LITERATURE REVIEW

1. Nixon, H. L. (1997). Gender, sport, and aggressive behavior outside sport. This study suggests potentially valuable insights about how gender, beliefs in the value of toughness in sport, accidentally or intentionally hurting other athletes in competition, and participation in a team or contact sport relate to physical aggression outside sport. Whereas attitudes, having hurt other athletes, and team and contact sport participation all were related to physical aggression outside sport for male athletes, only participation in a contact sport was related to physical aggression outside sport for female athletes.

2. Junge, A. (2000). The influence of psychological factors on sports injuries: A review of the literature. According to existing results, the influence of stress-coping strategies is somewhat questionable. From the numerous psychological attributes that have been investigated in relation to sports injuries, only competitive anxiety has been shown to be associated with injury occurrence. In this review, the current knowledge regarding the relationship between psychological factors and sports injuries is presented, and a stress theory model is developed.

3. Mirwald, R. L. Baxter-Jones, et al. (2002). An assessment of maturity from anthropometric measurements. The range of variability between individuals of the same chronological age (CA) in somatic and biological maturity is large and especially accentuated around the adolescent growth spurt. It is recommended that maturity offset be considered as a categorical rather than a continuous assessment.

4. Almeida, T. A. D., & Soares, E. A. (2003). Nutritional and anthropometric profile of adolescent volleyball athletes. The study demonstrates that The after-effects of anthropometric assessment demonstrated that athletes had body mass of 64.35 ± 6.12 kg, stature of 1.74 ± 0.06 m and fat mass of 20.51 ± 2.43%. Diets comprised of high vitality and protein admission, and low starch consumption. The utilization of calcium, foliate and vitamin E was underneath the suggestions. Since these athletes going through a period of rapid growth and development and their training is intense it is extremely important for them to have a knowhow of nutrition to excel in their performance.
5. Filho, M. G. B., Ribeiro, L. C. S., et.al. (2005). Comparison of personality characteristics between high-level Brazilian athletes and non-athletes. It was found that significant contrasts (p < 0.05) were found in eight out of the 12 FPI instrument variables: Inhibition, Irritability, Aggressiveness, Fatigability, Physical Complaints, Health Concern, Frankness, and Emotionality amongst athletes and non-athletes. The study clearly shows a difference between athletes and non-athletes.

6. Van de Vliet, P., Rintala, P., et.al. (2006). Physical fitness profile of elite athletes with intellectual disability. It can be seen from the study that high profile athletes with ID reach physical fitness levels that are equal to or lower than those of able bodied sportive counterparts. It was also seen that male athletes have a more differentiated profile depending on their sports discipline in comparison with the female athletes.

7. Ortega, F. B., Ruiz, J. R., et.al. (2008). Physical fitness in childhood and adolescence: a powerful marker of health. In conclusion, health promotion policies and physical activity programs should be designed to improve cardiorespiratory fitness, but also two other physical fitness components such as muscular fitness and speed/agility. The school administrators can play an important role in this aspect by identifying children with low fitness and taking necessary measures accordingly.

8. Dey, S. K., Kar, N., et.al. (2010). Anthropometric, motor ability and physiological profiles of Indian national club footballers: a comparative study. So, it can be concluded that the differences among the footballers of present study with their international counterparts and specific playing position is probably the cause of hereditary factors and differences in activity in the game.

9. Sohrabi, F., Atashak, S. et.al. (2011). Psychological profile of athletes in contact and non-contact sports. Results of this study show that contact sport players had high scores in the histrionic, narcissistic, antisocial, negativism and sadistic scales, but in schizoid scale acquired low scores in comparison of non-contact sport players and there were not significant differences among groups in personality factors. The results of this study show that the groups differentiate significantly in the majority of variables,
indicating that contact athletes present differentiated psychological characteristics in comprise non-contact athletes.

10. Koley S. (2011) A study of anthropometric profile of Indian inter-university male cricketers. The results of this study showed that there was statistically significant difference in weight, BMI, thigh length, total leg length, calf and hip circumferences, percent body fat and back strength between cricketers and the control group. Significantly positive correlations were noted among linear measurements, viz, mid-thigh circumference, hip circumference and calf circumference in Indian intervarsity male cricketers.

