



RELATIONSHIP OF PERSONALITY TO PERFORMANCE OF MYSORE UNIVERSITY INTER-COLLEGIATE MALE KHO-KHO PLAYERS

Shivaraja Kumar M P

Gust Faculty, Department of Physical Education, University of Mysore, Mysore

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ABSTRACT

To propagate and control the game Kho Kho Federation of India and Asian Kho Kho federation were formed in 1958 and 1987. In the beginning, the game was played without adhering to strict rules. However, an expected committee formed in 1914 by an organization called "Deccan Gymkhana" pure formulated certain rules like the court measurements and the number of players in a team. Several changes in regulations were incorporated similarly scientific techniques have also found their way into the game.¹ Kho Kho is an exhilarating and thrilling game played between two teams, each consisting of nine players.

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INTRODUCTION

The game Kho-Kho had its origin in Maharashtra state and slowly spread throughout India's length and breadth and subsequently to the neighboring countries Nepal Bangladesh Sri Lanka and Pakistan.

A khokho playground or Court is rectangular. It is 29 meters in length and 16 meters in width. There are two rectangles at the end length of the rectangle is 16. In the middle of these two rectangles. Here are two wooden poles the central lane is 23.5 meter's long and 33cm width there are eight cross lanes which lie across mid lane length of the cross lanes are 16 meters and width 30 cm. It makes the small rectangles and each of is 16 meters in length and 2.3 meters breadth (the two rectangles of nearly the wooden poles are 2.5 widths) at right angles to the central lane and divided equally into two parts of 7.85 meters each by mid lane. At the end of the central road, the free zone tangent to the post- line two Smith wooden posts are fixed 120cm height from the ground, and their circumstances are not less than 30 cm and not more than 40cm.

The equipment used in khokhois poles/post strings metallic measuring tape line powder wire nails two watches types of rings having an inner circumference of 30cm and 40cm score shots (link a whistle for instance) and stationery to write the result.¹

*Corresponding author: **Shivaraja Kumar M P**

Gust Faculty, Department of Physical Education, University of Mysore, Mysore

The game is played in two innings a team consists of players. However, 12 are nominated for a match, and only nine take to the actual game initially. Every team has to Chase and defend for 9 minutes each twice in a game that consists to 2 innings chasing or defending once in an inning is termed as a "turn" of that particular out there is a rest of 9 minutes in between two innings and 5 minutes is allowed between the turns in an innings for aching over-controlled sprinting dodging diving are a few skills exhibited during the game which is won by a team that scores more points one point is awarded for every defender who is out at the end of the match.

The game to the game's characteristic the players with different qualities and abilities play in a different position in the game these positions are based on their called chasers dodgers and all-rounder².

Objectives of the study

- To know the type of Personality ability of kho-kho players.
- To know the type of Performance of the kho-kho players.
- To know the difference between Chaser in kho-kho players.
- To know the interrelationship of these variables.

¹ V.N.Selvaraj, Hand Book for kho-kho officials 1998 p 5

² Asian kho-kho federation kho-kho rules revised edition 2001 pp 1and2

³ As an kho-kho federation kho-kho rules revised edition 2001 pp 3-4

Statement of the problem

The study aims to find the "Relationships of Personality to Performance of Mysore University Inter-collegiate male kho-kho players".

Delimitation of the study

1. The study was delimited to hundred (N=100) male kho-kho players.
2. The age delimited ranged from 18 to 25 year.
3. The study was delimited to players of Mysore University inter-zone male Kho-Kho players only.
4. The study was delimited to there different varieties of Kho-Kho game, i.e., Changes Dodgers and all-rounders.
5. The study was delimited to only Eysenck Personality test and Performance rating scale.

Limitation

Certain factors like time of rest, diet, regular practice fast experience stop daily training routines lifestyle social-economic statistical Which might affect the selected variables were considered as a limitation of the study. Experts in the field of Kho-Kho prepared the rating scale.

Definition and meaning of the terms

Personality

The combination of characteristics or qualities that form an individual's distinctive character³

Performance

1. An act was presenting a play concert or other form of entertainment.
2. The action or process of performing a task of function.

The continual Performance of a single task reduces a man to the level of a machine.

Performance in sports is a unity of execution and result of sports action or a Complex sequence of sports action measured or evaluated according to agreed and Socially determined norms⁴.

University

Institution of higher education consisting of a liberal arts and science college and graduate and professional school are having the authority confer degrees in various field of study.⁵

College

Educational institutions or establishment in particular one providing higher education or specialized professional or vocational training

An organized group of professional people with particular aims, duties and privileges⁶.

Kho Kho

Kho Kho is one of India's indigenous games .this game is widely popular and is played in almost every nook and corner of the country.⁷

Player: A person who plays or is qualified to play in some game/sports satisfies all game requirements or sports is the player.⁸

Hypothesis of the Study

1. There is no relationship of Offensive skills to Personality of male Kho-Kho players the University of Mysore.
2. There is no Relationship of Defensive skills to Personality of male Kho-Kho players the University of Mysore.
3. To assess Personality only Eysenck Personality Inventory test employed.
4. To assess Kho-Kho players performance rating scale was used.

