

ANALYSIS OF SKILL RELATED FITNESS AND WILL TO WIN OF NATIONAL KHO-KHO AND ATYA-PATYA PLAYERS

Ravindra Gouda S M¹ and N D Virupaksha²

¹Research scholar, Department of physical education, Kuvempu University, Karnataka. India.

²Deputy Director, Department of physical education, Kuvempu University, Karnataka. India.

Abstract:

Sport is one of the most enduring of all human activities. Millions of people participate in sporting activities. Sports and games in the modern era occupy a very prominent and import place in every sphere of life. Sports consist of physical activity carried out with a purpose for competition, self-enjoyment, to attain excellence and in the development of a skill. Spots psychology as an applied psychology is the greatest blessing of the modern-day science, in this stage within a span of time sports psychology has taken giant stride. Sport psychology explores the on and off field behavior of the athletes.

Kho-Kho and Atya-Patya are indigenouse game of India. These are the most popular Indian games and developed in Marathwada region of Maharashtra. These games are simple in nature, easy to organize, less expensive and reach the common people of both sex.

The main objective of this study was to analyze the skill related fitness such as reaction time and flexibility, and psychological aspect will to win of national level Kho-Kho and Atya-Patya male players .To achieve the purpose of the study data was collected from total of sixty players, and thirty players from each game .They have represented Karnataka state in Kho--Kho and Atya-Patya game. The age of the subjects were ranging from 18-28 years. The data collected was treated with the statistical technique 't' test and found there is a significant difference in the selected skill related fitness and will to win psychological aspect between Kho-Kho and Atya-Patya male players.

KEY WORDS:

psychology, Kho-Kho, Atya-Patya, reaction time, Will to win, state players.

INTRODUCTION

Sport is one of the most enduring of all human activities. Millions of people participate in sporting activities. Sports and games in the modern era occupy a very prominent and import place in every sphere of life. Sports consist of physical activity carried out with a purpose for competition, self-enjoyment, to attain excellence and in the development of a skill . Spots psychology as an applied psychology is the greatest blessing of the modern-day science, in this stage within a span of time sports psychology has taken giant stride. Sport psychology explores the on and off field behavior of the athletes.

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Fitness is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life. It

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is necessary for elderly people to maintain and improve their physical fitness in order to satisfy healthy, high quality of daily life (Tanaka et al., 2004). Skill-related physical fitness refers to an individual's athletic ability in sports and encompasses skill-related attributes like dynamic balance, power, speed, agility other numerous factors which are responsible for the performance of sportsmen.

The very nature of sport requires certain amount of skill and physical fitness. It has been due to the growing change in the competitive philosophy of sports that a close liaison has developed among sports scientist, team physician, athletic trainers, coaches and athletes to investigate modern scientific technique in terms of selection of athletes. The performance of a sportsman in any game or event also depends on muscular strength, agility, power, speed and cardiovascular endurance. Along with these physical variables, physiological and psychological components they also play have important role in the execution of the performance.

The psychology of sports is interesting not only to professional athletes but to anyone with an interest in the mind, especially if they are into the psychology of peak performance. It involves many elements part of it is about competitive thinking, but it starts way before the teams get to field. In essence, sport psychology is about winning and winning requires dedication at every stage of the game.

OBJECTIVE OF THE STUDY:

The main objective of this study was to analyze the skill related fitness such as reaction time and flexibility and the will to win of national level Kho-Kho and Atya-Patya male players.

METHODOLOGY:

To achieve the objective of the study, data was collected from sixty players, thirty from each game and they have represented their respective states in Kho-Kho and Atya-Patya game at national level. Subjects were randomly selected during National championships. The age of the subjects were ranging from 18-28 years.

STATISTICAL TECHNIQUE:

The collected data was analyzed by using 't' statistical technique with the help of 19th version of SPSS.

RESULTS: The data collected was treated with 't' test and the results are presented in the following tables.

Table 1. Showing Mean, Standard deviation and 't' value of Reaction time of Kho-Kho and Atya-Patya Players.

Sl. No.	players	N	Mean	Standard deviation	't' value
1	Kho-Kho	30	0.931	0.404	2.49
2	Atya- Patya	30	0.717	0.241	

*significant at 0.05 level.

The above table indicates the mean value, standard deviation and 't' value of Kho- Kho and Atya patya male players reaction ability. In this Atya Patya players have shown significant difference than Kho-Kho players.

Table 2. Shows Mean, Standard deviation and 't' value of Flexibility of Kho-Kho and Atya-Patya Players.

Sl. No.	players	N	Mean	Standard deviation	't' value
1	Kho-Kho	30	14.88	1.283	3.16
2	Atya-Patya	30	13.53	1.613	

*significant at 0.05 level.

The table 2 shows the mean value, standard deviation and 't' value of Kho- Kho and Atya- Patya male players in flexibility. In this Kho-Kho players have shown significant difference than Atya-Patya players.

Table 3. Shows Mean, Standard deviation't' value of will to win of Kho-Kho and Atya Patya Players.

Sl. No.	players	N	Mean	Standard deviation	't' value
1	Kho-Kho	30	10.57	1.633	2.34
2	Atya-Patya	30	9.67	1.269	

*significant at 0.05 level.

The table 3 states the mean value, standard deviation and 't' value of Kho- Kho and Atya- Patya male players in will to win psychological aspect. In this also Kho- Kho players have shown significant difference than the Atya Patya players.

DISCUSSION ON FINDINGS:

The above result shows that there is a significant differences in the selected skill related fitness such as Reaction Time and flexibility. In reaction time, the Atya-Patya players are having good reflex than Kho-Kho players, but in flexibility the Kho-Kho male players have shown better stretch than Atya-Patya players because of the skills involved in kho-kho game required this for proper execution of skills.

In psychological aspect will to win, the Kho-Kho players have shown significant difference than Atya-Patya male players. Because number of tournaments are conducted more in Kho-Kho games when compared to Atya Patya game.

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Ravindra Gouda S M

Research scholar, Department of physical education, Kuvempu University, Karnataka. India.