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## A COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS ABILITIES BETWEEN KABADDI AND KHO-KHO PLAYERS

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### ABSTRACT: -

**P**hysical fitness is an ability to do work or daily task smoothly without any unnecessary fatigue. Physical fitness plays a very important role in the performance of sports. When a sports man physically fit enough then he can perform skills, and play full duration match without any undue tiredness. To develop of physical fitness Physical fitness proper nutrition, moderate-vigorous physical exercise and sufficient rest is very essential.

The purpose of this study was to compare the selected physical fitness ability between kabaddi and kho-kho players. To achieve the objective of the study twenty kabaddi and twenty kho-kho female players were selected as subjects. To find out the selected physical fitness abilities of the subjects, 50 m dash, vertical jump test and 12 minute run/walk tests was administered. To analyze the collected data descriptive statistical technique 't' test was performed. The level of significance was set at 0.05 level of confidence.

**KEYWORDS:** Physical Fitness, kabaddi, Kho-kho.

### INTRODUCTION:

The term physical fitness means more than muscular strength and stamina, it implies efficient performance in exercise or work and a reasonable means of skill in the performance of selected physical activities. This aspect of physical fitness concerns with the development of qualities necessary to function efficiently and maintain a healthy life style. The components of healthy related fitness are cardio respiratory endurance, muscular strength and endurance, flexibility and body composition. (Tanored, 1987).

### OBJECTIVE OF THE STUDY:

The main objective of this present study was to compare the selected physical fitness abilities between kabaddi and kho-kho female players.



### METHODOLOGY:

To carry out this study, 40 female players (20 from Kho-Kho and 20 from Kabaddi) game. The age limit of players was ranged between 18 to 22 years. The sample was collected from shivamogga of Karnataka state. All the subjects were involved in regular practice as a preparation for their targeted competition in their respective sports.

### Selection of physical fitness variables and their tests;

1. 50 meter dash Test- To measure speed ability. Score was recorded in seconds
2. Vertical jump Test- To measure explosive strength of legs. Score

was recorded in centimeters.

3. 12 minute run/walk test- To measure cardio-vascular endurance. Score was recorded in meters.

**STATISTICAL TECHNIQUES:**

To analyze the collected data statistical technique mean standard deviation and ‘t’ tests were applied. The level of significance was 0.05.

**RESULTS**

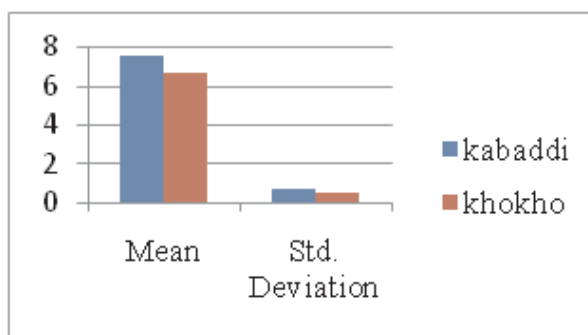
The purpose of this study was to compare the selected physical fitness ability between kabaddi and kho-kho female players.

**Table 1- Mean, Standard deviation and ‘t’- ratio in respect of Speed between Kabaddi and Kho-Kho female Players**

	N	Me an	Std. Deviation	‘t’ Value
<b>Kabaddi</b>	<b>20</b>	<b>7.58</b>	<b>.65</b>	<b>6.11 *</b>
<b>Kho-kho</b>	<b>20</b>	<b>6.68</b>	<b>.52</b>	

\*significance level on 0.05 level

Table-1 indicated that the mean and standard deviation scores of Speed of Kabaddi had been found 7.58 and those of Kho-Kho Players had been found 6.68 The calculated ‘t’ value (6.11) of Speed of the subjects were found to greater than the table value; so the result reflected significant difference at 0.05 level of confidence. The results had been presented graphically in figure–1.



