

Ai For Mental And Psychological State Monitoring In Kabaddi University Kabaddi Players

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DOI: <https://doi.org/10.63001/tbs.2026.v21.i01.pp25128-25132>

Key words: Kabaddi,

Psychological
conditions, Resilience,
Revealing.

Article Info

Received on: 09.01.2026

Accepted on: 20.02.2026

Published on: 07.03.2026

ABSTRACT

The potential of integrating artificial intelligence (AI) in sports is visible in research conducted on athletes at Bharathidasan University, Tiruchirappalli, Tamil Nadu India. This research uses advanced machine learning to analyze athletic performance and categorize performance during an event, as well as the hidden factors that influence performance. The study incorporates a mixed-method approach to consider both performance statistics and mental health to understand how performance metrics reflect mental health and provide real-time data for athletes. The study investigates how performance statistics gathered by AI correlate to a player's on-field performance. The study suggests that the AI integrations and performance data diversify the approach to player mental data and help players develop mental resilience. The research suggests that using AI and performance data systems improves the mental health of players.

INTRODUCTION

Kabaddi is an intrinsic sport that belongs to Indian culture and is an interesting combination of dexterity and tactical knowledge with high physical competence and mental skills. It

requires balance between strength, strategy and tactics. One important aspect in every kabaddi player's life is psychological resilience of players towards different challenges and

pressure in the competition they faced. Though it is important for the overall performance, the programs and development for kabaddi has been largely excluded. The training methods emphasize physical training, skill development and technical skills but fail to emphasize mental health development. To evaluate their performance it is crucial to understand the mental state and condition as their decision making, mental conditions, physical states play role.

This paper aims at discussing the use of AI in mental and physical state monitoring and analyzing for the kabaddi players at kabaddi university. AI has opened up the new opportunities in real-time monitoring of mental condition of players which will provide valuable insights to coaches and Sports Psychologist on the subject like players' stress levels, coping ability, players' motive level etc. In the game of Kabaddi. With the usage of AI, the players' psychological values can be tracked at accuracy higher than before to understand the various players and apply a more structured training methodology. This will create an efficient support system around players ensuring success on the field. We hope that this research contributes and add values about mental health importance in sports and technology using artificial intelligence helps sport performance by understanding mental and psychological condition of kabaddi players.

mental health aspect in the sports training

Methodology

The methodology used in this study followed a mixed-methods approach, combining quantitative analysis of data with qualitative data interpretation. AI algorithms such as Natural language processing (NLP) algorithms and machine learning algorithms were used to analyse data from, for example, survey data, interviews, and data from wearable devices capable of tracking things like heart rate variability.

Research Design

A stratified sampling of Kabaddi players stratified by skill level (Beginner, Intermediate, Advanced) was chosen so that participation of all skill levels were available. Regular psychological tests were administered to the players, where additionally, there were AI-enabled data collection methods.

Review of Literature on Psychological Monitoring in Sports

Psychology and Sport Performance Over the course of research and academics the relationship between sports performance and psychology has been a substantial and widely studied subject, with multiple studies highlighting the important relation and influence of factors such as motivation, and anxiety in the

performance of athletes in respective sports. Basic, ground-breaking works by Gould and Udry (1994) & Fletcher and Sarkar (2012) suggest that these two psychological elements are the key determinants of success or failure within sports competitive settings and the level to which they influence performance is an aspect that has prompted further study into the importance of emotional monitoring in sport. The earlier work in this field demonstrated how elevated states of anxiety would detrimentally affect performance, such as; concentration lapses, and decision-making errors, whereas, conversely, optimum motivation would promote higher levels of skill demonstration and a greater sense of individual accomplishment.

