

# Comparative Study of Physical Fitness Components of District Level Kabaddi and Kho- Kho Men Players.

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**Abstract:** *Physical fitness is a general state of wellbeing that includes energy to participate in physical activity, and reduces risk of developing health problems prematurely. Physical fitness is the capacity to carry out reasonably well various forms of physical activities without being unduly tired and includes qualities important to the individual's health and wellbeing.*

*The purpose of the study was to find out the Agility and explosive leg power of Kho-Kho and Kabaddi players of district wardha of Maharashtra. To achieve the purpose of the present study, 50 subjects were purposively selected from different colleges of wardha district as per the availability of players, in which 25 were Kabaddi and 25 were Kho-Kho men players. To measure the level of Agility and explosive leg power of Kabaddi and Kho-Kho men players shuttle run and standing broad jump test from AAHPER youth fitness test was used. The data was statistically analysed by applying Simple 't' test. The level of significance was fixed at 0.05. Further on conclusion it was found that the Kabaddi and Kho-Kho players were no significantly differ on the variables Agility and explosive leg power.*

**Keywords:** speed, flexibility, kabaddi, kho-kho, Physical fitness, etc

## I. INTRODUCTION

### Physical fitness:

Physical fitness is a general state of wellbeing that includes energy to participate in physical activity, and reduces risk of developing health problems prematurely. Physical fitness is the capacity to carry out reasonably well various forms of physical activities without being unduly tired and includes qualities important to the individual's health and wellbeing. Fitness means the ability of an individual to live a happy and well balanced life. It involves not only physical but intellectual, emotional, social and spiritual aspects of an individual. Interaction and interdependence of these phases of a man's health are such that any deviation from normal in any aspect of these components of fitness will make a man unable to meet the demands placed on him by his work or way of life. Physical fitness is the capability of the heart, blood vessels, lungs and muscles to function an optimal efficiency (Getchell, 1965).

Physical fitness is the fundamental necessity for any sporting activity. Motor qualities such as speed, strength, endurance, and flexibility along with physical fitness are essential for excellence in sports. Sports trainers and coaches are emphasizing on improving the physical fitness and motor qualities of the players, which is also known as conditioning. A good conditioning program is the backbone of the over-all training of the sportsperson. In Kabaddi, the specific fitness is with reference to strength, speed and co-ordination.

A sport is an indoor or outdoor activity involving physical and mental effort and skill, a game where people compete with each other according to fixed rules. It is an activity people take up during their free time, usually for fun, amusement, recreation or entertainment. It is used to be considered, a peripheral activity, a part time and an appendage to the core of life which life can do without a refuge for the escapist. But such a definition of sports has undergone a sea change in the modern days when sports have become indispensable for life to be meaningful and wholesome, both playing (sports) and watching sports. (Bucher 1964)

**Kabaddi:**

Kabaddi and Kho-Kho are team sports. The origin of Kabaddi can be traced to pre-historic times when man learned how to defend in groups against animals or attack weaker animals individually or in groups for survival and food. Though Kabaddi is primarily a South Asian game, The Kabaddi Federation of India (KFI) was founded in 1950, and it compiled a Standard set of rules. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. The AKFI has given new shape to the rules and it has also the rights of modification in the rules Kabaddi is now a very popular game and is a regular sport in Asian Games, Asian Indoor Games and Asian Beach Games apart from SAF Games. Kabaddi will be a demonstration sport during Commonwealth Games 2010 at New Delhi.

**Kho-Kho:**

Kho-kho is an Indian sport played by teams of twelve players who try to avoid being touched by members of the opposing team; only 9 players of the team enter the field. Kho-kho is a traditional Indian sport that is one of the oldest outdoor sports, dating back to ancient India. It is played most often by school children. The origin of Kho-Kho is very difficult to trace, but many historians believe that it is a modified form of 'Tag'/'catch', which in its simplest form involves chasing and touching a person. Deccan Gymkhana club of Pune, Maharashtra so named and baptized by the great Indian leader Lokmanya Tilak & Bhai Narorkar drafted the first-ever rules and regulations which symbolized the metamorphosis of the game soon to follow. The first Kho-Kho tournaments were organized in 1914, and the first national championship was held in 1959 at Vijayawada under the auspices of the Kho-Kho Federation of India (KKFI), which was formed in 1955.

One aspect it is emphasized and become increasingly vital during the recent years in the study of psychological characteristics that limit the performance of an individual in a given sport during high level competition.

**Objectives**

The main objective of the present study was to find out the difference between Agility and explosive leg power of Kabaddi and Kho-Kho players at district level.