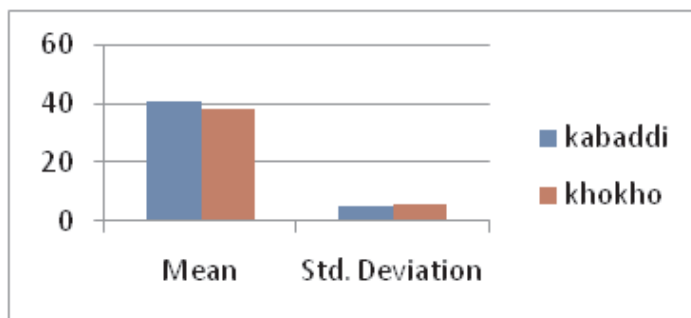
**Figure- 1: Comparison of Speed between the Kabaddi and Kho-Kho female Players.**

**Table-2 Mean, Standard deviation and ‘t’- ratio in respect of Explosive Strength between Kabaddi and Kho-Kho female Players.**

	N	Me an	Std. Deviation	‘t’ Value
<b>Kabaddi</b>	<b>20</b>	<b>40.80</b>	<b>5.38614</b>	<b>1.90</b>
<b>Kho-kho</b>	<b>20</b>	<b>38.30</b>	<b>5.60169</b>	

Table-2 indicated that the mean and standard deviation scores of Explosive Strength of Kabaddi had been found 40.80 and those of Kho-Kho Players had been found 38.30. The calculated ‘t’ value (1.90) of Explosive

Strength of the subjects were found to less than the table value; so the result reflected no significant difference at 0.05 level of confidence. The results had been presented graphically in figure-2.



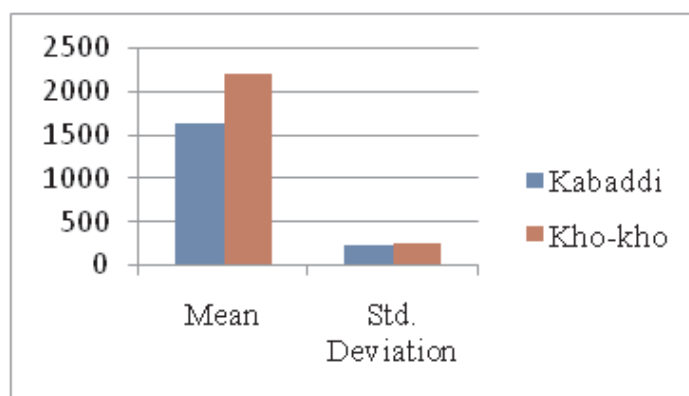
**Fig- 2: Comparison of Explosive Strength between the Kabaddi and Kho-Kho female Players.**

**Table-3 Mean, Standard deviation and 't'- ratio in respect of Cardiovascular Endurance between Kabaddi and Kho-Kho female Players.**

	N	Me an	Std. Deviation	't' Value
<b>Kabaddi</b>	20	1635.03	242.91	<b>9.21 *</b>
<b>Kho-kho</b>	20	2221.83	265.81	

\*significance level on 0.05 level

Table-3 indicated that the mean and standard deviation scores of Cardiovascular Endurance of Kabaddi had been found 1635.03 and those of Kho-Kho Players had been found 2221.83. The calculated 't' value (9.21) of Cardiovascular Endurance of the subjects were found to greater than the table value; so the result reflected significant difference at 0.05 level of confidence. The results had been presented graphically in figure-3.



**Fig- 3: Comparison of Cardiovascular Endurance between the Kabaddi and Kho-Kho Players**

**CONCLUSIONS:**

On the basis of the data analysis, limitations and findings of the present study, the following conclusions were drawn:

1. The significant difference was found in the Speed Ability tested through 50 M Dash Test. The Kho-Kho players had better speed ability in compare to the Kabaddi players.

2. When come to explosive strength there was no significant difference was found. But in when mean value taken into account the Kabaddi players had better explosive strength than the Kho-Kho players.
3. The significant difference was found in the 12 Minutes Run/Walk Test of Cardio-vascular Endurance in relation to the Kabaddi and Kho-Kho players. The Kho-Kho players had better Cardio-vascular Endurance than the Kabaddi players.

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