

A COMPARATIVE STUDY OF PHYSICAL FITNESS AMONG KHO-KHO AND KABADDI MALE PLAYERS

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Abstract:

The aim of the study was to compare physical fitness variables of Kho-Kho and Kabaddi male players. Two groups were randomly selected 15 subjects each aged group of 20–26 years participated in the study. All players are different colleges of M.D.U, (Rohtak). The data was collected during their university camp. To compare the physical fitness the sampling technique was used to attain the objectives of the study. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in the study. The 't' test was applied to find out the significant differences between Kho-Kho and Kabaddi male players. To test the hypothesis, the level of significance was set at 0.05.

Result: For analysis and interpretation of the collected data, it was depicted that in the speed, agility, and endurance the kho-kho players were better and it was significant difference. Whereas in the explosive strength kabaddi players were better than kho-kho players and it was also significant.

KEYWORDS:

Physical fitness, University Camp, Kho-Kho and Kabaddi.

INTRODUCTION

For years everyone has known that regular exercise along with good nutrition is good for their health. The trick is how to build sound exercise habits and a balanced diet into your busy schedule. The stress of modern times mandates that you develop and maintain a fit, trim and fully functioning body. Being active and physically fit heightens your self-expression and self-esteem. Research polls indicate that people today are becoming more health centred. As a result, people are becoming more interested in making fitness exercise an integral part of their life-style. This article will introduce you to the why of fitness. You will learn all about exercise and its benefits and will also learn how to structure a personal exercise program that is safe, reasonable, effective, and, most important, rewarding and fun.

The Kho-Kho game is an Indian sport commonly played in schools and colleges around the country. When it comes to Kho-Kho history, every Indian knows that the game was known to be played since the earliest of times. It is played on a rectangular court, between two teams of twelve players each, of which 9 take the field and 3 are reserves. Kho-Kho is a great test of the participants' physical fitness, strength, speed and stamina and dodging ability. No one has exact knowledge on Kho-Kho history or when the first game was played, though many historians say that it is actually a modified form of 'Run Chase'. In the ancient era, a version of the Kho-Kho game was played on 'raths' or chariots in Maharashtra. This was known as RATHERA. There were no rigid rules and regulations for playing the game. The Kho-Kho rules were first framed in the early 1900's. A committee was formed at Gymkhana Poona in 1914 for framing the Kho-Kho rules and the first ever book of Kho-Kho rules was published from Gymkhana Baroda, in 1924. According to the Kho-Kho game rules, each of the participating teams consists of twelve players, though only nine players take the field for a contest. After the toss, one team sits in a row down the middle of the court, with alternate members facing opposite directions. They are the chasers. The opposing team sends a

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player in the court as a dodger. A chaser may only run in one direction and cannot cut across the central line. If a chaser needs to catch a dodger who is on the other side of the line, he/she needs to pass the chasing job to another team-mate. This is done by touching the back of a sitter facing the other way and shouting 'Kho'. The main aim of the chasing team is to tag all dodgers of the opposing team in the shortest time possible. This sport is managed by the Kho-Kho Federation of India, which was created in 1956-57 at Cuttack, Orissa to popularize the Kho-Kho game among the masses.

Kabaddi is a wrestling sport from India. Two teams occupy opposite halves of a small swimming pool or field and take turns sending a "raider" into the other half, to win points by tackling members of the opposing team; then the raider tries to return to his own half. The raider must not cross the lobby unless he touches any of his opponents. If he does so then he will be declared as "out". There is also a bonus line which ensures extra points for the raider if he manages to touch it and return to his side of the field successfully. The word Kabaddi is derived from a Tamil word meaning "holding of hand", which is indeed the crucial aspect of play. It is the national game of Bangladesh, and the state game of Tamil Nadu, Karnataka, Punjab and Andhra Pradesh in India. In the international team version of kabaddi, two teams of seven members each occupy opposite halves of a field of 10 m × 13 m in case of men and 8 m × 12 m in case of women. Each has three supplementary players held in reserve. The game is played with 20-minute halves and a five-minute halftime break during which the teams exchange sides. Teams take turns sending a "raider" to the opposite team's half, where the goal is to tag or wrestle ("confine") members of the opposite team before returning to the home half. Tagged members are "out" and temporarily sent off the field. The goal of the defenders is to stop the raider from returning to the home side before taking a breath. If any of the seven players cross the lobby without touching the raider he will be declared as "out".

