



A COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS VARIABLES BETWEEN SCHOOL LEVEL KABADDI AND KHO-KHO PLAYERS

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ABSTRACT

The present study has been designed to investigate the Agility and reaction time of kabaddi and kho-kho players. For accomplish the study total 50 players (25 kabaddi and 25 kho-kho) were randomly selected as Govt high school Mettupalayam. The age of the subjects was ranged from 14-17 years. To measure the agility, we used the shuttle run test and to measure the reaction time Illinois test in the study. The data was analysed by applying 't' test in the order to determine the difference of endurance between kabaddi and kho-kho players. The level of significance was set at 0.05. A significant difference was observed between kabaddi and kho-kho players in their agility and reaction time. We find out that kabaddi players having more agility and reaction time in comparison of kho-kho players.

KEYWORDS: Kabaddi, Kho-Kho, agility and reaction time.

INTRODUCTION

Essential physical attributes such as agility and reaction time play a crucial role in the performance of Kabaddi and Kho-Kho players. However, the unique demands inherent in each sport can give rise to distinctions in the prioritization and training methodologies associated with these attributes. This study aims to delve into the nuanced relationship between agility, reaction time, and the specific requirements of Kabaddi and Kho-Kho. Understanding how these attributes are interlinked and how they contribute to the overall proficiency of players in each sport is vital for tailoring effective training programs. By examining the intricacies of agility and reaction time in Kabaddi and Kho-Kho, this research seeks to provide valuable insights that can inform targeted training regimens, potentially enhancing the performance and injury prevention strategies for players in both sports.

KABADDI

Kabaddi, a body contact sport contested by two teams comprising seven players each, demands of strength, speed, endurance, agility, flexibility, coordination, and balance. Defensive players endeavour either individually or collaboratively to restrain the raider while simultaneously evading being touched by them. Conversely, the raider strives to score points by reaching out to touch defensive players with extended limbs, all while attempting to evade the defensive holds. This description is attributed to **Amar Kumar (January 2001)**, highlighting the multifaceted nature of skills and strategies involved in the dynamic game of Kabaddi.

Kho-Kho

Kho-Kho is a traditional Indian sport that falls under the category of tag games. In Kho-Kho, two teams of twelve players each compete against each other, with the objective of tagging the opponents as quickly as possible. The game involves a designated chaser, known as the "Kho," who tries to tag members of the opposing team while the other team members attempt to avoid being tagged. Unfortunately, the term "Kho-Kho" is not directly associated with a specific author or originator, as it is a traditional game that has evolved over time within Indian culture. The sport has ancient roots and is deeply ingrained in Indian traditions, with historical references suggesting its existence for several centuries. While there may not be a single author or specific originator linked to Kho-Kho, it is recognized as a cultural and traditional game that has been passed down through generations, contributing to the rich tapestry of Indian sports and recreational activities.

CRITERION MEASURES

The following tests were used to measure the selected variables.

1. Illinois test was used to measure the agility and score was recorded in seconds.
2. Peeny test was used to measure the reaction time and score was recorded in seconds.



OBJECTIVES OF THE STUDY

- ❖ To compare the Agility and reaction time between kabaddi and kho-kho players.

HYPOTHESIS OF THE STUDY

- ❖ There would be no significant difference in Agility of kabaddi and kho-kho players.
- ❖ There would be no significant difference in Reaction time of Kabaddi and kho-kho players.

METHODOLOGY

To achieve the purpose of the study, 15 kabaddi and 15 kho-kho players will be selected as subjects from Govt high School mettupalayam. The subjects age ranged between 14 and 17 years. The selected football and basketball players will be assessed by endurance and agility. The selected 30 subjects will be divided into two equal groups, Group – I school level kabaddi players and Group-II school level kho-kho players.

STATISTICAL METHOD

The obtained data were analyzed by applying ‘t’ test in order to determine the agility and reaction time between kabaddi and kho-kho players. The level of significance was set at 0.05. For obtaining reliable result Statistical Package for the Social Sciences (spss) was used.

TABLE-1
Computation of t-ratio on agility of inter school kabaddi and kho-kho players.

Group	N	Mean	S. D	Mean Difference	‘t’ ratio
Kabaddi	15	11.89	0.69	0.18	15.51
Kho-kho	15	11.71	0.73		

*Significant at 0.05 level of confidence (1 and 14) 2.14

Table –I shows that the mean values of inter school level kabaddi and Kho Kho players on agility were 11.89 and 11.71 respectively. The obtained t-ratio of 15.51 on agility is higher than the required table value 2.14 for significance with degrees of freedom 1, 14 at 0.05 level of confidence. The result of the study shows that there is significant difference in agility between inter school level kabaddi and kho-kho players.

