INTRODUCTION

Physical education trends have developed recently to incorporate a greater variety of activities. Introducing students to activities like bowling, walking/hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures. For example, while teaching a unit about lacrosse (in, say, Arizona, USA), students can also learn a little bit about the Native American cultures of the Northeast and Eastern Canada, where lacrosse originated. Teaching non-traditional (or non-native) sports provides a great opportunity to integrate academic concepts from other subjects as well (social studies from the example above), which may now be required of many P.E. teachers. There are four aspects of P.E. which is physical, mental, social, and emotional.

Physical education is an essential and integral part of the total education program and makes significant contributions toward the achievement of desirable education and health outcomes through the medium of physical activity. Quality physical education programs promote the physical growth and development of children and youth while contributing to their general health and well being. They are based on a planned sequence of experiences in a wide variety of activities beginning with basic movement skills and progressing toward more complex sport, dance, and other forms of movement. Ultimately, they should help young people keep physically fit and enjoy many forms of physical activity during the school years and continuing throughout life.

Anxiety is defined as a general mood condition that occurs without a certain triggering motivation. The fear defined as a perfect emotional and cognitive response to the perceived threat is different from anxiety in several aspects. Moreover, fear is linked with certain behaviors of avoidance and escape, while anxiety is related with unavoidable and uncontrollable situations. Another definition of anxiety is it is a potential oriented feel condition in which a person is ready to take an attempt to handle the upcoming negative events, considering it as the only difference between the present and future dangers. This separates anxiety from fear.
Aggression in sport can be caused by a number of factors. The most identifiable reasons are the rules of the game (level of Physical contact), frustration, instinct, presence, arousal, environmental cues, self control and also the behavior of those around. Other factors in aggression include personality, media involvement, coaching, role models and the society we live in. the following is an insight into the term aggression in sport, using the social learning theory and environmental cause theory I will explain examples of each theory and try and contrast them.

Achievement motivation forms to be the basic for a good life. People who are oriented towards achievement, in general, enjoy life and feel in control. Being motivated keeps people dynamic and gives them self-respect. They set moderately difficult but easily achievable targets, which help them, achieve their objectives. They do not set up extremely difficult or extremely easy targets. By doing this they ensure that they only undertake tasks that can be achieved by them. Achievement motivated people prefer to work on a problem rather than leaving the outcome to chance. It is also seen that achievement motivated people seem to be more concerned with their personal achievement rather than the rewards of success.

Usually when we talk about someone's personality, we are talking about what makes that person different from other people, perhaps even unique. This aspect of personality is called individual differences. For some theories, it is the central issue. These theories often spend considerable attention on things like types and traits and tests with which we can categorize or compare people: Some people are neurotic, others are not; some people are more introverted, others more extroverted; and so on. However, personality theorists are just as interested in the commonalities among people. What, for example, does the neurotic person and the healthy person have in common? Or what is the common structure in people that expresses itself as introversion in some and extroversion in others?

**Statement of the Problem**

The purpose of the study was to study the achievement motivation, aggression, anxiety and personality traits of kabaddi player at different levels of participation.

Psychological variables

1. Achievement Motivation
2. Aggression
3. Anxiety
4. Personality:
   (a) Extroversion
   (b) Neuroticism

**Delimitations**

1. The study was delimited to the male kabaddi players of India.
2. The study was further delimited to age ranging from 14 to 19 years.
3. The study was further confined to the following psychological variables.

**Limitation**

1. Questionnaire research has its limitations. As such any bias that might have crept into the subject response on their account may be considered as limitation.
2. The test were administered at different points of times considering the availability of the subjects, their mood states as a result of winning or losing a particular match might have influenced their response pattern on a particular scale/instrument. This was another limitation imposed on the study inadvertently.

**Hypotheses**

On the basis of literary evidence available the following hypotheses were formulated:

H:1 There would be no significant difference between district, state and national level players on Achievement Motivation.
H:2 There would be no significant difference between district, state and national level players on Aggression.
H:3 There would be no significant difference between district, state and national level players on Anxiety.
H:4 There would be no significant difference between district, state and national level players on Extroversion.
H:5 There would be no significant difference between district, state and national level players on Neuroticism.
**Definition and Explanation of the Terms**

**Achievement Motivation**
It is an athlete’s predisposition to approach or avoid a competition situation.

**Aggression**
Used by the athlete to channel their will to win at all odds and determination to sacrifice their own or their opponents, bodies in the cause of victory.

**Anxiety**
Anxiety is a subjective feeling of apprehension and heightened physiological arousal. It is accompanied with an elevated level of arousal and feeling of tension and apprehension.

**Sport Competition Anxiety**
A tendency to perceive competitive situation as threatening and to respond to these situation with feeling of apprehension or tension is called sport competition anxiety.

Specific form of anxiety that occurs as a function of the competitive situation.

**Personality**
An individual's pattern of psychological processes arising from motives, feelings, thoughts, and other major areas of psychological function. Personality is expressed through its influences on the body, in conscious mental life, and through the individual's social behavior. (Mayer, 2005)

**Extroversion**
An extrovert is someone who likes to be social and whose interests mostly lie with things beyond him/herself, such as other people and the physical environment. Extroverts are not as concerned with themselves and thus do not focus much on their own thoughts or feelings.
Neuroticism

An enduring tendency to experience negative emotional states, such as anxiety, anger, guilt and depression. Those who score high on neuroticism scales are more likely than average to respond poorly to stress and to interpret situations as threatening or hopelessly difficult.

Significance of the Study

There is no doubt about the fact that infrastructural facilities, opportunities for training, international exposure, scientific back-up etc. have tremendously improved in India and yet the curve of the sports performance has remained stagnant; expectations have often belied hope. What reasons can be attributed to such a dismal state of affairs, is absolutely outside the purview of this study, yet there is every reason to believe that the findings of this investigation will go an long way in helping the coaches in understanding the nature of ‘human material’ they wish to mould into ‘world beaters’. The much talked of ‘killer’s instinct’ which the Indian players are alleged to posses none, can neither be understood nor developed without reference to the understanding of psychological make-up of athletes. This study may hopefully pave the way for such a venture.