

A comparative study of selected physical fitness variables between Kabaddi and Kho-kho male players

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Abstract

The aim of the present study was to compare the selected physical fitness variables of kabaddi and kho-kho male players. Total 30 subjects were selected (15 from kabaddi and 15 from kho-kho), the age ranged from 18-25 years were taken as a sample. Physical fitness tests were used to measure the selected physical fitness variables of players. For analysis of the data Mean & Standard Deviation were calculated and to examine the insignificance difference between the groups mean of different physical fitness variables, independent t-test was applied, and level of confidence was set at 0.05 level. Study concluded that significant difference found between the means of selected physical fitness variables such as speed, agility, endurance and flexibility between kabaddi and kho-kho male players.

Key words: Physical fitness, Speed, Agility, Endurance and Flexibility.

1. Introduction

Physical fitness is a set of attributes that are either health- or skill-related. Physical fitness has been considered an essential element of everyday life. It is the ability to carry out daily tasks with vigor and alertness; without undue fatigue and still enjoy leisure time pursuits and to meet the unpredicted Emergencies. Regular physical exercise is an important part to remain fit and healthy. Physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, to resist hypo kinetic diseases, and to meet the emergency situations (Corbin and Lindsey,1994).

Physical fitness of a player depends on the nature of his game and also external conditions. There are a number of fitness elements that need to be developed. Such as speed, endurance, agility and flexibility etc. Physical exercises are those bodily activities which improve physical fitness and maintain overall health. Physical fitness is the basic requirement for most of the task to be under taken by individual in his sports. Today players have a much broader perspective and consider physical fitness to be a key component of total health. Physical fitness is the ability to perform activities that require muscular coordination such as walking, running, playing and manipulating instrument and machinery.

1.1 Objective of the study

The purpose of the present study was to compare the selected physical fitness variables of kabaddi and kho-kho male players.

2. Materials and methods

2.1 Selection of Subjects

This study was conducted on 30 male subjects, 15 from each Game (Kabaddi & Kho-Kho), the age ranged from 18-25 years.

2.2 Selection of Variables

These physiological variables were selected for this study:

- Speed
- Agility
- Endurance
- Flexibility

2.3 Criterion Measures

The criterion measures were used to collect the data in a deal and systematic way to record in a correct unit and style for each test item.

- Speed was measured by 50 meter dash run test and scores were recorded in second.
- Agility was measured by 10x4 meter shuttle run and scores were recorded in second.
- Endurance was measured by 600 yards run/walk test and score were recorded in minutes.
- Flexibility was measured by sit-and-reach test and score were recorded in inches.

2.4 Statistical Techniques

To find out the significance differences of selected physical fitness variables of Kabaddi and Kho-Kho male Players mean, standard deviation and Independent 't' test was employed. The level of significance was set at 0.05 level of confidence. Data analysis was performed using SPSS 17.0 software under windows.

3. Result & Discussion

Table 1
Mean and Standard Deviation of Selected Physical Fitness Variables Between Kabaddi and Kho-Kho Male Players

Variables	Groups	Mean	Standard Deviation
Speed	Kabaddi	7.16	.31
	Kho-Kho	7.09	.26
Agility	Kabaddi	14.16	.79
	Kho-Kho	13.79	.87
Endurance	Kabaddi	2.51	.20
	Kho-Kho	2.39	.18
Flexibility	Kabaddi	14.63	.37
	Kho-Kho	14.39	.49

From table-1 it is inferred that there was little difference in mean of speed between male kabaddi (M=7.16) and male kho-kho (M=7.09) players. In agility there was little difference in mean of male kabaddi players (M=14.16) and male kho-kho players (M=13.79). In endurance there was little difference in between male kabaddi players (M=2.51) and kho-kho players (M=2.39). In flexibility there was not much difference in mean of male kabaddi players (M=14.63) and male kho-kho players (M=14.39).

The graphical representation of mean values of speed, agility, endurance and flexibility of male kabaddi and kho-kho players has been exhibited in figure-1

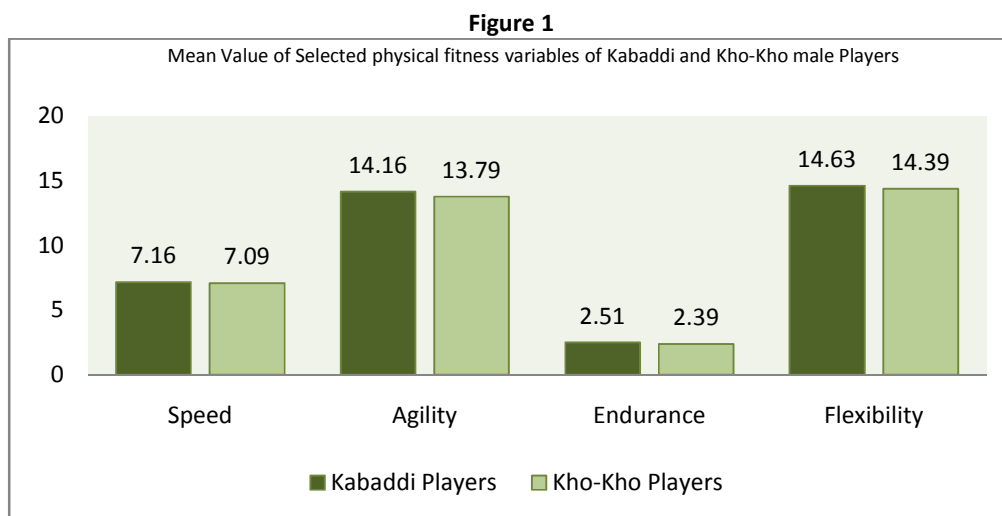


Table-2
 Significant difference between the Means selected physical fitness variables between Kabaddi and Kho-Kho Male Players

Variables	Mean		MD	SED	't' ratio
	Kabaddi Players	Kho-Kho Players			
Speed	7.16	7.09	0.07	.104	.67**
Agility	14.16	13.79	0.37	.303	1.22**
Endurance	2.51	2.39	0.12	.069	1.73**
Flexibility	14.63	14.39	0.24	.16	1.50**

**insignificant at 0.05 level, $t_{.05} (28) = 2.05$

It is evident from table-2 that there was insignificant difference between the means of selected physical fitness variables of kabaddi and kho-kho male players.

- In case of speed the obtained value of 't' (0.66) was lesser than the tabulated value of 't' (2.05) at (28) degree of freedom with 0.05 level of significance.
- In case of agility the obtained value of 't' (1.22) was lesser than the tabulated value of 't' (2.05) at (28) degree of freedom with 0.05 level of significance.
- In case of endurance the obtained value of 't' (1.73) was lesser than the tabulated value of 't' (2.05) at (28) degree of freedom with 0.05 level of significance.
- In case of flexibility the obtained value of 't' (1.50) was lesser than the tabulated value of 't' (2.05) at (28) degree of freedom with 0.05 level of significance.

4. Conclusion

On the basis of finding and within the limitation of present study the conclusion is that there is insignificant difference between the means of kabaddi and kho-kho male players on the scores of speed, agility, endurance and flexibility.

6. References

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