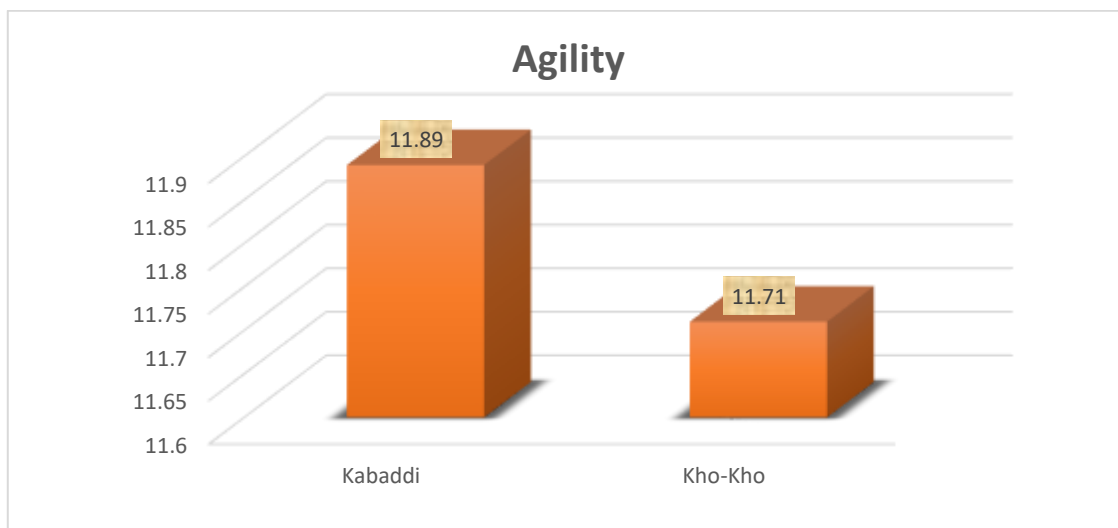


Figure-1 Graphical Represented on mean values of Kabaddi and Kho-Kho on Agility

TABLE-II
Computation of t-ratio on reaction time of inter school kabaddi and kho-kho players.

Group	N	Mean	S. D	Mean Difference	‘t’ ratio
Kabaddi	15	5.41	0.19	0.04	3.74
Kho-kho	15	5.20	0.13		

*Significant at 0.05 level of confidence (1 and 14) 2.14

Table –II shows that the mean values of inter school level kabaddi and kho kho players on reaction time were 5.41 and 5.20 respectively. The obtained t-ratio of 3.73* on speed is higher than the required table value 2.14 for significance with degrees of



freedom 1, 14 at 0.05 level of confidence. The result of the study shows that there is significant difference in reaction time between inter school level kabaddi and kho kho players

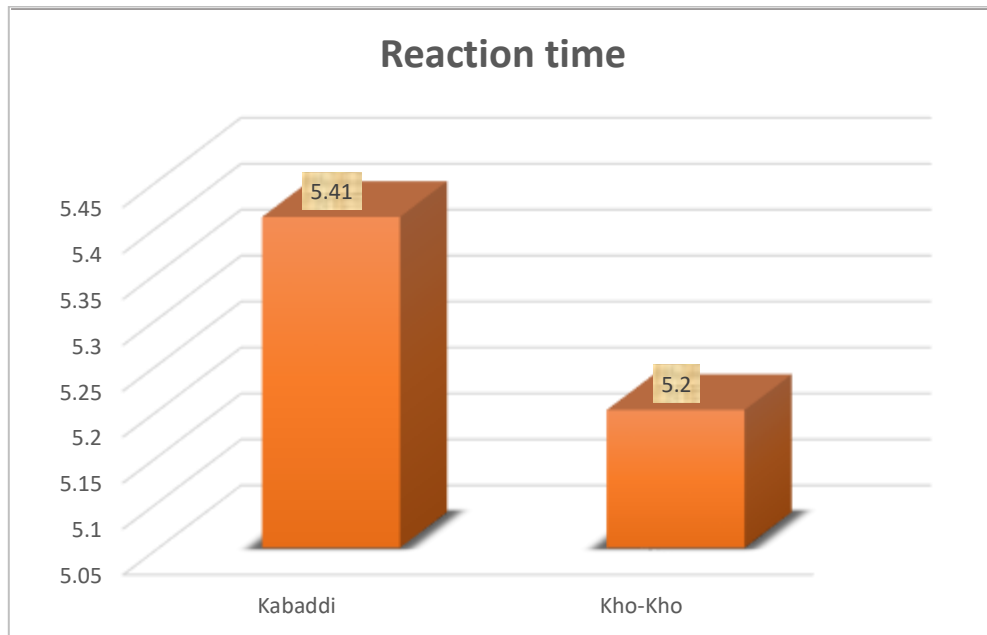


Figure-1 Graphical Represented on mean values of Kabaddi and Kho-Kho on Reaction Time

CONCLUSIONS

1. It was concluded that there was significant difference between Kabaddi and kho kho players on Agility.
2. Further, it was concluded that there was significant difference between kabaddi and kho kho players on Reaction time.
3. The study found that kho kho players exhibit superior reaction time and agility compared to kabaddi players.

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