



ISSN: 2249-894X  
IMPACT FACTOR : 5.7631 (UIF)  
UGC APPROVED JOURNAL NO. 48514  
VOLUME - 8 | ISSUE - 8 | MAY - 2019



## "A COMPARATIVE STUDY ON PHYSICAL FITNESS OF KHO-KHO AND KABADDI ZONAL PLAYERS OF KARNATAKA UNIVERSITY"

Basavaraj S. Mutnal<sup>1</sup> and Dr. Sunitha M. Kale<sup>2</sup>

<sup>1</sup>Research Scholar , (Reg.No. 00609216043)  
Physical Education.

<sup>2</sup>Research Guide , Ph.D ,Professor in Physical Education,  
Kamala College , Kolahapur.

### ABSTRACT:

*Sport serves Very important role in social and cultural functioning for every individual. In the previous few decades sports have gained tremendous quality everywhere the world. The popularity of sports continue to be increasing at a quick pace and this happy trend is probably going to continue within the conjointly.*

**KEYWORDS:** *Sport serves , in social and cultural functioning.*

### 1. INTRODUCTION

The contribution of sports towards the overall welfare of the human society may be capsule in the following points:

- ▶ a) Sports facilitate within the well-rounded development of human temperament.
- ▶ b) Provide ample and healthy means for recreation and relaxation of human mind and body.
- ▶ c) Square measure effective for rehabilitation and social adjustment to the cut, sick and incapacitated.
- ▶ d) Provide opportunities for social interaction thereby fostering peace and understanding among different people, nations, races, religion etc.
- ▶ e) Perform preventive and curative functions for

- ▶ several diseases and ailments inflicting human body and mind.
- ▶ f) Provide healthy and socially acceptable opportunities for the people and nations to compete against each other there by touching heights to excellence of human endeavour and attainment.

### STATEMENT OF THE PROBLEM:

The present study was of the comparative nature of research work. The statement of problem was formally sated as "A COMPARATIVE STUDY ON PHYSICAL FITNESS OF KHO-KHO AND KABADDI ZONAL PLAYERS OF KARNATAKA UNIVERSITY"

### Aims & Objectives of the study

The main objective of the present study is to find-out the difference between Kabaddi and

Kho-Kho players at university level in regards to their physical variables. The main purpose is a lot of intricately defended because the flowing sub-objectives: To find-out the various between fitness elements of Kabaddi and Kho-Kho players like speed, explosive strength, vessel endurance, coordinative ability, and flexibility. To find-out the difference between the Kabaddi and Kho-Kho in sports competition degree of strength, speed endurance, agility, power and flexibility one possesses in the games.

### Hypotheses of the Study:

After going through the review of the related literature, the investigator was of the opinion to apply null hypothesis for the present investigation. This was done due to very less review found in this area and moreover, the related literature was not able to decide any directional

hypothesis. The null hypothesis set and stated as below:

- ❖ There will be no significant difference in physical fitness factors of Kabaddi players and Kho-Kho players.
- ❖ There will be no significant difference in physical factors of Kabaddi and Kho-Kho players.

### **Delimitations of the Study:**

- ❖ The study was delimited to purposively select 100 male subjects age ranging from 19-25 years, who has participated in Inter-Zonal of Kabaddi and Kho-Kho competition.
- ❖ The study is delimited to the players Karnataka only.
- ❖ The study is delimited the players of Kho-Kho and Kabaddi only.
- ❖ Further the study delimited to only male players of Karnataka University only.
- ❖ The study was further delimited out of 100 male players" at zonal levels a total of 50 male players of Kabaddi and 50 male Kho-Kho players were selected.

The investigation was delimited to selected variables such as physical parameters as under.

