



Comparative Study of Speed Agility and Strength Endurance among Kho-Kho and Kabaddi Players

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Abstract

The purpose of the study was to compare the speed, agility and strength endurance between kabaddi players and kho-kho players. To achieve this purpose, thirty kabaddi players and thirty kho-kho players who were studying in the department of physical education and sport sciences, Selvam college of physical education, were selected as subjects as random. The age of the boys were ranged between 19 to 24 years were selected only as subjects. The subjects were tested on selected criterion variables such as speed, agility and endurance. The selected criterion variables such as speed was measured by 50 meters dash, agility was measured by shuttle run and strength endurance was measured by using bend knee sit-ups. The 't' ratio was used to find out significant changes, if any, between the kabaddi players and kho-kho players on selected criterion variables separately. There was a significant difference found on speed and strength endurance between kho-kho and kabaddi players.

Keywords: Speed, Agility, Strength Endurance.

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Introduction

Sport for all has become a very popular slogan all over the world today. In the present day successful sportsman are among the most popular figures in the public like. The newspapers are lavish in their praise of outstanding performances. The components of physical fitness like strength, muscular endurance speed, flexibility, agility and cardio-vascular endurance are required at minimum level for a man to survive. Optimum level of physical fitness can be obtained by participating in various sports and games.

Kabaddi is one of the most popular games in India. It does not require material or equipment. It does not require large area. Playing kabaddi will improve physical and mental fitness, it develops the neuro muscular co-ordination, and with less expenditure it gives more recreation. This game shows a tremendous effect on respiratory system, circulatory system, nervous system and muscular system. Kabaddi has several fundamental skills such as cant, raid, side stepping, kicking, toe touch, defensive skills like ankle hold, wrist catch etc. Mastering the fundamental skills is very essential to improve the standard of the game. There is, however, concrete evidence, that the game is 4,000 year old. It is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby. It was originally meant to develop self-defense, in addition to responses to attack and reflexes of counter

attack by individuals and by groups or teams. It is a rather simple and inexpensive game, and neither requires a massive playing area, nor any expensive equipment. This explains the popularity of the game in rural India. Kabaddi is played all over Asia with minor variations. The Kho-Kho is one of the most popular traditional sports in India and it is played quite extensively in the country. The game is a great test of the participant's physical fitness, strength, speed and stamina and it also requires a certain amount of ability on behalf of the participants. Though there is confusion about the exact timing of the inception of Kho-Kho and also about the origin of the game, many historians say that it is actually a modified form of 'Run Chase'. In Kho-Kho, the participants simply need to chase and touch their opponents to win the game. In the ancient time, the game of Kho-Kho was played on 'Raths' or chariots in Maharashtra and it was known as RATHERA.

Methodology

The present study was to compare the speed agility and strength endurance between kabaddi players and kho-kho players. The collected data on selected criterion variables were statistically analyzed by using independent 't' ratio to find out the significant difference between kabaddi offensive and defensive players. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as appropriate. The significant differences among kabaddi players and kho-kho players on selected criterion variables analysed and presented below,

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Results

Table I. Mean Standard Deviation and ‘T’ Ratio on Speed of Kabaddi Players and Kho-Kho Players

Players	Mean	Standard deviation	T-ratio	Level of significance at 5%
Kho-kho	7.41	0.40	2.18*	2.05
Kabaddi	7.65	0.14		

*Singnicant at 0.05 level of confidence.

The required table value for the significance at .05 level of confidence was 2.05

Table I indicates the mean, standard deviation and ‘t’ ratio of speed of kho-kho players and kabaddi players. The means and standard deviation values were 7.41 and 0.40 for kho-kho players and 7.65 and 0.14 for kabaddi players respectively. The ‘t’ ratio for these

values was 2.18. The obtained ‘t’ ratio for speed was found significant at 0.05 level of confidence in favour of kho-kho players, since these values are higher than the required table values of 2.05.

Table II. Mean Standard Deviation and ‘t’ Ratio on Agility of Kho-Kho Players and Kabaddi Players

Players	Mean	Standard deviation	T-ratio	Level of significance at 5%
Kho-kho	17.23	0.34	1.10	2.05
Kabaddi	17.5	0.53		

*Singnicant at 0.05 level of confidence.

The required table value for the significance at .05 level of confidence was 2.05

Table II indicates the mean, standard deviation and ‘t’ ratio of agility of kho-kho players and kabaddi players. The means and standard deviation values were 17.23 and 0.34 for kho-kho players and 17.5 and 0.53 for

kabaddi players respectively. The ‘t’ ratio for these values was 1.10 The obtained ‘t’ ratio for agility was found insignificant at 0.05 level of confidence, since these values are greater than the required table values of 2.05.

Table III. Mean Standard Deviation and ‘t’ Ratio on Strength Endurance of Kho-Kho Players and Kabaddi Players

Players	Mean	Standard deviation	T-ratio	Level of significance at 5%
Kho-kho	31	2.41	4.11*	2.05
Kabaddi	37	2.56		

*Singnicant at 0.05 level of confidence.

The required table value for the significance at .05 level of confidence was 2.05

Table – III indicates the mean, standard deviation and ‘t’ ratio of strength endurance of kho-kho players and kabaddi players. The means and standard deviation values were 31 and 2.41 for kho-kho players and 37 and 2.56 for kabaddi players respectively. The ‘t’ ratio for these values was 4.11 The obtained ‘t’ ratio for agility was found insignificant at 0.05 level of confidence, since these values are greater than the required table values of 2.05.

Conclusion

1. There was a significant difference found on speed and strength endurance between kho-kho and kabaddi players.

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