

COMPARATIVE STUDY OF KHO-KHO BOYS AND GIRLS IN PARTICIPATION OF SCHOOL COMPETITION IN NANDED DISTRICT

Yeshwant Kalepwar

Director of Physical Education & Sport, Shahir Annabhau Sathe Mahavidyalaya,
Mukhed, Dist. Nanded.

Abstract:

Human beings are inseparable part of the Nature. The nature has structured them in such a way that without physical exercise they can not be survival of the fittest. Since the ancient time, it has been pondered over how to keep the human beings physically strong and healthy in the ever changing conditions of the environment. More physical exercise makes the human beings dull and fatigued. So to give certain pleasure along with physical exercise, various games and competitions have been invented. Games are essential for physical, mental and moral development of the mankind. In other words, sound mind resides in sound body. In short physical, mental and moral upliftment of the human beings is the versatile development of personality. It boosts cultural and national values of the society and helps to create better citizens to carry the responsibility of the future of the nation.

Keywords; Comparative Study , Kho-Kho Boys , School Competition , Physical Exercise .

INTRODUCTION

An encyclopedia Ketkar has defined the concept of game, sports. Physical work done for certain purpose is an exercise. Exercise with entertain is a game. And a game restricted with certain rules and regulations becomes sport. So games, sports play very important role in our life. They offer us pleasure and help us to forget our calamities.

ORIGIN AND DEVELOPMENT OF KHO-KHO

Kho-Kho is a team game and completely Indian in its origin. Whenever we study the origin and development of Kho-Kho, it is the study of Kho-Kho, its origin and development in India.

Indian culture is the oldest culture in this world. It has gifted many things to this world. Literature, arts, sports, philosophy, scientific theories and social, political and economical

thoughts spread in the world are originated from India culture. The most ancient and holy religious treatise, Rigveda is the national asset of India. Greatest epics Mahabharat and Ramayana are from India. For the welfare of mankind the concept of Ramrajya is derived from Ramayana. In the same way India culture is the mother of various games and sports in this world. We find reference of various games and sports in the ancient treatises of India.

Testimonials of the Kho-Kho game in the ancient time are not available. But we find its reference in the literature of middle age and specially in the 17th century literature of religion and saints. The Sanskrit literature also we find same proof of Kho-Kho.

After 17th century Kho-Kho was played in different region of India. After wards it was developed. Now It is completely developed and played almost in every village of India. In 1956 Indian Kho-Kho Federation was established. After the establishment of Indian Kho-Kho federation, Kho-Kho got popularity at international level.

AIMS AND OBJECTIVES OF THE STUDY

The present research paper has following purpose.

1. To find problems of boys and girls poor participation in Kho-Kho and to find solution to the problems.
2. To study school participation in boys and girls tournament in the study region.
3. To make the public and parents aware to inspire the boys and girls for much participation in Kho-Kho.
4. To attempt to make the boys and girls interest into participation in Kho-Kho since their childhood.
5. To develop virtues like team spirit, cooperation, sincerity, leadership and dignity towards hard work among the boys and girls.
6. By studying the boys and girls Kho-Kho tournaments in the study region to draw some conclusion, to find out problems and suggest the remedies.

RESEARCH METHODOLOGY

The present research work was purely descriptive and analytical in nature. It is based of primary and secondary sources of data, which is collected from different sources. The data is also collected through a questionnaire prepared for the present study. Some interviews also taken by the researcher to analyze the participation of schools in Kho-Kho tournaments.

CONCLUSION

The part of this research is to sum up main conclusions of the study to get comprehensive view on the basis of the conclusion. An attempt is also made to discuss the problem of Kho-Kho in Nanded district. Suitable suggestions also made in this part, to change the existing situation and thereby to achieve the goals in the study region.