- ❖ 1. Anthropometric Components:
  - ❖ a. Height
  - ❖ b. Body weight
  - ❖ c. Body Mass Index (BMI)
- ❖ 2. Physical Fitness Components:
  - ❖ a. Speed:40 m. Sprint
  - ❖ b. Explosive Strength: Standing Broad Jump.
  - ❖ c. Cardiovascular Endurance:12 min. Run/Walk test
  - ❖ d. Coordinative Ability:4X10 m. Shuttle Run
  - ❖ e. Flexibility: Sit and Reach Test

### **Limitations:**

The research scholar has anticipated few limitations for the present study. The findings of the study may be understood by considering the following limitations during the study faced by the scholar:

1. Availability of small number of sample size was one of the limitations of the study.
2. Sophisticated testing equipment for exercises was also one of the limitations for the present study.
3. Individual differences among the subjects and other factors such as-Life Style, dietary habits, daily routine, were also considered limitations for the present study.
4. Social stigma /religion, culture and social practices of the subjects in study may also be considered as Limitation for the Study.

### **SIGNIFICANCE OF THE STUDY:**

The findings of the study may have the following significance and contribution to the related field. The findings of the study have the significance of self-assessment of physical fitness abilities factors of Kabaddi and Kho-Kho players

1. The study seeks to bring-out the significance through the comparison of these factors between the of Kabaddi and Kho-Kho players.
2. The study has the significance of making of training schedule for the players, coaches, trainers and physical education teachers for Kabaddi and Kho-Kho players to develop physical fitness of sportsman.
3. The study contrary to above has the significance to select the of Kabaddi and Kho-Kho players on the basis of the evolution of physical fitness abilities factors as proceeded by the individuals.
4. The present study has also the significance of proposing guideline and index for future researchers in the field of Kabaddi and Kho-Kho.

## **REVIEW OF LITERATURE**

Bhomik (1997) conducted a comparative study on selected physiological parameter between Soccer and Kabaddi players. The purpose of the study was to compare and contrast the selected physiological parameters between soccer and Kabaddi players. Total 30 players from the Kabaddi and soccer (15 from each) were selected randomly and only from the Intercollegiate terms of Amravati University.

Jones and et al.(2001) conducted a study with a purpose to extend existing sport psychological research by developing a more comprehensive athlete attitudinal survey the sport performance inventory (SPI). A multiple item survey consisting of sport related attitudinal items was distributed to 274 students athletes enrolled in a large division Midwestern university.

## **METHODOLOGY**

The procedure has been explained in line with the delimitations, objectives and selected variables and protocol of testing procedures. For the purpose of the present study, the applied procedure and methodology was explained, which were adopted under the following headings like: selection of the subjects, selection of the variables and their tests, design of the study, instrumental reliability, reliability of data and subjects, administration of the tests, and administration of anthropological tests, physical fitness and psychological tests items to assess the psycho-motor ability, collection of the data and statistical procedure applied for the study, have been described in details.

## **ANALYSIS OF DATA AND RESULTS OF THE STUDY**

The present study was designed to assess the psycho-motor abilities of

Kabaddi and Kho-Kho players of Karnataka University. The psycho-motor abilities were identified and selected with the specific variables and their relevant test items. The selected tests were administered as per the testing protocol and scores were recorded as a raw data. The raw data were statistically analysed to find- out the results of the study, which has been presented in this chapter.

The data of selected tests items related to motor ability and psychological aspects have been taken such as: Body Mass Index showing level of physical fitness, 40 m Dash for Speed, Standing Broad Jump for Explosive Strength, One minutes Sit-ups for Muscular Strength, Sit and Reach Test for Trunk and Legs Flexibility, 12 Minutes Run/Walk for Endurance, Psycho-motor Test for Eye- hand Coordination, Grid Test for Concentration and Sports Competition Anxiety Test (SCAT) to assess the level of anxiety of Kabaddi and Kho-Kho players were collected on one hundred male players.

The present study was conducted to observe and find-out the differences among all the selected motor ability and psychological variables. 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 .05 level of confidence.

