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**A Study Of Factors Affecting The State Level Kabaddi Performance Of  
The Players From South Konkan Region  
(Sindhudurg And Ratnagiri District)**

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**Abstract:**

*This research article describes the factors affecting the performance of Kabaddi players from the Sindhudurg and Ratnagiri district as a south konkan region. It includes the talukas from above districts such as Ratnagiri, Chiplun, Sangammeshwar, Sawantwadi, Kudal, Kankavali, Malvan etc. In order to achieve the purpose of this study the 50 players were selected and their different parameters like Socio-economic, social, flexibility, anxiety and strength parameters were studied on the basis of questionnaire given to the kabaddi players.*

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**Keywords:** *Kabaddi Players, Socio-Economic, Social, Flexibility, Anxiety, Strength.*

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**Introduction:**

The sport of kabaddi has become well-known worldwide. A defensive and offensive game is kabaddi. In particular, an individual's effort goes into an attack, but a team's effort goes into a defensive. Sports performance and accomplishments are inextricably linked to physical fitness [1]. In essence, Kabaddi is an Indian sport that mixes elements of rugby and wrestling while requiring both strength and ability [2]. Kabaddi is a competitive team game played on a rectangular court with seven participants on either side of the ground and no equipment whatsoever [3]. Kabaddi is a popular sport in India and is practiced

all throughout the country. This sport is also rising to prominence in Asia. A team game is what this game is. While we partially employ mental and physical abilities in other disciplines, sport is a medium through which a player develops both physical and mental abilities, leading to a conscious manner of performing whatever one does most efficiently [4].

**Performance Parameters:**

**1. Socio-economic:**

Technically, "socioeconomic status is the level of an individual's or a group's social and economic achievement." Herbert Sorenson was born in 1954. A

sound mind dwells in a sound body, as the proverb goes. Rehabilitation for the poor impoverished is a requirement in our society, since many are socially backward and economically insecure. Even if the necessary sympathy is given to accelerate them, physical fitness can only be in a Lowell. Despite their desire to participate in physical activities, they rarely do so. The lucky few who are financially secure and physically fit have the opportunity to participate in sports. Children from poor and backward communities attend the school [5].

Socio-economic status (SES) is “economic status and overall sociological measures of a person. Professional experience and personal or family experience Based on economic and social status in relation to others about income, education, and work [6].

Socio-economic status variables also play an important role. This role determines the mental health of female athletes in some cases. sociologists say biological sports factors are getting in the way an athlete's occupation, social status, economic factors, and sociocultural factors also influence personality and sport performance [7].

## **2. Social:**

Humans are sociable animals. He needs to live in society. He must therefore be a socially adept person. The degree of social maturity influences how people behave in relation to others and how their personalities evolve. Sportspeople speak for their department of sports and health sciences. Social maturity is the trait of

being a friendly and adaptable mature person in society. A person's personality can be developed by sports in many different ways, including how they affect their physical, social, mental, and emotional well-being [8].

## **3. Flexibility:**

Any sport requires physical fitness as a fundamental requirement. Excellence in sports requires a combination of physical fitness and motor skills including speed, strength, endurance, and flexibility [9].

## **4. Anxiety:**

Anxiety is defined as a feeling of dread, uncertainty, and anxiety brought on by the expectation of a real or imagined frightening event or circumstance, which frequently impairs one's ability to operate physically and mentally. We might also define anxiety as a complicated emotional state that includes generalized fear or dread, sometimes accompanied by tension, and those results from poor adaptations to life's stresses and strains as well as by overreacting in an effort to cope with these challenges [10].

## **5. Strength:**

In the field of physical education, physical fitness is probably the most well-known and frequently used term. For any sport, physical fitness is a need. Important motor skills in athletics include quickness, strength, explosive power, endurance, and flexibility [11]. The most force you can exert against a pile is strength. Lifting weights or generally increasing the resistance you work with are preparations for improving muscle quality [12].

**Objective:**

1. To study the socio-economic, social, flexibility, anxiety and strength among the kabaddi players of the team.
2. To study the impact of above factors on their kabaddi game performance.

**Sample:**

The sample for the study consisted of 50 male Kabaddi players from Ratnagiri and Sindhudurg District. All the players are from the various undergraduate colleges.

**Test used:**

To test the socio-economic, social, flexibility, anxiety and strength of Kabaddi players the questionnaire was allotted to the players. The test consists of forty questions and in responding to the socio-economic, social, flexibility, anxiety and strength. Depending upon the questionnaire marks are assigned to each player out of 10. This test has minimum score of 4, medium 5-7 and above 7 are higher level of problems.

**Conclusion:**

This research article describes the factors affecting the performance of Kabaddi players of age group 12-18 years from the sindhudurg and Ratnagiri district from the south konkan region.

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