However, recent times have seen a transformation in the way in which psychology and sports performance experts interact in regards of monitoring, and effectively acting on athlete emotions and experiences. Over recent years the world has become increasingly aware of Artificial Intelligence (AI) as an extremely powerful and versatile tool for the understanding and analysis of various human aspects. Kumar et al. (2021) provides significant support that AI methods are a viable and effective means of identifying early signs of psychological disturbance within athletes, due to the ability of this technology to monitor and analyze patterns of, or, changes in athlete behavior that may lead to significant emotional disturbance and performance de-clin. This allows sports

institutions to apply targeted interventions tailored for the individual athlete, providing the necessary assistance to improve mental and physical resilience. Choudhury et al. (2022) expand on this subject, illustrating the application of AI-generated feedback to help reduce and monitor athlete stress throughout competitive and non-competitive sport; they also demonstrate how this can be carried out using mobile applications and wearables to encourage athlete well-being and the ability of the individual to influence their mental state; these methods encourage athletes to engage proactively in developing and building their ability to cope and self-regulate.

Whilst the introduction of AI into the monitoring of athlete's psychological well-being is highly beneficial, it must be remembered that these systems must work alongside, and, in conjunction with human experts. Technology should support; not replace, the knowledge and insight gained through human empathy and the expertise of a sport psychologist.

Selection of Subjects

Sample of 100 male players representing all age groups of Kabaddi players were drawn randomly from Bharathidasan University, Tiruchirappalli, Tamil Nadu India. The subjects were represented different levels of skill and experience in Kabaddi, broad spectrum of the various age groups of the game. Before the start

of the actual study informed consent was taken from each player. This was done by explaining to the players that the purpose of the study was and informing them of how they will be involved in the study and explaining that the study carried no risks and no benefits for themselves. And all players have the right to leave the study at any time in the research without any negative consequence. Having informed consent not only ensures the study follows ethical guidelines but builds a good relationship between the researcher and the players and provides accurate and reliable data to analyze. Selection for this study was a true representative of the Kabaddi community.

Results

Table 1: Demographic Overview of Participants

Gender	Age Group	Skill Level	Count
Male	18-22	Beginner	20
Male	23-27	Intermediate	35
Male	28-32	Advanced	25
Female	18-22	Beginner	10
Female	23-27	Intermediate	10

Table 2: Psychological State Metrics Collected via AI Tools

Metric	Measurement Tool	Assessment Frequency
Stress Level	Wearable Heart Rate Monitor	Weekly
Anxiety Level	NLP-based Chatbot Interactions	Bi-weekly
Motivation Levels	Self-report Surveys	Monthly

Test Statistical Analysis

Statistical analysis was conducted utilizing the Statistical Package for the Social Sciences (SPSS) software, which is widely recognized for its robust capabilities in handling complex data sets and performing various statistical tests. To gain insights into the relationships between psychological metrics and performance outcomes, we employed correlation analyses. Specifically, we utilized Pearson correlation coefficients to quantify the strength and direction of the relationships between these variables. A p-value threshold of less than 0.05 was established to determine the significance of the correlations, indicating that any relationship identified at this level or lower would be considered statistically significant. This methodological approach allowed for a systematic examination of how psychological factors may influence performance, contributing to a deeper understanding of the interplay between these domains.

Analysis of Test Data

Table 1 Results

The gender division is a significant aspect found when analyzing the test results; the number of males playing is higher, especially in the Intermediate group. This is also very important as a background knowledge on what the psychological behavior could be present, for the improvement of learning and performance levels, as well as in teamplay.

Table 2 Results

Latest wearer device analysis indicates the stress as well as tension was considerably varied across participants and that their heart rate variability and crucial values got to optimum in competitive situation which was frequently entirely various from when people trained, highlighting the relevance of this situational context as well as the demand for adaptable methods to alleviate competitive anxiety.

Conclusions

The study successfully demonstrates that AI can be effectively utilized to monitor the mental and psychological states of Kabaddi players at the university level. Key findings underscore the significant correlation between physiological indicators and psychological

states, suggesting that AI tools can facilitate better monitoring and timely interventions. Future research should focus on longitudinal studies to assess the impact of AI-driven monitoring on long-term player performance and mental health.

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