The objective of the research was to compare the Agility and explosive leg power of kabaddi and Kho-Kho men players of district level.

Hypothesis: It was hypothesized that there would be no statically significant difference between the mean scores of physical fitness variables of Kho-Kho and Kabaddi Players with respects to (i) Agility and (ii) explosive leg power.

Methodology: The sample for the study consists of 25 Kabaddi men players, and 25 Kho-Kho men players those who have participated in the District Tournaments wardha district. This study was designed to compare the Agility and explosive leg power between Kabaddi and Kho-Kho District level men players. To achieve the purpose of the study the investigator had selected purposively 25 Kabaddi and 25 Kho-Kho district level men players, who have participated in inter-Taluka tournament as subjects. The age of the subjects chosen for this study were ranging from 18 to 25 years. To measure the level of Agility and explosive leg power of Kabaddi and Kho-Kho men players 10\*4 M shuttle run and standing broad jump test from AAHPER youth fitness test was used. The data was statistically analyzed by applying Simple 't' test. The level of significance chosen for this study was 0.05.

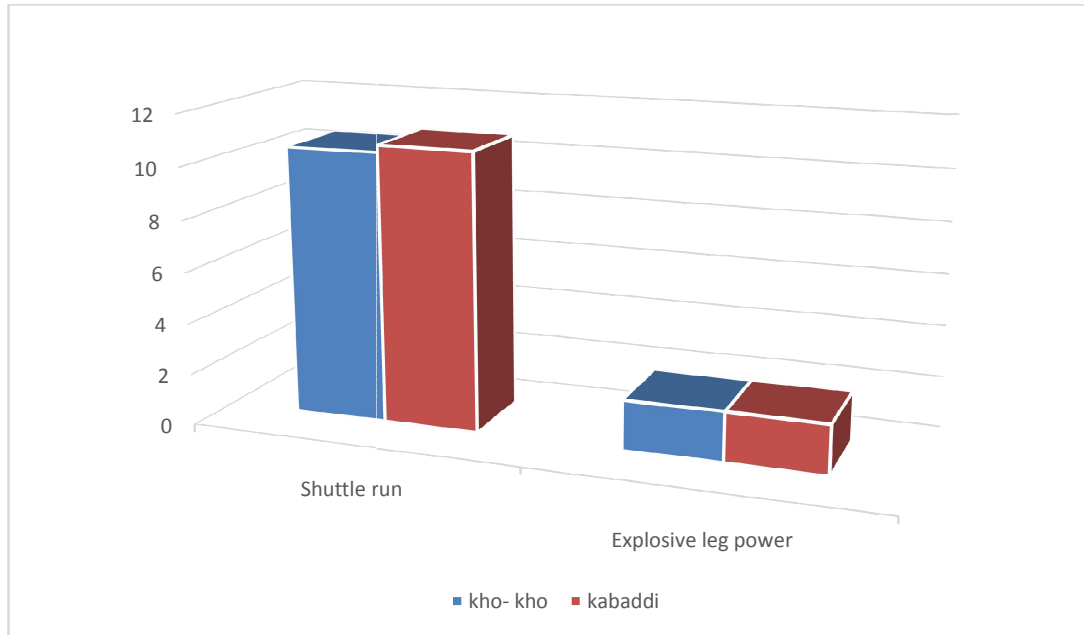
Table- I: Summary of Mean, Standard Deviation and t-ratio for the Data on Agility and Explosive leg power for kabaddi and Kho-Kho men players

variable	Groups	Subjects	Mean	SD	'T' Value
Agility	Kabaddi	25	10.76	0.709	0.158
	Kho-Kho	25	10.48		
Exp. Leg Power	Kabaddi	25	1.934	0.269	0.835
	Kho-Kho	25	1.947		

Significant at 0.05 level

**Graph – I**

Comparison of mean Data on Agility and Explosive leg power for kabaddi and Kho –Kho men players



**II. RESULT**

As per the above table and graph mean value for Agility in kabaddi and kho- Kho men players is 10.76 and 10.48, SD is 0.709 whereas the ‘T’ test value is 0.158 which is low than the table ‘T’ value of 2.06 on significant level 0.05.

Mean value for Explosive leg power in kabaddi and Kho- Kho men player is 1.93&1.94, SD is 0.269whereas the ‘T’ test value is 0.835 which is low than the table ‘T’ value of 2.06 on significant level 0.05.

**III. CONCLUSION**

As per the above results it can be concluded that as per the statistical analysis there is no significant difference in agility & Explosive leg power of Kho-Kho men players and Kabaddi men players of district level.

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