"COMPARISON OF PHYSICAL FITNESS AMONG KABADDI AND KHO-KHO PLAYERS"

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Abstract

The present study has been designed to investigate the difference of selected physical fitness components between Kabaddi and Kho-Kho players. For accomplish the study total 50 players (25 of Kabaddi & 25 of Kho-Kho) of both games were selected through random sampling as subjects of this study. The age of the sample were ranged from 18 to 22. Body mass index (BMI) for obesity, 40 meter sprint for speed, standing broad jump for strength and sit and reach test for flexibility were used as criterion measure.

Introduction

Sport serves vital and important role in social and cultural functioning for each individual. In the last few decades sports have gained tremendous popularity all over the globe. The popularity of sports is still increasing at a fast pace and this happy trend is likely to continue in the future also. The contribution of sports towards the overall welfare of the human society may be capsule in the following points:

The 1990s will be remembered as the decade in which the medical profession formally recognized the fact that physical activity is vital to the body's health. Is seems rather ironic that it took this long for clinicians and scientists to reach this conclusion, as Hippocrates (460-377 BC), a prominent physician and athlete, had strongly endorsed physical activity and proper nutrition as essential to health more than 2,000 years earlier. Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

Methodology

A total 50 players were selected as selected through random sampling technique. Out of the total sample 25 subjects were from Kabaddi and 25 subjects were from Kho-Kho were selected respectively. The age of the sample were ranged from 18 to 22.

Selection of the variable

For the present study, the research scholar has gone through the various literatures to finalize the variables. The selection of the variables was utmost important as the total procedure and administration was dependent upon the nature of selection of variables. The variables are the key direction for the nature of the findings and outcomes from the present study. The experts were also consulted to get appropriate and rational suggestions to finalize the variables. The following variables were selected for the study:

Table – 1

Sl. No.	Test	Measure
1.	Body Mass Index (BMI)	Obesity
2.	40 mtr sprint	Speed
3.	Standing Broad Jump	Strength
4.	Sit and Reach	Flexibility

Table – 2 Descriptive Statistics of selected variables for kabaddi and kho-kho players

Sl. No.	Variable	Kabaddi	Kho-Kho	MD
1.	Body Mass Index (BMI)	11.04	9.83	01.22
2.	40 mtr sprint	3.81	3.30	0.50
3.	Standing Broad Jump	1.04	0.94	0.10
4.	Sit and Reach	8.29	10.70	02.41

The Table - 2 highlight the mean values of Kabaddi and Kho-Kho players for the selected variables. The Body Mass Index for Kabaddi players depicts 11.04 and Kho-Kho players 9.83 with a mean difference of 01.22. It shows that Kabaddi players have more BMI score or they were fatter than the Kho-Kho players. The mean value for 40 M Dash for Kabaddi and Kho-Kho players were 3.81 and 6.30 seconds respectively with a difference of 0.50 seconds, signifying that Kho-Kho players were reported faster than the Kabaddi players. The mean value of standing broad jump of Kabaddi players is higher than the Kho-Kho players with the mean difference of 0.10. Kho-Kho players were reported higher flexibility with the mean difference of 2.41 respectively

Table – 3 Significance of mean comparison of selected variables

Sl. No.	Variable	Kabaddi	Kho-Kho	MD
1.	Body Mass Index (BMI)	1.22	1.20	3.55
2.	40 mtr sprint	0.50	0.60	2.94
3.	Standing Broad Jump	0.9	.15	2.12
4.	Sit and Reach	2.43	3.47	2.48

The results mentions in table 3 in which it was found that for the body mass index mean and S.D difference is 1.22 ± 1.20 and t value is 3.55 which was highly significant at 0.05 level of confidence as the tabulated value depicted as 1.00 respectively. It may be observed from the results that there is a significant difference between Kabaddi and Kho-Kho players in reference to body mass index component.

A test for measuring speed was selected as 40 M Dash for which the values of paired mean difference were 0.50, paired S.D. difference was 0.60 and 't' value was 2.94 was significant at both 0.05 and 0.01 levels of confidence against the tabulated value 1.00 and 1.33 respectively. It may also be observed that the speed component has significant difference between Kabaddi and Kho-Kho Players. The paired mean difference for Standing Broad Jump was 0.9, paired S.D. difference was 0.15 and 't' value was 2.12, which was found significant at both 0.05 and 0.01 levels of confidence. The Sit & Reach Test was computed for the paired mean difference which were 2.43, paired S.D. difference 3.47 and 't' value was 2.48 was significant at both 0.05 and 0.01 levels of confidence against the tabulated value 1.00 and 1.33 respectively.

Conclusion

After analysis and basis of the obtained results there is significant difference found between Kabaddi and Kho-Kho players in there body mass index with the t value of 3.55, it means Kabaddi players have higher percentage of body fat than Kho-Kho players. It was also evident that Kho-Kho players have more speed than Kabaddi players. But in the strength, the mean of Kabaddi players was high than the Kho-Kho players and t value of sit and reach was 2.48. it means Kho-Kho players have more flexibility than the Kabaddi players.

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