Significance of the Study

1. The present study's result may provide information to the coaches and physical education teacher to formulate an appropriate training programme.
2. Coaches may use the result of the study for feedback.
3. The study results may be used as a measure for determining the Personality and Performance of kho-kho players.
4. The study may help to over come dearth of literature in this area.

The result of the present study may facilitate to know the relationship between the Personality to

Personality Test

Illustration 1 Eysenck Personality Inventory Test



1. **Aim:** to assess the Personality of the subject by questionnaire
2. **Materials:-** 1 Eysenck personality inventory questionnaire .

⁴ Eysenck H J (1967) dimesons of personality new Yorkpnagar

³Hardayal Singh, Sports Training, General Theory and Methods (Patiala : Netaji

⁶ The New Encyclopedia Britannica, in 30 volumes, Volume X, Encyclopedia Subhash National Institute of Sports, 1984), p.103.

⁷ En.m.wikipedia.org › wiki › College.

⁸ J.M. Mahikar, Our Physical Activities (Bombay : Hind Printing Works, 1950).

⁹J.M. Mahikar, Our Physical Activities (Bombay : Hind Printing Works, 1950).

3. **Plan:-** assess the Personality by administering the aforesaid questionnaire by one.

Procedure :- Eysenck personality inventory (EPI) instruct him these. Here are a few questions regarding the way you behave feel and act read each question and decide whether yes or no 'X' either under "yes" or no in the circle against the question work quickly and don't spend too much time over any question we want your first reaction not a long drawn out thought process be sure not to omit any question while answering please note that there is no right or wrong answer but your honest answer is important with the above instructions given him the questionnaire and obtain the answers check up the answer with reference to the key (see appendix for key & norms)

Performance Analysis

Illustration – 2 – Performance Rating Scale Test



Performance rating in team sports is a very hazardous task. Several factors are to be taken into consideration before rating the players 'Performance subjectively. It is imperative that the assessment should not be biased, and it must follow a certain standard. Players should be given equal opportunities to show their talent. In a game or in a competition, a player integrates a variety of skills, strategy, tactics and the outcome is the Performance. A holistic approach to assessment based on certain criteria helps in judging the Performance, which provides constructive feedback.

To rate the Performance of kho-kho players, three expert coaches who have wide knowledge and experience in kho-kho were named and were asked to rate the Performance of players while they participated in the competition on a 100 point rating scale. The points awarded by the three expert coaches were aggregated and divided by the three to get the average score for each subject. Different rating scales were used for chasers and dodgers. The experts were informed to follow a uniform pattern of game observation and to assess the Performance and grade each player independently.

Analysis of Interpretation of Data

The study was Relation between the Performance of intercollegiate male khokho players the University of Mysore,

in order to achieve the purpose of the study subjects performance was estimated with the help of a rating scale, the status of the subject in the selected personality variables was measured with the help Eysenck questionnaire, a total of 100 topics belongs to 10 college's (University of Mysore) were selected in such a where that 34 all-rounders 33 chasers 33 dodger category.

Table 1 Descriptive Date of Personality Variables

		N	Mean	Std. Deviation	Std. Error
extro	All rounder	34	13.0000	2.46183	.42220
	chasers	33	13.4848	2.64718	.46082
	Dodgers	33	13.5152	2.26552	.39438
	Total	100	13.3300	2.44972	.24497
neuro	All rounder	34	13.6176	3.70924	.63613
	chasers	33	13.2424	3.69146	.64260
	Dodgers	33	14.6061	2.87162	.49989
	Total	100	13.8200	3.46229	.34623

The average Extraversion score of all rounders was 13.00 with standard deviation 2.4683; of Chaser was 13.4848 with standard deviation 2.64718; of Dodger score was 13.5152 with standard deviation 2.26552; it was observed that Extraversion score of all rounders was minimum and Chaser add maximum Extraversion score.

The average Neuroticism score of all rounder was 13.6176 with standard deviation 3.70924; of chasers was 13.2424 with standard deviation 3.69146; of Dodger score was 14.6061 with standard deviation 2.87162; it was observed that Neuroticism score of chasers was minimum and Dodger add maximum Neuroticism score.

The mean Extraversion score of all rounders Chaser and Dodgers were 13.0, 13.48. and 13.52 Respectively one-way ANOVA Review NON significant were difference (F=0.464-p=0.630) in the other words all rounders, Chasers and Dodgers. Add statically squal score on Extra variation.

The average total score of all rounders was 98.7059 with standard deviation 21.92899; of chasers was 88.4545 with standard deviation 20.45130; of dodger score was 84.0909 with standard deviation 18.52762; it was observed that total score of dodger was minimum and all rounder add maximum total score

Offensive Skills

Offensive skills one way ANOVA Review as significant view difference between 3 selected groups F valve 11.682 was found to be significant at .000 level. The mean offensive skills. All rounder, chasers and Dodger were 48.59, 48.27 and 38.06 Respectively further Sheffex post of test Revial co-operative. Chasers and all rounder's.

