



COMPARISON ON SELECTED PHYSICAL FITNESS COMPONENTS AMONG TRADITIONAL EVENTS PARTICIPANTS OF KALARI AND SILAMBAM

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ABSTRACT

The aim of the present study is to comparison on selected physical fitness components among traditional events participants of kalari and silambam. For the present study 40 male players were selected during the traditional events participants. Between the age group of 19-25 years i.e. 20 male kalari and 19 male silambam Players of various districts in Tamilnadu were taken for the study. The 50 meter run test was used to assess the speed and Flexibility among kalari and silambam Players. The results of the study show that the kalari is having very good speed and Flexibility compare to the silambam Players. It is recommended that kalari and silambam players must be given good speed and Flexibility to enhance the performance.

KEYWORDS: Speed and Flexibility

INTRODUCTION

A kalari is a gymnasium or training space primarily associated with the martial art of Kalaripayattu. The word kalari comes from Malayalam and Tamil. In the past, village schools in Kerala, typically run by the traditional astrologer families, were known by the name kalari or Ezhuthu Kalari. Traditionally, the kalari is constructed by digging a hollow in the ground, forming a sunken area four feet in depth, forty-two feet in length and twenty-one feet in breadth. This is usually called kuzhikalari. Kuzhi means "portions formed by caving in the earth" in Malayam. The entrance to the Kalari is in the east, to let in the morning sunlight, and leads into the 42-foot leg running east-west while the 21-foot leg runs north-south. Another consideration taken when constructing the kalari is that it is built in the south-west side of the main plot. The floor of the kalari is leveled using mud. In southern and central Kerala, some kalaris were constructed in a circular form, with weapons and other instruments being placed on one end, and students sitting outside the circular arc to watch the training (Ayyappan, A 1965).

Silambam is a weapon-based Indian martial art originating in South India in the Indian subcontinent. This style is mentioned in Tamil Sangam literature. The World Silambam Association is the official international body of Silambam. References in the Silappadikkaram and other works of the Sangam literature show that Silambam has been practiced since at least the 4th century BC. It derives from the Tamil word silam, meaning hill. The term silambambu referred

to a particular type of bamboo from the Kurinjimala (kurinji hills) in present-day Kerala. Thus silambam was named after its primary weapon, the bamboo staff. It may have earlier used for self-defense and to ward off animals in the Kurinji hills and later evolved into the present-day martial art. Bamboo staffs – as well as swords, pearls and armor – were in great demand from foreign traders. The ancient city of Madurai formed as the point of focus of Silambam's spreading. The Silambam staff was acquired by the Egyptians, Greeks and Romans and was spread back to the Middle East, Europe and North Africa.

Physical fitness is a systematic process extending over a long period. For best results the system of training has to be based and conducted on scientific facts and lines where it is not possible to do that, the training has to be based on the results of successful practice which has withstood the test of time sport. The physical fitness on condition is the namely, speed, strength, agility, explosive power, flexibility, cardio respiratory endurance and coordinate abilities. These all motor abilities and their complex forms are the basic requirement for human motor actions. Therefore, the sports performance in all sports depends to a great extent on these abilities. The improvement and maintenance of physical fitness of condition is perhaps the most important aim of physical training.

METHODOLOGY

For the purpose of this study, altogether forty traditional event participants were selected randomly 18 to 25 years of age from various districts in Tamilnadu. Their age



group ranges from 18 to 25 years. They were divided into two groups of 20 each. The Kalari and Silambam Players are made to Speed and Flexibility were selected as dependent variables

and it was measured by 50 meters dash and sit and reach test in each batch of two members. The timing was taken by researcher. The selected tests were measured by following units for testing:

| Criterion Variables | Test Items | Unit Measurements |
|---------------------|----------------|-------------------|
| Speed | 50 meters dash | Seconds |
| Flexibility | Sit and Reach | Centi Meters |

STATISTICAL TECHNIQUE

Descriptive statistics the analysis of variance (ANOVA) will be used to find out the significance among the mean differences, whenever the 'F' ratio for will be fixed to test hypothesis. The adjusted test will be found to be significant Scheffe's Post hoc test will use. In all cases 0.05 level of significance.

RESULTS AND DISCUSSIONS

The impact of independent variables on each criterion variables was considered by 'F' ratio on the data achieved for speed and flexibility. The means of kalari and silambam have been analyzed and existing in Table II.

TABLE – II
MEAN AND 'F' – RATIO FOR THE PRE AND POST TESTS ON SPEED AND FLEXIBILITY OF KALARI AND SILAMBAM

| S.No | Variables | Mean | Mean | Source of variables | Sum of square | df | Mean square | 'f'–ratio |
|------|-------------|-------|-------|---------------------|---------------|----|-------------|-----------|
| 1. | Speed | 6.74 | 6.95 | Between | 0.933 | 1 | 0.466 | 2.99* |
| | | | | Within | 13.54 | 37 | 0.156 | |
| 2. | Flexibility | 29.90 | 27.80 | Between | 192.82 | 1 | 57.87 | 3.15* |
| | | | | Within | 1595.36 | 37 | 18.33 | |

*Significance at 0.05 level of confidence (2.70).

