



Academic Sports Scholars

KNOWLEDGE OF RULES, MODERN TRENDS AND TECHNIQUES IN KHO-KHO: WITH REFERENCE TO HIGH AND LOW ACHIEVER KHO-KHO PLAYERS

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ABSTRACT

The aim of the present study is to compare knowledge related to rules, modern trends and techniques used in kho-kho between high and low achiever kho-kho players. For present study, 40 high achiever kho-kho players of both the sexes (Average age 22.12 years) were selected as sample. The criteria for selection of high achiever kho-kho players was participation in national level tournaments. To fulfill the objectives of the study, 40 intercollegiate kho-kho players of both the sexes (Average age 20.12 years) were also selected. Knowledge of rules, modern trends and techniques of kho-kho was assessed by a multiple choice test constructed and standardized by the researcher. The results indicate that basic knowledge of high achiever kho-kho players in terms of rules, modern trends and techniques used in kho-kho was significantly superior as compared to low achiever kho-kho players. It was concluded that knowledge of rules, modern trends and techniques to a certain extent plays its part as far as sports achievement in kho-kho is concerned.

KEYWORDS :Kho-Kho, Knowledge, Achievement

INTRODUCTION :

It has been scientifically documented that sports performance is dependent upon so many factors. Researchers have also identified psychological, physiological and biomechanical factors which



differentiates between high and low achievers in sports [Durtschi and Weiss (1986)¹, Esfahani and Ghezelsefio (2013)², Mohammadzadeh and Sami (2014)³, Verma Kavita (2015)⁴].

It is also true that knowledge of rules, modern trends and techniques are also important because it is useful for players to execute their skills as well as conduct in a play field according to prescribed rules of that particular sport.

The rules for a particular sport are made for smooth conduction and players are expected to follow them. Just like any other sport, traditional Indian sport kho-kho is played under certain set of rules. During a match it is mandatory for a player to abide by these rules otherwise he was penalized. Hence it is utmost important for a kho-kho players to be acquainted with basic rules as well as modern trends and techniques of sports which they are taking part.

Kho-kho being a traditional Indian sport in India has attracted many researchers. Researchers like Dhondge (2011)⁵, Singh and Singh (2013)⁶, Rana (2013)⁷ to name a few have conducted studies with kho-kho performance as central theme. Despite extensive research one of the important aspect i.e. knowledge of rules, modern trends and techniques in kho-kho has not been studied by the researchers on the basis of sports achievement, hence the present study was planned.

The objective of the present study is to compare knowledge of rule as well as modern trends and techniques used in kho-kho between high and low achiever kho-kho players.

HYPOTHESIS

High achiever kho-kho players will show significantly superior knowledge of rules as well as modern trends and techniques in kho-kho as compared to low achiever kho-kho players.

Sample :-

For present study, 40 high achiever kho-kho players of both the sexes (Average age 22.12 years) were selected as sample. The criteria for selection of high achiever kho-kho players were participation in national level tournaments. To fulfill the objectives of the study, 40 intercollegiate kho-kho players of both the sexes (Average age 20.12 years) were also selected. Convenience sampling method was used for selection of subjects.

TOOLS:

Knowledge Test :

Knowledge test prepared by researchers was used to assess rules, modern trends and techniques of kho-kho. It is a multiple choice test containing 36 items. Numerical weightage of 1 is given to each correct answer. The reliability coefficient of test is 0.83 and validity coefficient is 0.74.

Procedure:

Basic knowledge test prepared by researchers (2015) was administered to 80 subjects in laboratory like condition. The responses were numerically evaluated according to answer key. The sum total of correct answers gives final score on this knowledge test. After scoring, independent sample ‘t’ test was used to compare scores on knowledge test between high and low achiever kho-kho players. The statistical analysis of data is presented in table 1.

RESULT AND DISCUSSION

Table 1
Comparison of Scores on Test of Knowledge Regarding Rules, Modern Trends and Techniques between High and Low Achiever Kho-Kho Players

Groups	Knowledge Test		Mean Difference	‘t’
	Mean	S.D.		
High Achievers (N=40)	24.90	4.72	2.70	2.43*
Low Achievers (N=40)	22.20	5.18		

* Significant at .05 level

A perusal of table 1 indicate that knowledge of basic rules as well as modern trends and techniques in kho-kho was found to be significantly superior in high achiever kho-kho players (M=24.90) as compared to low achiever kho-kho players (M=22.20). The calculated $t=2.43$ which is statistically significant at .05 level also confirms this finding.

Results of the present study clearly indicate that a sound knowledge regarding rules, trends and techniques of a sport enable a person to perform skills more efficiently. This reasoning comes from a fact that knowledge of basic rules and regulations reduces the chances of players making less technical mistakes which are against the rules. The results of the present study is also supported by previous finding of Gill (2014)8 in which a significant and positive relationship was observed between knowledge score and playing ability of volleyball players.

CONCLUSION

On the basis of results, it was concluded that sound knowledge of basic rules, modern techniques and trends are the pre-requisites for kho-kho players to perform at the highest level.

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