The raider is sent off the field if :-

- a) the raider crosses a boundary line
- b) a part of the raider's body touches the ground outside the boundary (except during a struggle with an opposing team member).

Each time when a player is "out", the opposing team earns a point. A team scores a bonus of two points, called a "lona", if the entire opposing team is declared "out". At the end of the game, the team with the most points wins. Matches are categorised based on age and weight. Six officials supervise a match: one referee, two umpires, a scorer and two assistant scorers.

MATERIAL AND METHODS

Subjects

Total 30 male subjects aged between 20 – 26 years were selected for this study. All players are from different colleges of M.D.U, (Rohtak). The data was collected during their university camp. To compare the physical fitness the sampling technique was used to attain the objectives of the study. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in the study. They were divided into two groups of 15 each who were from Kho-Kho and Kabaddi.

Table – 1
Details of Physical Fitness Components, Tests and Unit of Measurement

Sr. No.	Physical Fitness Components	Tests	Units of Measurements
1	Reaction Time	Nelson Hand Reaction Time Test	In 1/10 th of sec
2	Balance	Stork Balance Stand Test	In 1/10 th of sec
3	Agility	Illinois Agility Test	In 1/10 th of sec
4	Speed	30 Yard Dash Test	In 1/10 th of sec
5	Power	Standing Broad Jump Test	Meters

DATA ANALYSIS

Microsoft Excel software was used for data analysis. Mean, Standard Deviation, 'T' value, 'P'

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value of physical fitness of Kho-Kho and Kabaddi Player in University Camp was used in data analysis. In all the analysis, the 0.05 was considered to indicate statistical significance.

RESULTS

Table – 2
Mean, Standard Deviation, 'T' value, 'P' value of physical fitness of Kho-Kho and Kabaddi Player in University Camp

Variables	Mean		Standard Deviation		'T' Value	'P' Value
	Kho-Kho	Kabaddi	Kho-Kho	Kabaddi		
Reaction Time	0.22	0.19	0.03	0.03	1.85	0.03
Balance	25.90	27.07	16.38	14.24	2.01	0.02
Speed	6.45	7.00	0.50	0.71	2.4	0.01
Agility	7.06	6.31	0.89	0.58	2.68	0.00
Power	1.97	2.22	0.28	0.32	1.9	0.03

* .05 (level of significance)

Degree of Freedom – 28

Reaction Time

Table – 2 shows that the mean of the reaction time of Kho-Kho and Kabaddi Players was 0.22 and 0.19 respectively. Whereas the standard deviation of the reaction time of Kho-Kho and Kabaddi Players was 0.03 and 0.03 respectively. The 'T' value of the reaction time was 1.85 and 'P' value of the reaction time was 0.03. The analysis shows there are significant difference between kho-kho and kabaddi players in relation to reaction time.

Balance

Table – 2 shows that the mean of the balance of Kho-Kho and Kabaddi Players was 25.90 and 27.07 respectively. Whereas the standard deviation of the balance of Kho-Kho and Kabaddi Players was 16.38 and 14.24 respectively. The 'T' value of the balance was 2.01 and 'P' value of the balance was 0.02. The analysis shows there are significant difference between kho-kho and kabaddi players in relation to balance.

Speed

Table – 2 shows that the mean of the speed of Kho-Kho and Kabaddi Players was 6.45 and 7.00 respectively. Whereas the standard deviation of the speed of Kho-Kho and Kabaddi Players was 0.50 and 0.71 respectively. The 'T' value of the speed was 2.4 and 'P' value of the speed was 0.01. The analysis shows there are significant difference between kho-kho and kabaddi players in relation to speed.

