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Physical Education

"A COMPARATIVE STUDY ON KHO KHO AND KABADDI MALE PLAYERS OF MANGALORE UNIVERSITY INTER COLLEGIATE TEAM"

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KEYWORDS :

INTRODUCTION

Physical Education is that phase of education concerned with the teaching of skill, acquisition of knowledge and development of attitudes through human movement most public schools, colleges and universities recognize the importance of physical education by making it as part of the required curriculum. This reorganization is accorded to physical education by many nations of the world. In schools, physical education programs provides each person with rural opportunities to access fitness level and consequently select activities that will strengthens personal weakness and promote the development of life time skills and understandings, thus enabling the student to have a full and productive life, while in school and afterwards in a broad view of education. Physical educations uniqueness lies in its contribution to physical (fitness) and psychomotor (skill) development.

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. (Ashwini K. N. 2018).

Mobile Fitness is as much as an attitude of mind as a physical state. The dimension of fitness indicates body mind relationship which has been a hot pot of philosophical deliberation. The deceptive of physical education has made many advances in clarifying such relationships and has resulted in monitoring fitness to human beings. (Ajmer Singh.1996).

The contribution of physical fitness of life includes the joy of work, health and happiness. Physical fitness and development of neuromuscular skills have assumed greater improve in the present time due to the emphasis that is being placed on the development of human resources. In the opinion of Clarke," Physical fitness is an ability to come out daily task with vigor and alertness, with under fatigue and with ample energy leisure time pursuits and to meet unforeseen emergencies." (Harrison Clarke, 1997).

Physical fitness is the most important determinant of excellent performance in sports. However, importance of various components of fitness varies with different sports for better performance. Physical fitness is possible through the study of motor fitness. The motor fitness can be understood by analysis of its components like speed, strength, endurance flexibility, agility, coordination ability and balance, although physical fitness is conditioned by heredity, physical organic and behavioral components. (Robson, M. et al. 1978).

Physical fitness is the capacity to do prolonged hard work and recover to the same state of health in short duration of time this is the result of the degree of strength, speed, power, endurance, agility and flexibility one assesses there element of physical fitness are useful for different games and sports. Physical fitness depends on several factors such as heredity, hygienic living nutrition and body maneuver of an individual. Amongst these body maneuvers ever play activities, differently. Kabaddi and Kho-Kho player are equally conductive to developing these skills amongst players. (Clark, H. H. 1987).

Statement Of The Problem:

The purpose of the study is to compare the physical fitness components of inter collegiate male Kho-Kho and Kabaddi players in Mangalore university.

Hypothesis:

It was hypothesized that there would be no significant difference in the physical fitness components variables of Kho-Kho and Kabaddi players, Mangalore University.

Delimitations

1.The study was restricted to the intercollegiate Kho- Kho and Kabaddi male players.
2. The samples were taken from Mangalore University Kho- Kho and Kabaddi players.
3. The study on age from 18 – 25 years, male Kho-Kho and Kabaddi players.
4. The samples are taken 70 Kho-Kho and 70 Kabaddi players.

Limitations

1. Mangalore University male Kho- Kho and Kabaddi players were taken for the study.
2. The samples were the Mangalore University Kho- Kho and Kabaddi male players during 2018-2019.

Definition of Term:

"The ability to carry out daily tasks (work and play) with vigorous and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies."

Agility:

It is the ability of the individual to change direction or position in space with quickness and lightness of movement.
Use of agility tests: Several ways by which agility tests are utilized in physical education classes are listed as follows;
1. As an elements for predicting potential in different sports activities.
2. As a measure for determining achievement and grades when agility is a specific objective in the teaching unit.
3. As a factor in general motor ability tests.

Speed:

It is a measure of the distance an object moves in a given amount of time.

Power:

Refers to the ability of the muscles to release maximum force in the shortest period of time.

Uses Of Power Test:

Several ways in which power tests can be utilized in physical education classes are listed as following:
1. As a factor in motor ability tests.
2. As a means to motivate students to improve their status within the class.
3. As a means to indicate an individual's potential for varsity athlete.

