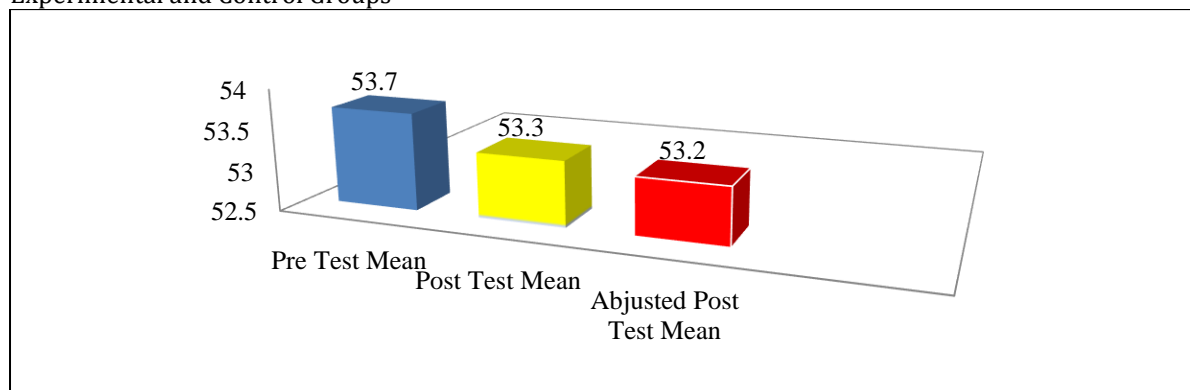
* Significant

The pre test mean on exploratory gathering was 48.8, and control bunch was 53.7 and the got F esteem was 0.9, which was not exactly the necessary F worth of 4.01 to be huge. Consequently, it was not critical and the gatherings were equivalent at beginning stage. The examination of post test implies, test bunch 59.6 and control bunch 53.3 end up being critical at 0.05 level as the acquired F esteem 5.9 was more noteworthy than the necessary table F worth of 4.01 to be huge at 0.05 level. Mulling over the underlying and last mean qualities changed post test implies were determined and the got F worth of 46.7 was more noteworthy than the necessary F worth to be huge at 4.02 and thus, there was critical contrast.

Thus, it was proved that experimental group gained mean difference on, Emotional control 10.8 was due to psychological skills training (mental imagery training) given to Kabaddi players and the difference was found to be significant at 0.05 level. The initial, post and adjusted means values of experimental and

control group on Emotional control is presented in Figure 1 for better understanding of the results of this study.

Figure 1: Bar Diagram Showing Initial, Final and Adjusted Means on Emotional control of Experimental and Control Groups



3.1 Discussion on Findings

The results presented in Table I proved that the emotional control has not been significantly improved among control group as they do not underwent psychological skill training, (mental imagery training) However, the six weeks psychological skill training given to the experimental group significantly improved emotional control among Kabaddi players. The statistical mean difference between initial test and final test of experimental group stood at 10.8 and control group stood at -0.4. The adjusted mean taking into consideration of initial and final means on emotional control among experimental group was 61.7 and control group was 53.2 and showed favourable effects on psychological skill training group than control group. And the differences, statistically treated using ANCOVA, were found to be significant at 0.05 level as the obtained F value of 46.7 was greater than the required table F value of 4.02 to be significant at 0.05 level.

Thus, it was proved that mental psychological skills training (imagery training) was significantly better than control group in favorably influencing emotional control of the Kabaddi players. And the formulated hypothesis that there would not be any significant differences among Kabaddi players due to psychological skill training was rejected and the psychological skills training significantly influenced emotional control of Kabaddi players

IV. CONCLUSION

Within the limitations and delimitations of the study, the following conclusions were drawn. It was concluded that there was significant influence due to psychological skill training on emotional control of Kabaddi players.

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