Table 2 Descriptive Date of Offensive and Defensive Skills

		Descriptives			
		N	Mean	Std. Deviation	Std. Error
off	All rounder	34	48.5882	11.40472	1.95589
	chasers	33	48.2727	9.55665	1.66360
	Dodgers	33	38.0606	9.13078	1.58947
	Total	100	45.0100	11.12963	1.11296
deff	All rounder	34	50.0588	10.91827	1.87247
	chasers	33	40.7879	10.44856	1.81886
	Dodgers	33	46.0303	10.19033	1.77391
	Total	100	45.6700	11.09924	1.10992
total	All rounder	34	98.7059	21.92899	3.76079
	chasers	33	88.4545	20.45130	3.56011
	Dodgers	33	84.0909	18.52762	3.22524
	Total	100	90.5000	21.08688	2.10869

The average offensive score of all rounder was 48.5882 with standard deviation 11.40472; of chasers was 48.2727 with standard deviation 9.55665; of dodger score was 38.0606 standard deviation 9.13078; it was observed that offensive score of dodger was minimum and all rounder add maximum offensive score.

The average Defensive score of all rounders was 50.0588 with standard deviation 10.91827; of chasers was 40.7879 with standard deviation 10.44856; of dodger score was 46.0303 with standard deviation 10.19033; it was observed that Defensive score of chasers was minimum and all rounder add maximum defensive score.

Table 3 Anova

		ANOVA				
		Sum of Squares	df	Mean Square	F	Sig.
extro	Between Groups	5.625	2	2.813	.464	.630
	Within Groups	588.485	97	6.067		
	Total	594.110	99			
neuro	Between Groups	32.791	2	16.396	1.378	.257
	Within Groups	1153.969	97	11.897		
	Total	1186.760	99			
off	Between Groups	2380.330	2	1190.165	11.682	.000
	Within Groups	9882.660	97	101.883		
	Total	12262.990	99			
deff	Between Groups	1445.743	2	722.871	6.522	.002
	Within Groups	10750.367	97	110.829		
	Total	12196.110	99			
total	Between Groups	3783.032	2	1891.516	4.560	.013
	Within Groups	40237.968	97	414.824		
	Total	44021.000	99			

Offensive Skills

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Table 4 Correlations: Total

		Correlations		
		off	deff	total
extro	Pearson Correlation	.143	.162	.168
	Sig. (2-tailed)	.157	.108	.094
	N	100	100	100
neuro	Pearson Correlation	-.002	.067	.034
	Sig. (2-tailed)	.984	.506	.736
	N	100	100	100

Correlations

Correlation between Personality and total skills, The obtain correlation coefficient between offensive skills and extraversion was found to be .143, in significant of .157, between Neuroticism and offensive skills obtain correlation coefficient -.002 in significant level of .984, offensive skill were Non significant Related to Extraversion Neuroticism.

Table 5 Correlations: Dodgers

		Correlations		
		off	deff	total
extro	Pearson Correlation	.349	.354	.367
	Sig. (2-tailed)	.047	.043	.036
	N	33	33	33
neuro	Pearson Correlation	.099	.198	.158
	Sig. (2-tailed)	.585	.269	.381
	N	33	33	33

Dodgers Correlation between offensive skills A significant positive correlation was observe The Extraversion and offensive Skill score correlation coefficient of .349 was found to be significant at .47 level. In other words Higher Extraversion score more was the offensive skills.

How ever between Neuroticism and offensive skills The obtain correlation coefficient was. 099 which was NON significant (p =.585) introversion Neuroticism score were not significant Related.

RESULTS

- There is no relationship between extraversion score and offensive skills of kho-kho players.
- There is no between Neuroticism and Offensive skills
- There is a Relationship between Extraversion and Offensive skills
- There is no Relationship between Neuroticism and Offensive skills
- There is no Relationship was found related difference skills and Personality

DISCUSSION

The reason for present result it may be the subjects were not regular trained players, and they were not specified their playing position in in perfect session . All the players may be practicing together as a team. There are the predicted was one for present result.

CONCLUSIONS

The reason for present result it may be the subjects were not regular trained players, and they were not specified their playing position in in perfect session . All the players may be practicing together as a team. There are the predicted was one for present result.

There are several factors that contribute to the achievement of the sport of Kho-Kho.

It is known to be positively correlated with factors. But Personality traits are not directly in the sport of Kho-Kho indirectly affecting Performance.

Recommendations

The Independent variables Maybe changed and judge's rating maybe modify and if high present of association is obeatn.

- The study can be extended to the kho-kho players of inter University kho-kho tournaments.
- Similar study maybe conducted by taking sub junior boys and girls, senior females.
- It's recommended the similar type of study maybe conducted on other sports disciplines at different level.
- It's recommend the present invocation maybe repeated on large sample at the college or university level.
- It's recommend that coaches can be encourage to consider those variables which can be e useful in enhancing performance kho-kho players.

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