Significance Of The Study

1. The study would be helpful to Academicians, Physical Education Teacher to conduct test to examine the outcome of the players playing ability in Kho-Kho and Kabaddi.
2. The present study would throw light on the player's efficiency and necessary modifications in training for the coaches.

Revies Of Related Literature

The objective of the study is to analyze a comparative study on physical fitness variables of kho-kho and kabaddi players of high school boys of Bangalore south Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities Physically active people have a lower risk of heart

disease, high blood pressure, diabetes, obesity and some type of cancer. Despite all the benefits of physical activity, most people in this country are a sedentary. Given that regular physical activity helps people enjoy better health. A desirable level of fitness was accepted at entry level for couple of jobs and professional training. Kabaddi and Kho-Kho players were one such field of endeavor.

The present study was an attempt to evaluate the degree of components between kho-kho and Kabaddi girls' players of Haryana. To carry out this study, 100 subjects 50 from (Kho-Kho) and 50 from (Kabaddi) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Mohindergarh, Rewari, Rohtak and Bhiwani districts of Haryana. Only speed, explosive power of arms and agility were used to measure the physical fitness components. The mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant t-values" test was applied. The level of significance was 0.05. Kumari S, et. al. (2015).

The main objective of the present study was to compare the Kabaddi and Kho-Kho players of from North 24 Parganas District, who has obtained position at district level sports competition on selected physical abilities through the selected test items such as: Speed, Standing Broad Jump, Sit and Reach, Sit-ups, 12 Minutes Run/walk Test between the players of Kabaddi and Kho-Kho. For the purpose of the present study, finally sixty players were selected as subjects. Out of total sixty subjects, 30 subjects from the game of Kabaddi and 30 subjects from the Kho-Kho has been selected on purposive and random sampling basis, who has won medal/position district level sports competition. All the subjects were involved in regular practice as a preparation for their targeted competition in their respective sports. The data were collected in raw form and analyzed by computing the descriptive statistical techniques and't' test were applied. The level of significance was set at 0 .05 level of confidence. The Result of the study significant difference was found in the Speed Ability tested through 50 M Dash Test. There was no significant difference was found in the Standing Broad Jump, a test of explosive strength in relation to the Kabaddi and Kho-Kho players. The significant difference was found in the Sit and Reach Test. There was no significant difference was found in the One Minute Sit-ups, a test to measure muscular strength endurance in relation to the Kabaddi and Kho-Kho players. 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. Kumar Singh Y, et. al. (2017).

The present study was an attempt to evaluate the degree of components between kho-kho and Kabaddi girls' players of Tamil Nadu. To carry out this study, 100 subjects 50 from (Kho-Kho) and 50 from (Kabaddi) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Kerala. Only speed, explosive power of arms and agility were used to measure the physical fitness components. The mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant t-values test was applied. The level of significance was 0.05. Raj V, et. al. (2017).

The purpose of the study was to compare the physical fitness components and basketball playing agility between rural and urban male basketball players. To fulfill the objective of the study 40 Basketball player (20 each) players of rural areas and (20 each) players of urban areas were selected. The age of the selected subjects ranged from 22+_2 years. Only (Endurance, speed, flexibility and Agility (fitness components) and basketball playing ability test were used to measures the selected physical fitness variables of the players. The study was delimited to state level basketball players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant different between Rural and Urban basketball players of mansa, sangrur and Patiala district. Singh Kuldeep, et. al. (2017).

METHODOLOGY

The present chapter deals with the method population and sampling technique employed for the study, sample size, tools used, administration of the tool, i.e. the process of the data collection and decision regarding data analysis. Research design is the planning structure and strategy of investigation conceived so as to obtain answer to research question and to control variance. It is an arrangement of condition for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure. The choice of the appropriate approach and design in a particular research depends on the special characteristics and availability of the sample, nature of the measuring instruments and the restraints on the manipulation of variable involved.

