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## Effect of resistance exercise on kabaddi players

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### Abstract

The purpose of the study is to see the effect of resistance exercise (bench Press, Pull down, exercises) on kabaddi players. For this study experimental design was used on fifty kabaddi players from District Hisar of Haryana were taken as subjects. A three week training program was organized after taking pre-test of the players, then post-test was done for testing strength of players. The statistical analysis of the data was done through t-test. In this study the results were found significant at 0.01 level. It was found that there is a significant difference in the strength of kabaddi player.

**Keywords:** Bench Press, Pull down, Exercises, Resistance Exercise, 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 a 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.

### Methodology:-

For the study a sample of fifty male players of kabaddi of the inter-college level of Hisar district were taken. For the purpose of the study body strength was measured through resistance exercise. (Bench Press, Pull Down).

### Test area:-

Subjects were tested on various machines dumbbells, smith machine, Bar bell, Trap bar, Cable machine, in a gym at Hisar.

### Procedure:-

The researcher explained the purpose of study to the subjects, the subjects were asked to show their strength abilities by using the following machines Dumbbells, Smith machine, Hack squat machine, leg press machine, barbell, trap bar, cable machine, leg extension machine, bench press machine. From this method pretest data was collected. Three weeks training program was given to the subjects as mentioned below. In first week starting with morning exercises of standing calf raise and Bench press following pull down and Leg Extension in evening with repetition of two times. The same procedure was followed in second and third week just by increasing repetitions to three and four times respectively. Some exercises were done in sitting position while others were done in lying position they were asked to lift the weight as many times as they could. They were again measured after three weeks training program then post test data was collected.

### Scoring:-

The researcher measures the strength of subjects on the basis of number of repetitions had been done of the exercise them in a particular time.

### Data collection and analysis:-

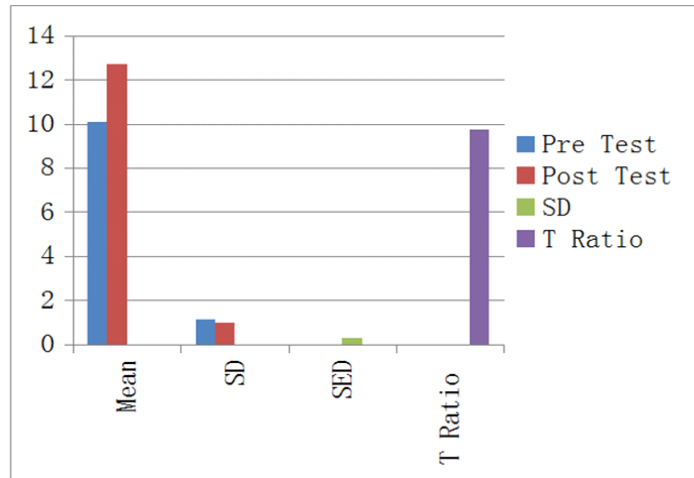
The difference between their repetition of exercise was measured by the researcher personally and analyzed the data with t' test.

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**Table 1:** Results related to resistance exercises bench press on kabaddi players of hisar district

Resistance Exercises	Pre-test		Post-test		S.E.D	T-ratio
	mean	S.D.	Mean	S.D.		
dead-lift	10.1	1.100	12.7	0.948	0.26667	9.750

Source:- Primary Survey



**Fig 1**

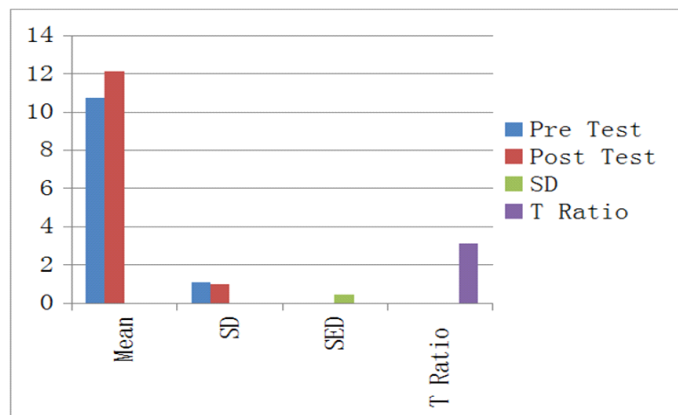
Significant at 0.01 level of confidence

The significant difference of mean, S.D, S.E.D, and T ratio of pre and post test of bench press exercise of kabaddi players As show in Table no.1 above, the mean score of kabaddi players of resistance exercise 'bench press' as post test score performance mean is 12.700 and pre test performances mean is 10.100. The S.D. of post test performance is 0.9486 and pre test performance is 1.1005, SED is 0.2666 and the calculated value of 't'-ratio test is 9.750, which is signified at the 0.01 level of the confidence. It means that the hypothesis was rejected at the 0.01 level of significance and significant difference was found between the post test and pre test of bench press resistance exercise of kabaddi players performance.

**Table 2:** Results related to resistance exercises pull down on kabaddi players of hisar district.

Resistance Exercises	Pre-test		Post-test		S.E.D	T-ratio
	mean	S.D.	mean	S.D.		
Leg press	10.7	1.059	12.1	0.994	0.45216	3.096

source:- PrimarySurvey



**Fig 2**

Significant at 0.01 level of confidence

The significant difference of mean, S.D, S.E.D, and T ratio of pre and post test of pull down exercise of kabaddi players As show in Table no.2 above, the mean score of kabaddi players of resistance exercise 'pull down' as post test score performance mean is 12.100 and pre test performances mean is 10.700. The S.D. of post test performance is 0.9944 and pre test performance is 1.0593, SED is 0.4521 and the calculated value of 't'-ratio test is 3.096, which is significance at the 0.01 level of the confidence. It means that the hypothesis was rejected at the 0.01 level of significance and significant difference was found between the post test and pre test of pull down resistance exercise of kabaddi players performance.

**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 all exercises done by kabaddi players in post test as compared to pre-test. It proves that the null hypothesis is rejected.

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