Agility

Table – 2 shows that the mean of the agility of Kho-Kho and Kabaddi Players was 7.06 and 6.31 respectively. Whereas the standard deviation of the agility of Kho-Kho and Kabaddi Players was 0.89 and 0.58 respectively. The 'T' value of the agility was 2.68 and 'P' value of the agility was 0.00. The analysis shows there are significant difference between kho-kho and kabaddi players in relation to agility.

Power

Table – 2 shows that the mean of the power of Kho-Kho and Kabaddi Players was 1.97 and 2.22 respectively. Whereas the standard deviation of the power of Kho-Kho and Kabaddi Players was 0.28 and 0.32 respectively. The 'T' value of the power was 1.9 and 'P' value of the power was 0.03. The analysis shows there are significant difference between kho-kho and kabaddi players in relation to power.

Figure – 1
Mean, Standard Deviation, 'T' value, 'P' value of physical fitness of Kho-Kho Player in University Camp

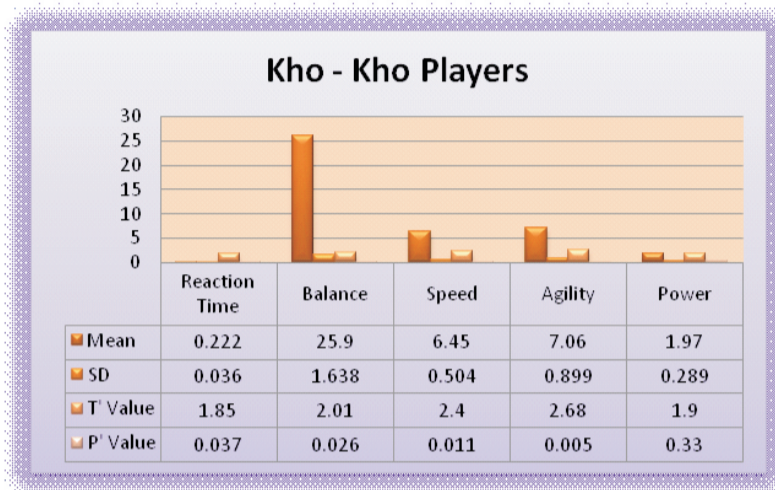
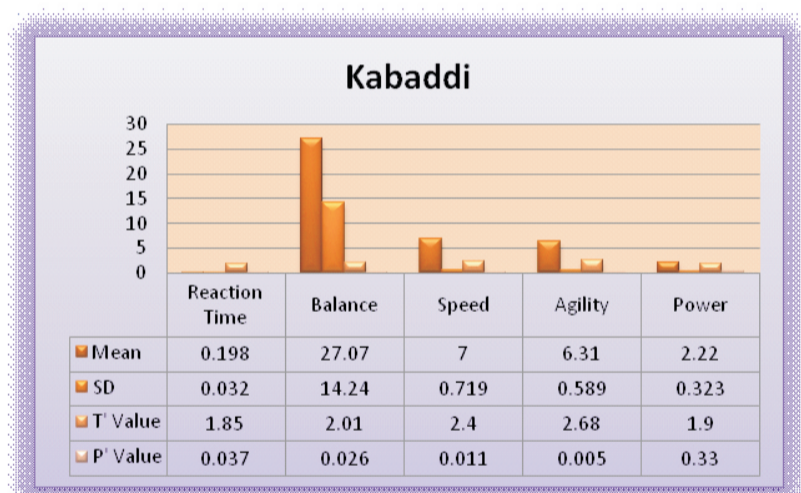


Figure – 1
Mean, Standard Deviation, 'T' value, 'P' value of physical fitness of Kabaddi Player in University Camp



CONCLUSION

For analysis and interpretation of the collected data, it was depicted that in the speed, agility, and endurance the kho-kho players was better and it was significant difference. Whereas in the explosive strength kabaddi players was better than kho-kho players and it was also significant.

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