Area Of The Study: The study was conducted in Mangalore University

Research Design: The present study belongs to the category of descriptive field survey types of research.

Independent Variables: Kho-Kho Players and Kabaddi Players.

Dependent Variables: Physical fitness variables.

Table1:

SL.NO	Kabaddi 70 players	Kho-kho70 players
1	Agility (shuttle run)	Agility (shuttle run)
2	Speed (30 meter dash)	Speed (30 meter dash)
3	Power (standing broad jump)	Power (standing broad jump)

Agility (Shuttle run)

Objectives: To measure the agility of the former in running and changing direction.

Sex: Satisfactory for both boys and girls.

Reliability: Not reported in test booklet.

Objectivity: Not reported in test booklet.

Validity: Not reported in text booklet.

Equipment And Materials: Marking tape stopwatch and two blocks of wood (2"2"4")

Directions:
The performer starts behind the starting line on the signal "go" and runs to the blocks, picks up one, returns to the starting line, and places block behind the line; he then repeats the process with the second block. Allow some rest between the two trials.

Scoring:
The score for each performer is the length of time required to complete the course. Record only the best trial.

Additional Pointers:
Stress importance running as hard as possible across the finish line with second block. Marking tap should be used to designate the starting and finishing line. A person may touch behind the line and not use block since blocks may be tumbled, dropped, kicked, or thrown and thus require an additional testing or problems in standardization.

SPEED (30 meter dash)

Purpose: The aim of this test is to determine acceleration and speed.

Equipment Required: Measuring tape or marked track, stopwatch or timing gates, cone markers, flat and clear surface of at least 50 meters.

Procedure: The test involves running a single maximum sprint over 30 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line. This starting position should be held for 2 seconds prior to starting, and no rocking movements are allowed. The tester should provide hints for maximizing speed and encourage them to continue running hard through the finish line.

Reliability: Reliability is greatly improved if timing gates are used. Also weather conditions and the running surface can affect the results, and these conditions should be recorded with the results. If possible, set up the track with a crosswind to minimize the effect of wind.

Objective: To monitor the development of the athlete's maximum sprint speed.

Validity: Test validity refers to the degree to which the test actually measures what it claims to measure and the extent to which inferences, conclusions, and decisions made on the basis of test scores are appropriate and meaningful. This test provides a means to monitor the effect of training on the athlete's physical development.

How to conduct the test: This test requires the athlete to sprint 30meters.

The athlete conducts a warm-up for 10 minutes. The assistant marks out a 60-metre straight section (AC) with cones and places a cone at the 30-metre point (B).From a sprint start with appropriate start commands (on your marks, set, "GO") from the assistant the athlete sprints the 60m.The assistant starts the stopwatch on the command "GO". The assistant records the time the athlete's torso crosses the 30-metre point (B) and the 60-metre point (C)

The following normative data, adapted from Chu (1996) has been obtained from the results of tests conducted with world class athletes.

Power (standing broad jump)

Objectives: To measure the athletics power of the legs in jumping forward.

Age level: Ages six through college.

Sex: Satisfactory for both boys and girls.

Reliability: Has been reported as high as .963.

Objectivity: An objectivity coefficient of .96 was obtained by jack Clayton, 1969.

Validity: A validity of .607 has been reported for this test when a pure power test was used as the criterion.

Equipment and materials: Eater a mat or the floor may be used for this test. Marking material (tap or chalk) is needed for the starting line, along with a tape measure to mark off increment of distance along the landing area.

Direction: With the feet parallel to each other and behind the starting mark, the performer bends the knees and swings the arms and jumps as far forward as possible.

Scoring: The number of inches between the starting line and the nearest heel upon landing is the score. Three trials are permitted, and then the best trial is recorded as the score.

Additional pointers: If the performer falls backwards upon landing, the measurement is made between starting line and the nearest part of the body touching the landing surface. The jump should be practiced until the movement can be executed correctly, since validity and reliability can be improved thereby.

