



Selected physical fitness components of kabaddi and kho-kho intercollegiate male players of Bangalore University: A comparative study

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Abstract

The purpose of the study was to compare the selected physical fitness components of kabaddi and kho-kho intercollegiate male players of Bangalore University.

Methodology: To achieve the purpose of the study forty subjects (N-40) out of twenty players from kabaddi and twenty players from kho-kho discipline who were participating in Bangalore University intercollegiate tournaments were selected. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18-28 years. Selected physical fitness components such as flexibility, endurance, agility and leg power were selected for this study. To examine the significance difference between the group mean of different physical fitness components'' test was applied and level of confidence was set at 0.05 level.

Result: The result reveals that there is a significant difference found between the means of selected physical fitness components such as Flexibility, endurance and agility. No significance difference found between the means of leg power. Mean value indicate that in flexibility, endurance and agility kho-kho players were better than kabaddi players but in case of leg power kabaddi players are better than kho-kho players.

Keywords: flexibility, endurance, agility, leg power

1. Introduction

Physical fitness is the fundamental necessity for any sporting activity. Motor qualities such as speed, strength, endurance, and flexibility along with physical fitness are essential for excellence in sports. Physical fitness is categorized into general and specific fitness. General fitness refers to the motor qualities required in any sportsperson irrespective of the sports discipline, such as speed, strength, flexibility, endurance and co-ordination. Each and every sport demands certain motor qualities above the ordinary. Specific fitness is the intensified level of motor qualities achieved by the sportsperson that is required by the specific sport.

Kabaddi is a combative team game, 'played with absolutely no equipment, in a rectangular court, either outdoors or indoors with seven players on each side of the ground. Each side takes alternate chances for offence and defense. The basic idea of the game is to score points by entering into opponents 'court and touching as many defense players as possible without getting caught in a single breath. In kabaddi the basic defense position are in three zones, center zone and left zone, the defense player occupying one of these zones have specific functions to perform. In co-ordination with his counter parts in the other defense zones, for maintaining the defensive strong hold. The player is identified by the position he occupies irrespective of the varying number of offense and defense players. The game of kabaddi requires a high level of motor fitness and neuromuscular coordination in order to perform very complex movement of the game. Speed and endurance are the demands of the game with special reference to the other aspect of coordinative ability.

Kho-Kho is Indian traditional game. Kho-Kho game is played particularly in rural and urban areas. Kho-Kho game

was originated in India and has considerably long tradition. The Kho-Kho game is, at present, becoming the most popular amongst the indigenous activities in Physical Education in India and neighboring countries in South Asia. Different games provided to do the body activities, differently. The theory of coordinative abilities is thought to be rapidly getting recognition in the world of sports. However, there is no general agreement regarding the number of coordinative abilities required for sports. Monitoring of a training programme provides useful information to both scientists and coaches in relation to its effectiveness, the athlete's physical condition and preparation for competition. In order for monitoring to be effective (i.e. providing updated and accurate information on physiological profiling), the tests need to be administered at regular, predetermined intervals based on training cycles.

1.1 Purpose of the Study

The main purpose of the study was to compare the selected physical fitness components of kabaddi and kho-kho intercollegiate male players of Bangalore University.

2. Methodology

2.1 Selection of Subjects

To achieve the purpose of the study forty subjects (N-40) out of twenty players from kabaddi and twenty players from kho-kho discipline who were participating in Bangalore university intercollegiate tournaments were selected. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18-28 years.

2.2 Test Administration

The Flexibility was measured (hip and trunk) with the help

of flexomeasure. The score was recorded in centimeters. Endurance was measured with the help of 600 yard run and walk test. The timing was clocked and recorded to nearest second with the help of stopwatch. Agility was measured with the help of 4× 10 meters Shuttle run test the score was recorded to nearest 1/100th of a second with the help of stopwatch. Leg power was measured with the help of vertical jump test. The score was recorded the maximum height touched by the subjects in vertical was recorded in centimeter.

2.3 Analysis of the Data

The obtained data were statistically analyzed by using ‘t’ test, to compare the selected physical fitness components of kabaddi and kho-kho male players.

3. Results of the Study

The data was analyzed by ‘t’ test. The significance of mean difference found between score obtains on physical fitness components of kabaddi and kho-kho intercollegiate male players.

Table 3.1: Comparison of Means of Selected Physical Fitness Component (Flexibility) of Kabaddi and Kho-Kho Intercollegiate Male Players.

Component	players	No	Mean	S.D.	T-Test
Flexibility	Kabaddi	20	14.82	6.12	2.80*
	Kho-Kho	20	19.75	7.42	

Above table Shows that the comparison of means of selected physical fitness component (Flexibility) of kabaddi and kho-kho players in flexibility mean value of kabaddi players is 14.82 and kho-kho players is 19.75.

Table 3.2: Comparison of Means of Selected Physical Fitness Component (Endurance) of Kabaddi and Kho-Kho Intercollegiate Male Players.

Component	players	No	Mean	S.D.	T-Test
Endurance	Kabaddi	20	1.78	.342	2.45*
	Kho-Kho	20	1.54	.274	

Above table shows that the comparison of means of selected physical fitness component (Endurance) of kabaddi and kho-kho players in endurance mean value of kabaddi players is 1.78 and kho-kho players is 1.54.

Table 3.3: Comparison of Means of Selected Physical Fitness Component (Agility) of Kabaddi and Kho-Kho Intercollegiate Male Players.

Component	players	No	Mean	S.D.	T-Test
Agility	Kabaddi	20	11.74	0.57	15.36*
	Kho-Kho	20	9.16	0.49	

Above table shows that the comparison of means of selected physical fitness component (agility) of kabaddi and kho-kho players. In agility mean value of kabaddi players is 11.74 and kho-kho players is 9.16.

Table 3.4: Comparison of Means of Selected Physical Fitness Component (Leg Power) of Kabaddi and Kho-Kho Players.

Component	players	No	Mean	S.D.	T-Test
Leg power	Kabaddi	20	56	16.44	0.816
	Kho-Kho	20	52	14.48	

Above table shows the comparison of means of selected physical fitness component (leg power) of kabaddi and kho-kho male players In explosive strength mean value of kabaddi players is 56 and kho-kho players is 52.

Analysis of data revealed that, there is significant difference found between the means of selected physical fitness components such as flexibility, endurance and agility of kabaddi and kho-kho players as ‘t’ value required to be significant is 2.021 and calculated value is more as compare to tabulated value. There is insignificant difference was found between the means of leg power of kabaddi and kho-kho players. Since the obtained value of ‘t’ 0.816 was less than tabulated value 2.021.

4. Conclusion

On the basis of findings of the study, the following conclusions wear drawn.

There was a significant difference between the means of selected physical fitness components such as flexibility, endurance and agility of kabaddi and kho-kho intercollegiate male players. Mean value indicates that in flexibility, endurance and agility of kho-kho players are better than the kabaddi players. There was insignificant difference found between the mean of leg power of kabaddi and kho-kho intercollegiate male players.

5. References

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