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Effect of resistance exercise on kabaddi players of bhiwani district in haryana

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Abstract
The purpose of the study was to see the effect of resistance exercise on strength of Kabaddi players. For this study experimental design was used on ten Kabaddi players of Bhiwani District of Haryana. A three weak training program was organized after taking pre-test of the players, then post-test was done for testing strength of players. Only Dead lift and Leg Extension was selected for the study. For statistical analysis of the data, mean, S.D, S.E.D and t-test was applied. In this study the results were found to be significant at 0.05 levels. It was found that there is a significant difference in the strength of Kabaddi player before and after training.

Keywords: Resistance exercise, dead-lift, leg extension, Bhiwani, Kabaddi.

1. Introduction
Kabaddi is also known as the '**GAME OF THE MASSES** 'due to its popularity, simplicity easy to comprehend rules, and public appeal. It is an outdoor sport played on clay court, in past the game is being played on synthetic surface indoors with great success. The duration of the game is forty five minutes for men and junior boys with five minutes in between for the teams to change sides .The duration of the game is thirty five minutes with five minutes break in between for women, girls, sub-junior boys and sub junior girls. Area of ground is 13X10 meter for men and 11X8 for women.

Review of Related Literature
Arazi and Asadi (2011) divided 39 healthy but untrained males into four groups: one group performing 1 session of total-body resistance training (12 exercises, once a week), another group performing total-body resistance training divided into 2 sessions (6 exercises, twice a week), an upper-lower split group performing 3 sessions per week (4 exercises, three times a week), and a control group (hereafter called 1-day, 2-day, 3-day and control groups). All groups performed the same volume and number of exercises, which comprised the leg press, leg curl, leg extension, calf raise, lat pull-down, lat pull-row, bench press, pec fly, arm curl, dumbbell arm curl, triceps push-down, and dumbbell triceps extension. However, they did not observe any significant differences in strength gains between any of the training groups. The researchers did not provide numerical figures for the improvements so it is difficult to assess whether there were any non-significant changes. However, based on the charts provided it does not appear that there were any frequency-related trends.
Sparkes and Behm (2010) to determine differences in physiological and performance measures after stable and unstable resistance training. Eighteen subjects (10 men and 8 women) resistance trained 3 days/week under either stable or unstable conditions for 8 weeks. Pre and post training measures included chest press isometric force and electromyography activity of the triceps brachii and pectorals major under stable and unstable conditions and 1-legged throwing distance, balance, countermovement jump (CMJ) and drop jump (DJ) heights. There were no significant training group effects found with any measure. There was a significant ($p < 0.0001$) 42.2% greater MVIC force and 43.2 and 33.2% greater triceps ($p = 0.003$) and pectoral ($p = 0.005$) neuromuscular efficiency with stable vs. unstable isometric chest press. It appears that instability resistance training, which reportedly uses lower forces, can increase strength and balance in previously untrained young individuals similar to training with more stable machines employing heavier loads.

Methodology

For the study a sample of ten male players of kabaddi of the inter-college level of Bhiwani district was taken. For the purpose of the study Dead lift and Leg extension resistence exercise was selected as a variable. Through dead-lift, leg extension the body strength was measured.

Procedure

The researcher explained the purpose of study to the subjects the subjects were asked to show there body abilities by using the following machines Dumbells, Smith machine, Hack squat machine, leg press machine, barbell ,trap bar, cable machine, leg extension machine, leg curl machine. Some exercises were done in sitting position while other were done in laying position they were asked to lift the weight as many times as they could. They were again measured after three weeks training programme and best one was counted as subjects final score.

Test area

Subjects were tested on various machines in a gym.

Scoring

The researcher measures the strength of subjects on the basis of number of times exercise done by them in a particular time.

Data collection and analysis

The difference between their numbers of exercise was measured by the researcher personally and analyzed with the help of various statistical technique.

Table 1

Resistance Exercises	Pre-test		Post-test		S.E.D	T-ratio
Dead Lift	mean	S.D.	Mean	S.D.	0.29059	17.894
	16.8	1.932	22	1.333		

Significant of 0.05 level of confidence

As show in Table 4.1, the mean score of kabaddi players of resistance exercise 'Dead Lift' as post test score performance mean is 22 and pretest performances mean is 16.8. The S.D. of posttest performance is 1.333 and pretest performance is 1.932, SED is 0.29059 and the calculated value of't'-ratio test is 17.894, which is signified at the 0.05 level of the confidence. It means that the hypothesis was rejected at the 0.05 level of significance and significant difference was found between the post test and pretest of Dead lift resistance exercise of kabaddi player's performance.

Table 2

Resistance Exercises	Pre-test		Post-test		S.E.D	T-ratio
Leg extension	mean	S.D.	mean	S.D.	0.29059	17.894
	17.2	1.751	22.4	1.429		

Significant of 0.05 level of confidence

As show in Table 4.2 the mean score of kabaddi players of resistance exercise 'leg extension as post test score performance mean is 22.4 and pretest performances mean is 17.2. The S.D. of posttest performance is 1.42 and pretest performance exercise of kabaddi players performance.is 17.2 SED is 0.29 and the calculated value of't'-ratio test is 17.89, which is significance at the 0.05 level of the confidence. It means that the hypothesis was rejected at the 0.05 level of significance and significant difference was found between the post test and pretest of leg extension resistance exercise.

Conclusion

The scholar had taken a null hypothesis in the starting of that study. As the scholar collected the data according to it and the scholar uses the mean, S.D, S.E.D, T-ratio test for interpretation of data and the scholar found that during a training period of resistance exercise of three weeks. The performance and strength of body is increased by Dead lift and leg extension exercises done by kabaddi players in posttest as compared to pretest. It proves that the null hypothesis is rejected.

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