Population : Mangalore university 70 Kabaddi players and 70 Kho-Kho players.

Selection of Subject: Selection of subject to achieve this 70 Men Kabaddi players were selected Mangalore university and 70 Kho–Kho players were selected .the sports competition physical fitness score of the subject will be obtained by using the score . It consists of one times and the scoring was option were 1. (Agility), 2. (Speed), 3. (Power). The research and personally met 70 Kabaddi players and 70 Kho-Kho players. The subjects from department of Mangalore University.

Analysis Of Data Result And Discussion

The statistical analysis of data on intelligence of Kho-Kho and Kabaddi Intercollegiate players Mangalore University were done.The data collected was subject to statistical analysis by finding the mean and standard deviation.There is no signification deference between speed Kho-Kho and Kabaddi players, but there is a signification deference between Broad jump and shuttle run Kho-Kho and Kabaddi Intercollegiate players of Mangalore University.

To compare physical fitness between Kabaddi and Kho-Kho male players the independent's' test was used at 0.05 level of significance.

Scoring Data

The sources of the data for the present study were Kabaddi and Kho-Kho male players. The Kabaddi and Kho-Kho players who had participated at intercollegiate level of Mangalore University were selected as sources of the data.

Table: 2-Table 1 Shows the Mean SD and T Value of Shuttle Run component of Kabaddi & Kho-Kho Male players.

Group	Mean	SD	t value
KHO-KHO	11.01843	0.505037	5.842748
KABADDI	10.665	0.507154	

Illustrates the mean scores of 11.01 of kho-kho male player and mean score of 10.66 kabaddimale player on Shuttle Run. The t-value is 5.84. It is significant level.

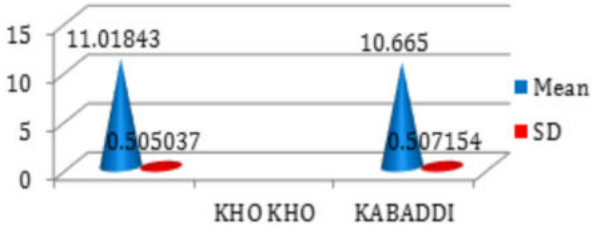

Figure: 1-Graph 1 Shows the Mean and SD of Shuttle Run between male kho-kho and kabaddi players of Mangalore University.

Players is better than Kabaddi male players. There is significant difference between Kabaddi and Kho-Kho male players on shuttle run. The hypothesis was accepted.

Table: 3-table 2 Shows The Mean Sd And T Value Of Speed (30meater Dash) Component Of Kabaddi & Kho-kho Male Players.

Group	Mean	SD	t value
KHO-KHO	4.552857	0.151611	-1.76494
KABADDI	4.594571	0.234988	

Table Illustrates the mean scores of 4.55 of kho-kho male player and mean score of 4.59kabaddi male player on 30 mtr. Dash test. The t-value is -1.76. It is significant at 0.01 levels. The mean score Kabaddi male players is higher than Kho-Kho male players. It is clear that lesser the item taken higher is the 30m dash possessed by the players and vice-versa.

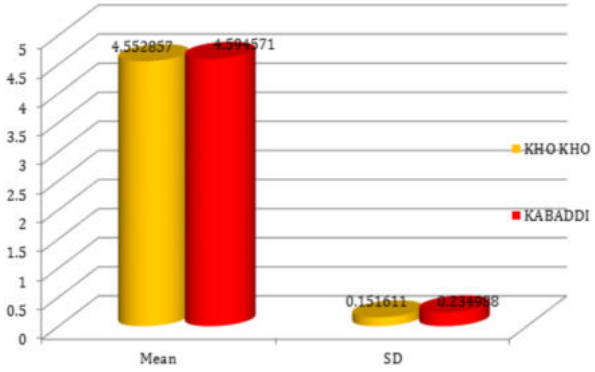

Figure: 2-Graph Shows the Mean and SD of Speed between male kho-kho and kabaddi players of Mangalore University.