11. Khan, Z., Haider, Z., Ahmad, N.et.al. (2011). Sports achievement motivation and sports competition anxiety: a relationship study. It was found that significant negative relationship between Achievement Motivation and Anxiety.

12. Meena, D.S., Kumar, A.et.al. (2012) A comparative study on selected fitness components of tribal and non-tribal person of Rajasthan state. The study shows that the tribal sports persons were superior in all fitness components except for flexibility. The reason behind this could be that the tribal life is physically very active compared to non-tribal due to limited resources and lack of proper infrastructure.

13. Pawar, V., Hazarika, D. B. (2012). Indian National Women Soccer Team—A Profile Study. The study shows that that this team lacked in the physical, anthropometric and physiological variables. These kind of studies give a clear guideline to the players and selectors and administrators.

14. Rafeeqe , T.C.Abdul (2012) Relationship of selected physical, physiological variables and hemoglobin content to the performance of Inter-University Cross Country runners. The results show that aerobic capacity has direct relation to the cross country performance. However no co relation is seen between physiological variables of resting pulse rate, blood pressure and hemoglobin content and the cross country performance of the runners. The variables fat percentage and hemoglobin content are negatively correlated with the runners.

15. Rao G.S., Dr. Basha S.C.et.al.(2012). Effects of protein supplementation on selected physical fitness, physiological and biochemical variables among athletes, Volleyball and Basketball players of sports school. This study
states the importance of including the whey proteins, casein protein in improving performance. It also states the importance of games in improving the physical variables of cardiovascular endurance and strength amongst the three groups.

16. **Rajana, B., A., Dr. A. Raghu, (2012).** A Comparative Study Of Motor Fitness And Selected Anthropometric Variables Among The State Level Cricketers And Volleyball Players. Result showed that the volleyball players were more superior in height and weight but in motor fitness cricketers were superior then the volleyball players, except flexibility. In anthropometric variables volleyball players are superior in lower and upper limb differences, but cricketers are much superior in biceps and triceps differences

17. **Omar-Fauzee, M. S., Saputra, et.al. (2012).** Mental toughness among footballers: A case study. Results of the study show that eight themes emerged from the interviews, which are motivation, negative energy, self-confidence, positive energy, visual and imagery control, patriotic spirit, perseverance and attention control. Almost all of the themes have been identified by previous researchers (i.e., Fourie & Potgieter, 2001; Jones, Hanton & Connoughton, 2002; 2007; and Loehr, 1986), except for patriotic and perseverance.

18. **Dr. Bhakt, D. (2013).** A comparative study of endurance, aggression and dominance among tribal players and non tribal players of Maharashtra in India. The results of this study showed that tribal players had high endurance, more aggression and high dominance compared to non tribal players. The reason could be genetic.

19. **Kumar V., Yadav, H. et.al. (2013)** Study of stature and physical fitness of Volleyball players in relation to their skill ability. The results of this study revealed that there is a significant difference between the stature and physical fitness of Volleyball players in relation to their skill ability. It is but expected so as Volleyball players need to be tall and athletic in order to give better performance. The sample in this case is extremely small so I suggest that the same study can be done on a larger sample.

20. **Kaur Tiwana, P. A. (2013).** Comparative Study of Anthropometric Measurements, Physique and Body Composition of Intervarsity level Jumper Girls. The result of the study shows that the high jumpers were found to be
higher in mean of height and lower in mean value of weight as compare to long and triple jumpers but the test ANOVA shows non-significant differences in all anthropometric measurements except calf skin fold. In case of derived measurements the long jumper, high jumper and triple jumper are significantly different in height/weight ratio, Pondreal index and ectomorphy component.

21. Kumar, V. A.(2013) Study of Emotional Intelligence in Kabaddi and KhoKho players of Haryana. The findings of the study revealed that (i) No significant difference in emotional intelligence of male and female Kabaddi players of Haryana; (ii) No significant difference in emotional intelligence of male and female KhoKho players of Haryana; and (iii) No significant difference in emotional intelligence of Kabaddi and KhoKho players of Haryana.

