



A comparative study on selected physical parameter between players of Kabaddi and Kho-Kho

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Abstract

The purpose of the study was to compare physical parameter between players of Kabaddi and Kho-Kho. For this study 100 subject were selected as Kabaddi (50) and Kho-kho (50) and their age 18 to 30 years. The statistical techniques T-test was applied. The level of significance set at 0.05 to test the hypothesis. The result was analyzed statistically and on the basis of statistical result interpretation were done. The findings of the study proved that there was significant difference between the Kabaddi and Kho- Kho players in case of speed but in case of power no significant difference was found.

Keywords: Speed, power, Kabaddi and Kho-kho.

1. Introduction

The world of games and sports as ever expanding with intensity of competition and exploring scientific studies of human's movement. Sports are dynamic in nature and progressive in outdoor. Kabaddi is basically an outdoor and indoor game played in the tropical countries of Asia.

Kho- Kho ranks as one of the most popular traditional sports in India. It does however demand physical fitness, strength, speed and stamina. The games develop qualities such as obedience, discipline, sportsmanship and royalty between team members.

2. Methodology

The present study was conducted on 100 players of Kabaddi and Kho- Kho. Players were related from different district of Uttar Pradesh. The age of the subjects was ranged from 18 to 30 years. To observe the differences between all the categories on their selected variables the data collected and was analyzed by using descriptive statistics and T-test. The level of significance was set at 0.05 level.

2.1 Statement of problem:

A comparative study on selected physical parameters between players of Kabaddi and Kho- Kho.

2.2 Selection of variables:

- Power(Explosive strength of leg)
- Speed

2.3 Statistical Analysis:

To compare means of physical characteristics between Kabaddi and Kho- Kho male players T- test was used. The level of significance was set at 0.05.

3. Results

Comparison of means and SD between Kabaddi and Kho-kho players in relation to 'POWER' and, SPEED:

Table No.: 1
Descriptive Statistics of Power of Kabaddi and Kho-Kho Players in relation to Physical Variables

Statistics	Kabaddi (x)	Kho -Kho (y)
N	50	50
Mean	219.80	221.44
Std. Error of Mean	2.37	2.31
Std. Deviation	16.75	16.36
Variance	280.65	267.52
Skewness	0.09	0.02
Std. Error of Skewness	0.34	0.34
Kurtosis	-1.29	-1.19
Std. Error of Kurtosis	0.66	0.66
Range	55.00	58.00
Minimum	193.00	191.00
Maximum	248.00	249.00
Percentiles	10	197.10
	20	201.40
	30	208.00
	40	212.80
	50	217.00
	60	225.00
	70	233.10
	80	238.00
90	241.90	

The above table reveals that the mean and standard deviation of Kabaddi Players were 219.80; 16.75 whereas mean and standard deviation of Kho- Kho players in relation to Power were 221.44; 16.36 with a slight difference of 1.64 in mean.

Further, the variance of Power was 280.65 in Kabaddi Players and 267.52in Kho- Kho players. Range was 55 and 58 with a difference of 3; P40 for Kabaddi Players was 212.80 and 215.80 for Kho- Kho Players whereas the P80 was 238.0 and 239.0.

Figure.1
Comparison of Means and SD between Kabaddi and Kho- Kho player in relation to Power

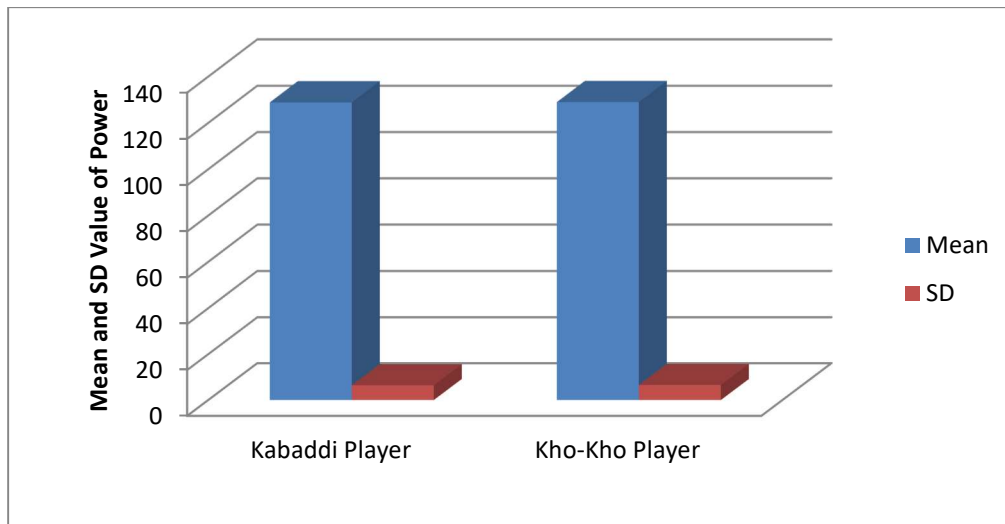


Table No.2
Descriptive Statistics of Speed of Kabaddi and Kho-Kho Players in relation to Physical Variables

Statistics	Kabaddi (x)	Kho -Kho (y)
N	50	50
Mean	8.32	8.10
Std. Error of Mean	0.08	0.11
Std. Deviation	0.59	0.76
Variance	0.35	0.58
Skewness	-0.13	-0.17
Std. Error of Skewness	0.34	0.34
Kurtosis	-1.18	-1.23
Std. Error of Kurtosis	0.66	0.66
Range	2.10	2.00
Minimum	7.10	7.00
Maximum	9.20	9.00
Percentiles	10	7.51
	20	7.82
	30	8.00
	40	8.00
	50	8.20
	60	8.50
	70	9.00
	80	9.00
	90	9.00

The above table reveals that the mean and standard deviation of Kabaddi Players were 8.32; .59 whereas mean and standard deviation of Kho- Kho players in relation to Speed were 8.10; .76 with a slight difference of .22 in mean.

Further, the variance of Speed was .35 in Kabaddi Players and .58 in Kho- Kho players. Range was 2.10 and 2.00 with a difference of .10; P40 for Kabaddi Players was 8.00 and 8.00 for Kho- Kho Players with no difference whereas the P80 was 9.00 and 9.00.

Figure.2
Comparison of Means and SD between Kabaddi and Kho- Kho players in relation to Speed



4. Discussion and conclusions

From fig 2 it was clear that there was significant difference in the means and SD of speed between Kabaddi and Kho- Kho players but fig 1 shows that there was insignificant difference in the means and SD of power between Kabaddi and Kho- Kho players.

We found that there is significant difference in the means and SD of speed but there was insignificant difference in the means of power.

5. References

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