It is further implied that Kho-Kho male players have better speed as compare to Kabaddi male players. The hypothesis was rejected.

Table 4 Shows the Mean SD and T Value of Broad Jump between male kho-kho and kabaddi players of Mangalore University.

Group	Mean	SD	t value
KHO-KHO	2.112857	0.183644	3.121
KABADDI	2.183571	0.195285	

Explains about the comparison between male kho-kho and Kabaddi

players of Mangalore University on broad jump. The mean score 2.11 of the broad jump of male kho-kho players is higher than the mean score 2.18 of male Kabaddi players which shows the significant difference between the mean score of both the. There is no significant difference between Kabaddi and Kho-Kho male players on standing broad jump.

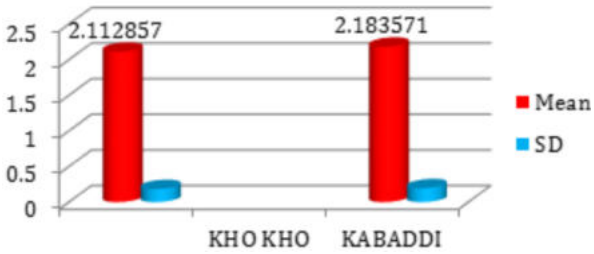

Figure: 3-Graph Shows the Mean and SD of Broad Jump between male kho-kho and kabaddi players of Mangalore University.

The hypothesis was accepted Groups. Here table value (3.12). So it can be concluded that male kho-kho players were better in broad jump than the male kabaddi players of Mangalore University.

Summary, Conclusion And Recommendation

Summary

The purposes of this comparative study of physical fitness components between inter college male Kho-Kho and Kabaddi players in Mangalore University.

The purpose of the study was to promote the physical fitness components of Kho- Kho players and Kabaddi players which come under Mangalore university intercollegiate male player he selected. Numbers of sample selected were 70 from Kho-Kho and 70 from Kabaddi from each game, made a random selection of subject with a physically fit. Physical fitness components tested the subject selected from the above institution. Which measure of elementary physical fitness? The data collected from this test statically analyzed with two games and compared to find out the physical fitness components among two games.

Mean and standard deviation were calculated in order to study the physical fitness components of the Kho-Kho and Kabaddi male' players. The mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant t-values" test was applied. The level of significance was 0.05.

CONCLUSION

It was found that there is a significant difference between Kho-Kho and Kabaddi players regarding 30-yard dash. It may therefore be concluded that Kabaddi players took more time in 30-yard dash than Kho-Kho players.

It was found that there is a significant difference in shuttle run Kho-Kho and Kabaddi players. Kho-Kho players took more time in shuttle run than Kabaddi players.

It was found that there is a significant difference between Kho-Kho and Kabaddi players regarding standing broad jump. Kho-Kho players are much better in Standing Broad Jump than Kabaddi players.

The Scholar examined the Physical fitness components between Kho-Kho and Kabaddi male' players of Mangalore University. The results of the study in general revealed that there were difference in all of the Physical fitness components, i.e. Speed, Explosive power of leg and Agility between Kho-Kho and Kabaddi male players Inter College of Mangalore University.

- Kho-Kho male' players had better speed in comparison to the Kabaddi male' players of Mangalore University.
- Higher strength was found in the Kho-Kho male' players than the Kabaddi male' players of Mangalore University.
- Kabaddi male' players of had better agility in comparison to the Kho-Kho male' players of Mangalore University.

Recommendations

The following recommendations may be suggested on the basis of the result of this study for further research.

1. It may be suggested that to improve the standard of the test among Kho-Kho players and Kabaddi players give specific training to improve the physical fitness components.
2. It may be the recommended that to insist proper nutrition's for Kabaddi players.
3. The same study may be conducted in a large number of samples.
4. It may be suggested that conducting the physical fitness components programs during the year starting of then compare the each individual performance of the physical fitness.
5. It may be suggested that identify the untrained players are physically weak.

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