

Comparison of reaction ability of Kabaddi female players

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Abstract

The purpose of the study was to compare reaction ability among different playing positions (Raider, Corner, Blocker and All-rounder) of state level Kabaddi Female Players. Forty female Kabaddi players were selected as subjects, who participated in state level Kabaddi championship (10 from each playing positions) ranging from 16 to 22 years of age, were selected from different clubs and stadiums of Varanasi. Reaction ability was measured by the ball reaction exercise test. To compare reaction ability among different playing positions of state level kabaddi female players one way analysis of variance (ANOVA) was used and the level of significance was set at 0.05. On the basis of result we conclude that there was no significant difference found on reaction ability among different playing positions of state level kabaddi female players.

Key words: Reaction ability, Raider, Corner, Blocker and All-rounder and Kabaddi.

1. Introduction

Basically the survival of man is physical and movement or the activity is the first and foremost important thing one learns soon after birth. It is the movement by which one expresses the desire for hunger and thirst. Speech comes much later in one's life. Secondly, physical activity is also required for proper growth and development. (Uppal, 2001). It is the ability to react quickly to signal. (Singh, H, .1991). It is the ability of sportsmen to respond quickly to a given stimulus and execute well directed actions following a signal. It depends upon the functional capacity of optic, acoustic and tactile sense organs (Uppal,2001) Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either out-door or indoor with seven players on the ground in each side, each side takes alternate chances at offence and defense. The basic idea of the game is to score point by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath (Rao. E. Prasad 2002). Kabaddi is game which required demands speedy movements for better performance and reaction ability is one of most important factor which is responsible for better speedy or rapidly movements. In kabaddi there are mainly four playing positions are: raider, corner, blocker and all-rounder. These all playing positions were considered in this study as independent variable and reaction time as dependent variable.

1.1 Objective: The purpose of the study was to compare reaction ability among different playing positions (Raider, Corner, Blocker and All-rounder) of state level Kabaddi Players.

2. Methodology

2.1 Sample

A total of 40 female Kabaddi players were selected as subjects for the study, who participated in state level Kabaddi championship (10 from each playing positions) ranging from 16 to 22 years of age.

2.2 Data collection

The data was collected from different clubs and stadiums of Varanasi district of U.P.

2.3 Variables

Reaction Ability taken as dependent variable and different playing positions taken as independent variable for this study.

2.4 Criterion measure

Reaction ability was measured by the ball reaction exercise test and was recorded in centimetres

3. RESULTS

Table I
Descriptive Statistics of Reaction Ability

	Mean	S.D	N
Raider	1.32	0.11	10
Corner	1.30	0.06	10
Blocker	1.36	0.27	10
All rounder	1.38	0.20	10

Table 1 indicates that the mean of state level kabaddi players of reaction ability is all rounder highest (1.38), followed by blockers (1.36), raiders (1.32), and corners (1.30). Similarly the highest S.D was found in state level Kabaddi players of blockers (0.27), and followed by all-rounder (0.20), raider (0.11), and corners (0.06).

Figure I

Graphical Representation of Mean of Reaction Ability among Different Playing Positions of Kabaddi Players

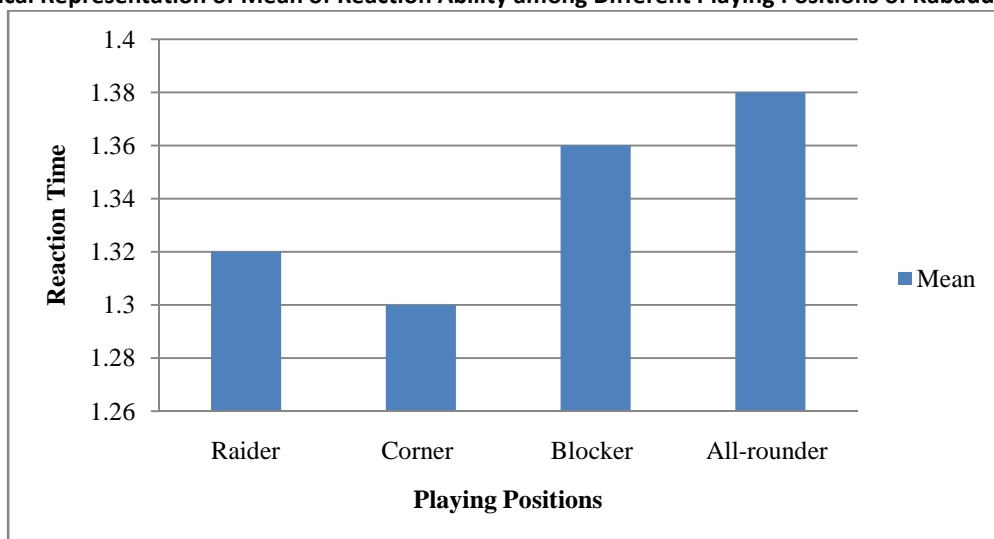


Table 2

Analysis of Variance of Reaction Ability of State Level Kabaddi Player of Different Playing Positions

	Sum of Squares	d.f	Mean Square	F	p-value
Between Groups	0.042	3	0.014	0.417	0.742
Within Groups	1.213	36	0.034		
Total	1.255	39			

*The mean difference is significant at the 0.05 level.

Table 2 indicates that there was no significant difference in reaction ability of state level Kabaddi players because p – value is 0.742 which is greater than 0.05.

4. Discussion

The purpose of the study was to compare reaction ability among different playing positions (Raider, Corner, Blocker and All-rounder) of state level Kabaddi Players. The finding of the study revealed that there were no significant differences found among different playing positions of state level Kabaddi players. It is the ability to react quickly to signal. (Singh, H, .1991). Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either out-doors or indoor. Kabaddi is game which required demands speedy movements for better performance and reaction ability is one of most important factor which is responsible for better speedy or rapidly movements. More specifically Kabaddi demands complex reaction ability because complex reaction ability is needed when there is uncertainty about the signal or response or both. The sportsman does not know on which signal or sound she should react and in what manner. The time of occurrence of signal or sound also may not be certain. The reason may be no difference among that all players (different playing positions) have same level of participation, same playing experience and getting same type and same pattern of training by the coaches or trainer.

6. References

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