The table II shows that, they obtained 't'–ratio between the pre and post-test means of kalari group were 6.74, 6.95 and silambam group were 27.80, 29.90 respectively. The table values required for significant difference with df 37 at 0.05 level of confidence. Since the obtained 'f' – ratio value of experimental and control group on speed and flexibility were

greater than the table value 2.99, 3.15 it was concluded that the kalari group had significantly improved speed and flexibility.

Mean and 'F'– ratio for the pre and post tests on speed and flexibility of kalari and silambam were graphically represented in the figure 1 and II.

FIGURE -I

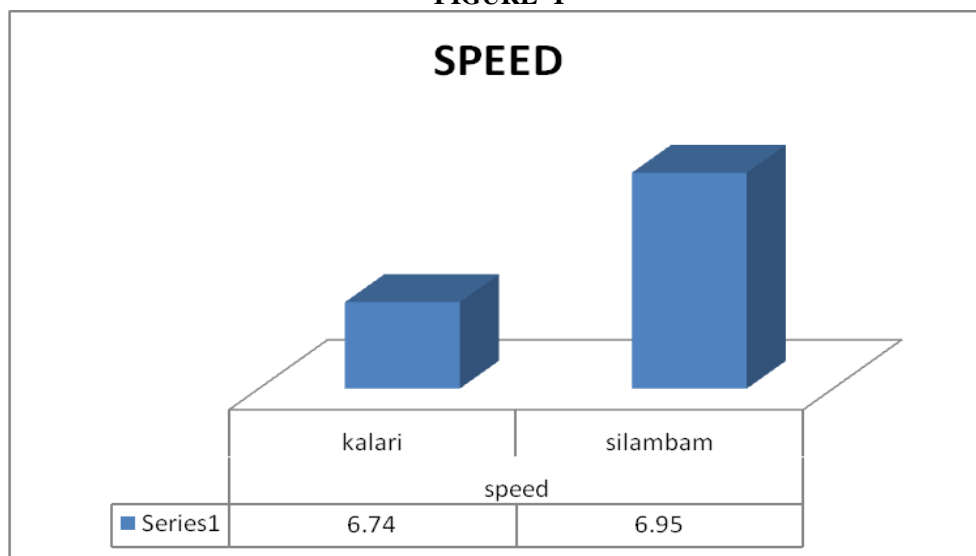
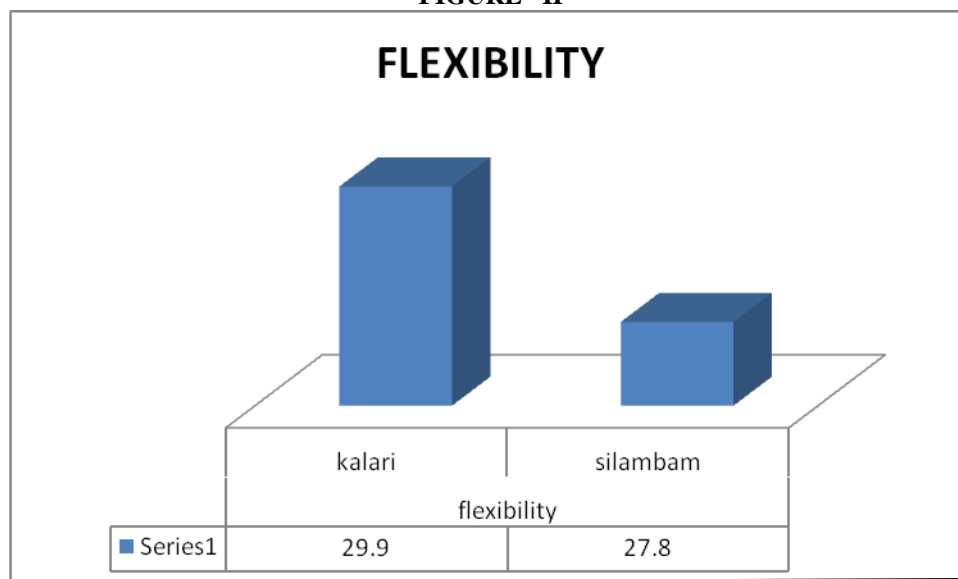


FIGURE -II



DISCUSSION AND CONCLUSION

On the basis of the result of the study, it can be concluded that there was a significant difference between the kalari and silambam of traditional events participants in relation to speed ability. kalari players have speedier in comparison to silambam players due to the nature of the game, training schedule, ground length and flat running according to game demand. Sorabh Trikha (2014). Has conducted a study on Comparative Status of flexibility and Speed between Different Team Games, he found significant difference between Football and Hockey players in relation to speed ability. Some other studies conducted by Natraj H.V. & Chandrakumar, M. (2006), Uppal and Roy (1986) and Angyan (1989) were support the result of the present study.

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