



Short Communication

A Comparative Assessment of Reaction towards Frustrating Situations between Elite and Non Elite Kabaddi Players

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Available online at: www.isca.in, www.isca.me

Received 21st November 2014, revised 12th February 2015, accepted 11th March 2015

Abstract

Reactions towards frustrating situation by elite and non-elite male kabaddi players was comparatively examined in this research. 100 male elite and 100 sub-elite kabaddi players were selected as sample in the present investigation. The average age of elite male kabaddi players was 20.97 years while that of sub-elite male kabaddi players was 22.17 years. The selected kabaddi players from elite group participated in national championship while sub-elite group consists of state level kabaddi players. Frustration to Reaction Scale prepared by Dixit and Shrivastava (2012) was used to assess frustration tolerance of selected subjects. Results indicate that modes of frustration i.e. aggression, fixation, and resignation is significantly higher in non-elite kabaddi players as compared to elite male kabaddi players but no significant difference was observed in frustration regression between two groups. It was concluded that elite kabaddi players cope with frustrating situation more efficiently as compared to non elite kabaddi players.

Keywords: Reactions to frustration, kabaddi, elite, non elite.

Introduction

Individual behaviour is most often affected by frustration. According to Stagner frustration is a state of emotional stress characterized by confusion, annoyance and anger¹. When favourable options are blocked due to some reasons, frustration occurs². Feeling of fear or failure brought about frustration. The sources of frustration are manifold but can be broadly divided into three main categories i.e. physical environment, biological limitations and psychological make-up. Frustration comes with various behaviour mechanism which includes aggression, resignation, fixation and regression. Aggression indicates frustration dynamics in hostile situation, resignation is the extreme escapism from reality, regression is the condition to go back and fixation is the compulsive type of behaviour.

In sporting field, frustration may occur due to injury, tactical errors by teammates during play, psychological factors of performance, umpiring decisions or various other causes. How a sportspersons deals with these frustrating situations is important because according to frustration regression hypothesis, frustration on one activity, produces lowered quality of performance in the second activity. It means that if a sportspersons gets frustrated due to some reason it may affect his/her sporting qualities also.

India always excelled in kabaddi and quite a few researchers analysed various factors associated with kabaddi performance. The studies namely by Satish³, Arvind et al.⁴, Verma et al.⁵, Quadri and Dhonde⁶ and other analysed psychological, physiological, biomechanical issues of kabaddi players but despite

the importance of reactions to frustrating situations in final outcome of an event, not many researchers have studied reactions of kabaddi players towards frustrating situations on the basis of their level of performance. Hence the present study was undertaken.

Hypothesis: Modes of frustration i.e. aggression, resignation, fixation and regression will differ significantly between elite and sub elite male kabaddi players.

Procedure: Sample: 100 male elite and 100 sub-elite kabaddi players were selected as sample in the present investigation. The average age of elite male kabaddi players was 20.97 years while that of sub-elite male kabaddi players was 22.17 years. The selected kabaddi players from elite group participated in national championship while sub-elite group consists of state level kabaddi players.

Tools: Reactions to frustration scale, prepared by Shrivastava and Dixit was chosen as psychological tool in the present study. The reliability of this test is 0.79⁷.

Administration of Tools: Randomly selected kabaddi players were subjected to reactions to frustration scale prepared by Dixit and Shrivastava as per standard procedure and according to availability as well as convenience of subjects in a laboratory like condition. Author's manual was used to score the responses given by subjects. After classifying data into elite and sub elite group, it was compared with the help of independent sample 't' test.

Table-1
Comparison of Modes of Frustration between Elite and Sub-Elite Male Kabaddi Players

Modes of Frustration	Elite Male Players (N=100)		Sub-Elite Male Players (N=100)		t	Level of Significance
	M	S.D.	M	S.D.		
Aggression	18.57	5.33	23.26	6.05	5.81	.01
Resignation	21.26	4.39	21.16	4.27	0.06	p>.05
Fixation	24.37	6.49	27.32	6.55	3.19	.01
Resignation	31.18	8.20	35.16	6.65	3.76	.01

Result and Discussion

Entries reported in table 1 gives following statistical inferences: i. Frustration aggression i.e. irritation, quarreling and fighting etc. was found to be significantly higher in sub-elite male kabaddi players as compared to elite male kabaddi players at .01 level of statistical significance. ($t=5.81$, $p<.01$). ii. No significant difference was observed in frustration resignation between elite and sub elite male kabaddi players. ($t=0.06$). iii. Frustration fixation or weakened ego was found to be significantly higher in sub-elite male kabaddi players as compared to elite male kabaddi players at .01 level of statistical significance. ($t=3.19$, $p<.01$). iv. Frustration resignation i.e. lack of self control, excessive day dreaming etc. was found to be significantly higher in sub-elite male kabaddi players as compared to elite male kabaddi players at .01 level of statistical significance. ($t=3.76$, $p<.01$)

To succeed in elite level a players needs to possess patience, self control, realistic thoughts, good adaptation to environment and sound psychological qualities such as mental toughness and a will to succeed against all adversity, hence the result of the present study is not surprising.

Conclusion

Elite male kabaddi players are more capable of coping with frustration than the sub-elite male kabaddi players which is a foremost quality as far as performance at highest level is concerned.

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