22. Manna, I., Pan, S. R.et.al.(2014). Anthropometric, Physical, Cardio respiratory Fitness and Lipids and Lipoproteins Profile of Young Indian Children of 10-16 Years Age Group. An essentially (P<0.05) more noteworthy stature, body mass, BSA, LBM, mid upper arm perimeter, hip and trunk adaptability, grasp qualities, stomach quality, flexible leg quality, most extreme rate, top force, VO2max, FVC, FEV1, PEFR, circulatory strain and serum HDL-C level were seen in Post pubertal kids when contrasted with Pre pubertal and Pubertal kids. In any case, an altogether (P<0.05) lower percent muscle to fat quotients, response time, maximal heart rate, recuperation heart rates and serum triglyceride level were noted in Post pubertal kids when contrasted with Pre pubertal and Pubertal youngsters. The waist-hip proportion of pubertal kids was noted essentially higher (P<0.05) when contrasted with pre pubertal and post pubertal youngsters. No critical change was accounted for in BMI, resting heart rate, serum all out cholesterol and LDL-C levels among the gatherings.

23. Johnstone, J. A., Mitchell,et.al (2014). The athletic profile of fast bowling in cricket: A review. This survey studies the rising commitment of physiological-based writing connected to fast bowling in cricket, highlight the present confirmation identified with recreated and aggressive in-match execution, and relate this for all intents and purposes to the molding mentor. Moreover, the survey considers impediments with past examination and conceivable boulevards for future examination. It is clear with the approach of new
connected portable checking innovation that there is degree for all the more naturally legitimate and longitudinal investigation catching in-match information, giving evaluation of physiological workloads, and examination of the physical requests over the varying arrangements of the amusement. Presently, quality and molding authorities don’t have a basic scholarly asset with which to shape proficient practice, and this survey points to give a beginning stage to confirm in the particular region

24. Richards, J., Foster, C., Townsend, et.al.(2014). Physical fitness and mental health impact of a sport-for-development intervention in a post-conflict setting: randomized controlled trial nested within an observational study of adolescents in Gulu, Uganda. The sport-for-development league in this study had no impact on fitness and a negative effect on the mental health of participating boys. From this research, there is no evidence that voluntary competitive sport-for-development interventions improve physical fitness or mental health outcomes in post-conflict settings

25. Guelmami, N., Hamrouni, S. et.al.(2014). Psychological profiles of talented male youth athletes in team sports games. The present study showed that psychological skills distinguished between more or less successful talented athletes. It also showed that psychological skills differed in team games sports

26. Khuman, P. R., Kamlesh, T., et.al.(2014). Comparison of static and dynamic balance among collegiate cricket, soccer and volleyball male players. It was found that There is significance difference in static and dynamic balance among collegiate cricket, soccer and volleyball male players. The soccer players demonstrate higher balance than volleyball players and the volleyball players have a higher balance than that of cricketers both statically and dynamically.

27. Kumar D., Singh B., (2014)Comparative study of flexibility and leg strength between Korfball and softball women players of Delhi. The present study results clearly show that there is no significant difference between the Korfball and Softball players as far as flexibility and leg strength is concerned. The same study can be conducted on a larger sample. The sample size is only 60.
28. **Ebaro, G.M. & Samong, N.P. (2014)** Health-related and performance related components: a co relational study. The results show that body composition has no significant relationship to any of the health related components while flexibility has a weak positive linear relationship to muscular Endurance.

29. **K Kurikakose, S. & Dr. Abraham G. (2014)** Analysis of motor fitness variables among Attapppady and Waynad tribal students. The study shows difference in explosive leg strength between the groups but not in agility. The sample size is extremely small in this case so one has to conduct the research on a larger sample to get better results.

30. **Dr. Faldu A. (2014)** The comparative study on physical fitness of scheduled tribe and non-schedule tribe students. The results of the present study show that no statistically significant difference was found in 50 yard dash run, standing broad jump and pull ups, shuttle run, sit ups and distance run. I feel that this study could have been accomplished by the socioeconomical status test to understand the difference in background.