## **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

### **Summary**

The main objective of the present study was to compare the Kabaddi and Kho-Kho zonal players of Karnataka University on selected physical and psychological abilities through the selected test items such as: Body Mass Index (BMI), Speed, Standing Broad Jump, Sit and Reach, Sit-ups, 12 Minutes Run/walk, Psycho-motor Ability Test, Concentration Ability and Sports Competition Anxiety Test between the players of Kabaddi and Kho-Kho.

For the purpose of the present study, finally one hundred players were selected as subjects. Out of total one hundred subjects, 50 subjects from the game of Kabaddi and 50 subjects from the Kho-Kho has been selected on purposive and random sampling basis, who has won medal/position in Karnataka University' tournaments like: zonal, Inter-zonal. All the subjects were involved in regular practice as a preparation for their targeted competition in their respective sports. The selected subjects were voluntarily agreed to become as the subjects and promised to cooperate during the course of the study and collection of data.

The Mental Concentration Ability was measured through Grid Test for concentration showed that Kho-Kho players had better scores than the Kabaddi players in mental concentration ability, but there was no significant difference found. It was observed that the level of mental concentration have a close requirement for the Kabaddi and Kho-Kho players.

The data were presented in requisite tables as per the requirement of the delimitations, objectives and selection of the variables. The tables were presented along with the relevant analysis which were also supported the graphical representations. The scholar has drawn certain conclusions out of the findings of the present study and suggested some recommendations for the future research, which may be conducted in related area.

### CONCLUSIONS:

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

- ❖ The significant difference was found in the Body Mass Index- in relation to the Kabaddi and Kho-Kho players. The Kabaddi players' group was found with a higher level of BMI which shows greater body mass than the Kho-Kho players' group.
- ❖ The significant difference was found in the Speed Ability tested through 40 M Dash Test. The Kho-Kho players' group had better speed in comparison to the Kabaddi players' group.
- ❖ The significant difference was found in the Standing Broad Jump, a test of explosive strength in relation to the Kabaddi and Kho-Kho players. The Kabaddi players' group had better explosive strength, showing greater jumping ability than the Kho-Kho players' group.
- ❖ The significant difference was found in the Sit and Reach Test. The Kho-Kho players' group had better hips and legs flexibility in comparison to the Kabaddi players' group.
- ❖ The 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 Kabaddi players' group had better muscular strength endurance of abdomen muscles group, showing greater muscular endurance ability than the Kho-Kho players' group.

### RECOMMENDATIONS:

In light of the findings and conclusions drawn from the present study, the following recommendations were made for further academic and research pursuit in the field of physical education and sports:

- ❖ The similar nature of studies may be undertaken on female players or counter part of male Kabaddi and Kho-Kho players.
- ❖ The similar studies may be conducted by taking others variables which may affects the performance of the Kabaddi and Kho-Kho players along with others important variables such as: physical, physiological and psychological.
- ❖ The similar nature of studies may also be undertaken by comparing the players of the other team games sports' competition.
- ❖ Similar studies may be undertaken by comparing the players of the other team games sports' competition.
- ❖ The similar nature of studies may also be undertaken by comparing the players of the individual sports' competition.

### REFERENCE:

1. Ahmed, Ali KhaireldinEwees (August1980) "The Relationship Between thletic Team's Psycho-Social Environment and State Anxiety" Dissertation Abstracts International 41, 584-A
2. Ahern, L. and Lochr,J.(1996) "Personaland Situational Influences on Adherence to Mental Skills and Training"Journal of Sport and Exercise Psychology: 21.
3. Allen,Slone Larry(1993) "The Effect of Mental Practice and Physical Practice of the Improvement of Golf Swing" Dissertation Abstracts International:53: 9.

4. Atkinson, G. et. al.(1993) "A Comparison of Circadian Rhythm in Work Performance between Physically Active (Morning 8:00 A.M. to and Evening 4:00 P.M. to 6:P.M.) and Inactive Subject" Ergonomics: 36: 1-3.