

“A STUDY ON PHYSICAL FITNESS BETWEEN MEN AND WOMEN KABADDI PLAYERS OF JAMMU AND KASHMIR STATE”

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Abstract

The purpose of the study was to compare the physical fitness between men and Women kabaddi players of Jammu and Kashmir State. Total 50 kabaddi players (25 each) of 18 - 22 years age were randomly selected from different colleges of Jammu and Kashmir State. Only selected corporeal variables i.e. the speed and explosive strength were measured by using respective techniques and equipments. The between-group differences were assessed by using 't' test. The level of $p \leq 0.05$ was considered significant. The study revealed that the men kabaddi players had significantly higher in speed and explosive strength ($p < 0.05$) than the women kabaddi players of Jammu and Kashmir State.

Introduction

Physical fitness is a required element for all the activities in our society. Physical fitness of an individual is mainly dependent on lifestyle related factors such as daily physical activity levels. Physical fitness is also considered as the degree of ability to execute a physical task under various ambient conditions.

Physical fitness is one of the main factors in an athlete's success. It has been shown that a high level of the elements of physical fitness such as cardiovascular endurance, muscular strength, endurance, flexibility and speed are useful and effective in achieving success in a different sport. Nowadays before sending to competitions, teams are given a test for the evaluation of the physical status of their members.

Statement of the problem

The problem is entitled as “A study on physical fitness between men and women kabaddi players of Jammu and Kashmir State.

Objective of the study

The following objectives were formulated

- To compare the Speed, one of the components between men and women kabaddi players of Jammu and Kashmir State.
- To compare the Explosive strength, one of the component between men and Women kabaddi players of Jammu and Kashmir State.

Methodology

Total 50 kabaddi players (25 each) of 18-22 years age were randomly selected from different colleges of Jammu and Kashmir State. Only selected physical fitness i.e. the speed and explosive strength were measured by using respective techniques and equipments. The between group differences were assessed by using 't' test. The level of $p \leq 0.05$ was considered significant.

Table 1
COMPARISON OF SPEED (50 MT. DASH) BETWEEN MEN AND WOMEN
KABADDI PLAYERS OF JAMMU AND KASHMIR STATE

Group	N	Mean	SD	‘t’ ratio

Kabaddi Men Players	25	3.49	0.20	0.66
Kabaddi Women Players	25	3.47	0.29	

Significant of 0.05 level, $t=0.98$

Table-1 explains about the comparison between men and women kabaddi players of Jammu and Kashmir State on speed. The mean score 3.49 of the speed of men kabaddi players is higher than the mean score 3.47 of women kabaddi players which shows the non significant difference between the mean score of both the groups. Here table value (0.66) is lesser than the calculated value (0.98). So it can be concluded that men kabaddi players were better in speed than the women kabaddi players of Jammu and Kashmir State .

TABLE 2
COMPARISON OF EXPLOSIVE STRENGTH BETWEEN MEN AND WOMEN
KABADDI PLAYERS OF JAMMU AND KASHMIR STATE

Group	N	Mean	SD	't' ratio
Kabaddi Men Players	25	3.24	0.31	2.26
Kabaddi Women Players	25	3.03	0.13	

Table-2 explains about the comparison between kabaddi men and women kabaddi players of Jammu and Kashmir State on explosive strength. The mean score 3.24 of the explosive strength of kabaddi men players is higher than the mean score 3.03 of women kabaddi of Jammu and Kashmir State. This shows the significant difference between the mean score of both the groups. Here table value (2.26) is greater than the calculated value (0.98). The magnitude of mean difference being higher in kabaddi men players of Jammu and Kashmir State, so it can be concluded that they were better in explosive strength than the women kabaddi players of Jammu and Kashmir State .

Conclusion of the study

On the basis of the findings of the present study, the following conclusions have been drawn:

- Men kabaddi players were better in speed than the women kabaddi players of Jammu and Kashmir State.
- Men kabaddi players were better in explosive strength than the women kabaddi players of Jammu and Kashmir State.

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