The following conclusions are drawn from the present research work

1. Participation of schools Kho-kho boys tournament is very less. And participation of schools in Kho-kho girls tournament is also very less. Tahsilwise participation in both boys and girls Kho-kho tournament is very less.
2. Schools established in rural areas they shows very less participation in both boys and girls Kho-kho tournament. Nanded district could not develop its pattern in Kho-kho games.
3. It is found that, parents don't permit their sons and daughters to play a game like Kho-kho. Participation of schools in girls tournament is very less because parents not permitted their daughters to play. As compare to the other games like Cricket, Tennis, etc. Kho-kho has less importance.
4. It is observed during the investigation period that, maximum schools has not appointed physical teachers, particularly who know and played Kho- kho. If any school appointed a teacher for game purpose they do not make only full-time game practice. These teachers take workload of teaching periods of other subjects.
5. Maximum students plays the entertainment games and they don't show their interest in Kho-kho. Trained physical teachers or NIS qualified coach are not available in Nanded district on proportionate level.
6. Maximum students are from poor families. Therefore, they engage in agricultural and other activities for their survival, that is they cannot take part in games like Kho-kho. It is found that. due to the non-incentives maximum students both boys and girls do not participate in Kho-kho game.
7. Government and District Sports Office could not provide the funds on time. In rural areas maximum students don't attend the school due to their poorness. Therefore schools could not train to the players. Due to the lack of lady physical teachers girls students do not take part in playing
8. Maximum students think that, playing means wasting of time. Therefore, they do not participate in games. The game like Kho-kho is far away from Medias. Therefore, student's turns towards the games, which plays on international level.
9. Schools cannot spent money on games or sports as well as on players. Indian Kho-kho federation and other district federation's become just the show pieces. They are not cultivating the games.
10. Maximum students viewed that there is partiality in Kho-kho tournaments. Therefore, they keep away from Kho-kho tournaments. Availability of good food, living and other services are very less at the places where tournaments arrange. This thing distresses the students.

SUGGESTIONS :

- I, To solve the problem less participation of schools in Kho-kho tournaments will make the participation of schools in Kho-kho tournaments compulsory.

2. There is less participation of schools in the study regions, so solve this problem every level administration should take interest for the maximum participation of school in kho-kho tournament.
3. Maximum students particularly in the rural areas are very poor. Their economic conditions are very backward. Therefore, they don't take part in playing. Now a days kho-kho games has very less importance in comparison to the other popular games like cricket, tennis, etc
4. Teachers, school administration and other personalities related to sports should aware the parents and guardians of the students regarding the kho-kho. Therefore, they will send their sons and daughters to play the kho-kho game.
5. Every school should appoint a trained physical teacher who knows the rules and regulations of kho-kho as well as who will teach the kho-kho games scientifically.

BIBLIOGRAPHY

1. Banerjee A. K. (1982), A Performance evaluation of Kho-Kho players by simulated exercise tests.
2. Bur ik. A. and A. K. Banerjee (1987) .. Motor performance and cardiorespiratory capacity of plain area Bengalee boys and Ililly area Nepalee boys'. Souvenir Abstract of III National Conference on Physical Education and Sports Sciences, Kalyani.
3. Dhara, P.c. and Khaspuri, G.c. (1994). 'Relationship between body muscularity and endurance capacity in adolescent boys'. NIS Scientific Journal, 17(3),5-9, 1994.
4. Guiliano, 'L.A., Popp. K.E., Knight. J.L. . Footballs versus Barbics : Childhood play activities as predictors of sport participation by women'.
5. Jackson, Pollock and Word (1984). 'Equations for measuring body density'. Research quarterly, 55 : 2, 153.
6. Klomstcn, A.T., Skaalvik, E.M., Lay G.A.E., Mcpherson, 'Physical self concept and sports: Do gender differences still exist?'
7. Lohman. T.G. *et.al*' (1975). 'Prediction of lean body mass in young boys from skinfold thickness and body weight". Human Biology. 47: 245-262.
8. Miller, J .L., I .evy, G.O. 'Gender role conflict, gender typed characteristics, self concepts, and sport socialization in female athletes and nonathletes.
9. Mokha, R. and L.S. Sidhu (1987) .. Physique, body composition and morphology of top level Indian female players of volleyball'. Souvenir Abstract of III National Conference on Physical Education and Sports Sciences, Kalyani.