31. **Opstoel, K., Pion, J., et.al. (2015)** Anthropometric Characteristics, Physical Fitness and Motor Coordination of 9 to 11 Year Old Children Participating in a Wide Range of Sports. The study demonstrated that kids at a youthful age don't display sport-particular qualities, aside from in youngsters with a high preparing volume. It is conceivable that from one viewpoint, youngsters have not invested enough energy yet in their game to create sport-particular qualities. Then again, it could be conceivable that they don't consider singular qualities while picking a game.

32. **Radu, L. E., Popovici, I. M. et.al. (2015)** Comparison of Anthropometric Characteristics Between Athletes and Non-athletes. This data was collected with basic, girths and breadths. The result indicated differences between the research groups depending on weight, BMI, girths and breadths, while no differences were recorded for height, and anterior posterior chest depth. This study indicates clear differences between athletes and non athletes in anthropometric characteristics and also between Volleyball and Handball players due to the peculiar characteristics of their games.

33. **Dey, S. K., Kar, N. et.al. (2010)** Anthropometric, motor ability and physiological profiles of Indian national club footballers: a comparative study. It was noted that the mean values of age, height, weight and %BF were
significantly different among footballers of different national clubs. Among the motor ability and physiological qualities only flexibility, agility and VO2 max were significantly different among the footballers of different national clubs. It was also observed that the mean values of height, weight, vertical jump and VO2 max of Indian national club players were found to be inferior to those of European, American and Australian footballers. However, the %body fat of Indian footballers according to their specific field positions was found to be comparable with their international counterparts. So, it can be concluded that the differences among the footballers of present study with their international counterparts and specific playing position is probably the cause of hereditary factors and differences in activity in the game.

34. Sharma, R. (2015). Assessment of Motor Fitness, Physical Fitness and Body Composition of Women Football Players at Different Levels of their Participation. A similarity was seen in the women Football players of National, intervarsity and state levels in certain selected motor, physical fitness and anthropometric components.

35. Biswas M., Haldar S., (2015). A comparative study on the selected anthropometric variables and motor abilities between women Khokho and Kabaddi players. The results of this study showed that no significant difference was found in the selected anthropometric variables and motor abilities between women KhoKho and Kabaddi players. The reason behind this could be the different training programmes or level of achievement.

36. Sharma, K. (2015) A relationship study of selected anthropometric measurements and physical fitness variables with Volleyball playing ability. It is concluded from the study that a combination of significant independent variables such as height, arm length, leg length, pull ups, shuttle run, standing broad jump was found most reliable and valid for predicting performance in playing ability in Volleyball players. This gives a very good guideline for players to take up this game, coaches to train and selectors to select players for this game.

results indicate that the percent body fat in non tribal male players was higher than the norms set for field hockey whereas percent body fat of tribal male hockey players came with the norm of 8-15%. It was concluded that tribal male players have ideal percent body fat as compared to non tribal male hockey players

38. Kirankumar H.K., Reddy Shvrama, M.et.al. (2015) Predominance of selected anthropometric and motor fitness variables on playing positions of Soccer players. International journal of health, physical education and computer science in sports. 19(1), 76-80. This study confirms that the Soccer players of different playing positions can be predetermined as it is predominantly influenced by selected anthropometric and motor fitness variables.

39. Jannah, M., Mulyana, O. P.et.al. (2015). Psychological profiles of Indonesian elite swimmers In Indonesia. Six psychological characteristics of Indonesian elite swimmers were identified in this study: (1) self-confidence, (2) optimism, (3) resilience, (4) hope, (5) emotional stability, and (6) motivation for achievement

40. Singh, M.S. (2016). A comparative study of sports achievement motivation between Hockey and Cricket players of Banaras Hindu University. Discoveries of the study uncovered that there is no critical contrast amongst hockey and cricket players in connection to games accomplishment inspiration as calculated t was less than tabulated t. value at .05 level of significance.