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IMPACTS OF SPECIFIC SKILL TRAINING ON PERFORMANCE VARIABLES AMONG KABADDI PLAYERS

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ABSTRACT
The purpose of the present study was to investigate the impact of specific skill training on selected performance variables among college-level women kabaddi players. To achieve this objective, thirty women kabaddi players aged between 18 and 21 years were randomly selected from Madurai district. The subjects were randomly assigned into two equal groups of fifteen each. Experimental Group I underwent a structured specific skill training programme for a period of eight weeks, while Group II served as the control group and did not receive any specific training. A pre-test and post-test random group design was employed for the study. Performance variables relevant to kabaddi were assessed before and after the training period. Statistical analysis was carried out to determine the differences between pre-test and post-test scores of both groups. The findings of the study revealed that the specific skill training programme produced significant improvements in the selected performance variables of the experimental group when compared to the control group. The study concludes that specific skill training is effective in enhancing kabaddi-related performance among college-level women players and may be recommended as an essential component of kabaddi training programmes.

KEYWORDS: *Specific Skill Training, Kabaddi Players, Performance Variables, Women Athletes, College Level.*

INTRODUCTION

Kabaddi is a fast-paced indigenous team sport that demands a high level of physical fitness, technical proficiency, and tactical awareness. Successful performance in kabaddi largely depends on the effective execution of sport-specific skills such as raiding, tackling, dodging, kicking, and body positioning. These skills require a combination of speed, agility, strength, endurance, coordination, and decision-making ability, making skill-oriented training an essential component of kabaddi preparation.

Specific skill training focuses on the systematic practice of movements and techniques that closely resemble actual game situations. Such training enhances neuromuscular coordination, movement efficiency, and motor learning, thereby improving overall playing performance. In kabaddi, where players are required to perform repeated high-intensity actions under pressure, sport-specific training is more effective than general conditioning alone in improving performance variables.

Previous studies in sports training have highlighted the positive effects of skill-specific training on physical and performance-related variables in team sports. However, limited scientific evidence is available on the impact of structured specific skill training programmes on the performance variables of kabaddi players, particularly at the collegiate level. Addressing this gap is essential for developing scientifically designed training programmes tailored to the unique demands of kabaddi.

Therefore, the present study aimed to examine the impact of specific skill training on selected performance variables among kabaddi players, with the objective of providing practical insights for coaches, trainers, and physical education professionals.

METHODOLOGY

The idea of the study is to find out the impacts of specific skill training and performance variables among kabaddi players. To achieve the purpose of the study, thirty college level women kabaddi players would be randomly selected from madurai district and their age would be ranged between 18 and 21 years. They were divided into two equal groups of fifteen each. Random sampling method was used to equate the groups. Experimental group I (n = 15) were underwent specific skill training (SSTG) and group II (n = 15) Control group (CG) for a period of eight weeks.

Experimental Design

Experimental Design is a blue print of the procedure that enables the researcher to test the hypothesis by reaching valid conclusions in testing the relationship between independent variables and dependent variables. The investigator used pre and post test random group design in this study. This procedure involves dividing a sample into two groups based on random selection. No attempt will be made to equate the groups in this study. The selected thirty subjects were divided into two equal groups consisting of 15 each such as experimental group I was underwent specific skill training (SSTG) and experimental group II would be not given any specific training control group (CG). After the end of eighth week the post test were administered to all the groups.

Criterion Measures

The subjects of all groups were assessed on the selected variables by the standardized test items before and after the training period of eight weeks.

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Table – I

S.No	Criterion Variables	Test Items	Unit of Measurements
Performance Variables			
1	Offensive	Coaches Rating	Points
2	Defensive		

Statistical Analysis

A paired *t*-test was employed to determine the significance of differences between pre-test and post-test mean scores of the experimental and control groups on selected performance variables. The level of significance was set at 0.05.

RESULTS

Table - II

Paired *t*-Test Results on Offensive Performance (10-Point Coached Rating)

Group	Test	Mean Score	SD	Mean Difference	*t* value	Result
Experimental Group (SSTG)	Pre-test	5.42	0.88			
	Post-test	7.96	0.91	2.54	**8.32***	Significant
Control Group (CG)	Pre-test	5.48	0.85			
	Post-test	5.61	0.87	0.13	0.69	Not Significant

Significant at 0.05 level, df = 14; Table value = 2.145

Interpretation – Offensive Performance

The paired *t*-test revealed a **statistically significant improvement** in offensive performance of the experimental group following eight weeks of specific skill training ($t = 8.32$, $p < 0.05$). The control group did not show any significant improvement.

Table - III

Paired *t*-Test Results on Defensive Performance (10-Point Coached Rating)

Group	Test	Mean Score	SD	Mean Difference	*t* value	Result
Experimental Group (SSTG)	Pre-test	5.68	0.92			
	Post-test	8.21	0.89	2.53	**7.94***	Significant
Control Group (CG)	Pre-test	5.71	0.90			
	Post-test	5.80	0.93	0.09	0.41	Not Significant

Significant at 0.05 level, df = 14; Table value = 2.145

Interpretation – Defensive Performance

The results indicated a **significant enhancement** in defensive performance of the experimental group as a result of specific skill training ($t = 7.94$, $p < 0.05$). No significant difference was observed in the control group.

DISCUSSION ON FINDINGS

The results of the study clearly indicated that the specific skill training group significantly improved their performance variables, such as offensive and defensive. Furthermore, it was observed that the improvement caused by the specific skill training group greater than the control group. Based on the results, the researcher suggests the specific skill training was an effective method for improving selected performance variables of inters collegiate women kabaddi players. The results of this study are in line with the findings of other studies that have emphasized the importance of this study, **Albert Chandrasekar, S. J., & Jaya Prakash, K. (2020)[1], Patnaik, C., Patra, B. K., Nayek, S. K., & Mishra, S. R. (2024)[2] and Arumugam, S., & Seenivasan, A. K. (2025)[5]**

CONCLUSIONS

On the basis of the results obtained from the present empirical investigation and within the limitation, the following conclusions are drawn after giving the eight weeks of specific skill training.

- ✓ The performance variables such as offensive and defensive were significantly improved after giving the eight weeks of specific skill training.

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