



Effect of Interval Training on Strength Endurance among Women Kabaddi Players

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Abstract

The purpose of the study was to investigate the effect of interval training on strength endurance among women kabaddi players. In this study, 30 students from Sri Sarada College of Physical Education for Women, Salem were selected as the subjects for this study. They were divided into two groups of fifteen each and assigned as control and experimental group. Experimental treatment was applied only to the experimental group for a period of six weeks. The control group was not given experimental treatment. The interval training was given thrice a week. After six weeks the final performance of both the control and experimental groups were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired 't' test. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 1 and 14. It was observed that the experimental group showed significant improvement on strength endurance.

Keywords: Interval training, Strength Endurance, Kabaddi.

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Introduction

The man's day-to-day life physical activity takes an important role. The man becomes fit for physical activity by developing required skills, strength and endurance. Man should be more fit than what the daily necessities of his life required, so that he can meet the occasional emergencies that arise. These emergencies may include sudden need to increase great efficiency in his working hours to take care of some immediate situation. The situation may be very vital and upsetting. Whatever the emergency that thrusts itself on man, he has to carry on. Sports are a means of developing this emergency fitness. The game of kabaddi is essentially a game of leg and involves every speedy movement accompanied by a great deal of dodging quick turn's kicks and twists. These part of the participants in kabaddi considered required muscular strength either to catch hold opportunities or to wise the hold of apartments and escape from the antics. The skills involved in the movement have to be understand and carefully practical other long period of as in any other organized game in order that practical participants may not only play later but drive satisfactions in playing kabaddi. The skills appropriate to a raider and a defense are separate by described in the two sections here. But it should not be

overlooked that the skills to raid successfully mastered by every players as the teams raid and become antics alternately in order to develop either type of spin kabaddi player have first to develop considerable speed and muscular strong to conditioning exercise. The skills essential for kabaddi are described into hands (Alkahtani et al. 2014).

Methodology

The purpose of the study was to investigate the effect of interval training on strength endurance among women kabaddi players. In this study, 30 students from Sri Sarada College of Physical Education for Women, Salem were selected as the subjects for this study. They were divided into two groups of fifteen each and assigned as control and experimental group. Experimental treatment was applied only to the experimental group for a period of six weeks. The control group was not given experimental treatment. The interval training was given thrice a week. After six weeks the final performance of both the control and experimental groups were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired 't' test. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 1 and 14.

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Results

**TABLE-I
COMPUTATION OF t-RATIO BETWEEN THE PRE TEST AND POST TEST ON STRENGTH ENDURANCE
OF EXPERIMENTAL GROUP**

GROUP	M	SD	Σ DM	DM	t-RATIO
Pre Test	19.72	0.87	1.32	7.08	5.13*
Post Test	26.80	1.45			

It was observed that the mean value for pre test was 19.72 and post test was 26.80. The standard deviation for the pre test was 0.87 and post test was 1.45. The standard error of the different between the means was found out and the value was 1.32. The mean

difference for the pre test and post test was 3.98. The obtained 't' ratio was 5.13. The table value of 't' ratio was 2.14. The obtained t-ratio was greater than the table value. Hence, the obtained 't' ratio was significant at 0.05 level of confidence.

**FIGURE - I
BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE AND POST TEST ON STRENGTH ENDURANCE
OF EXPERIMENTAL GROUP**

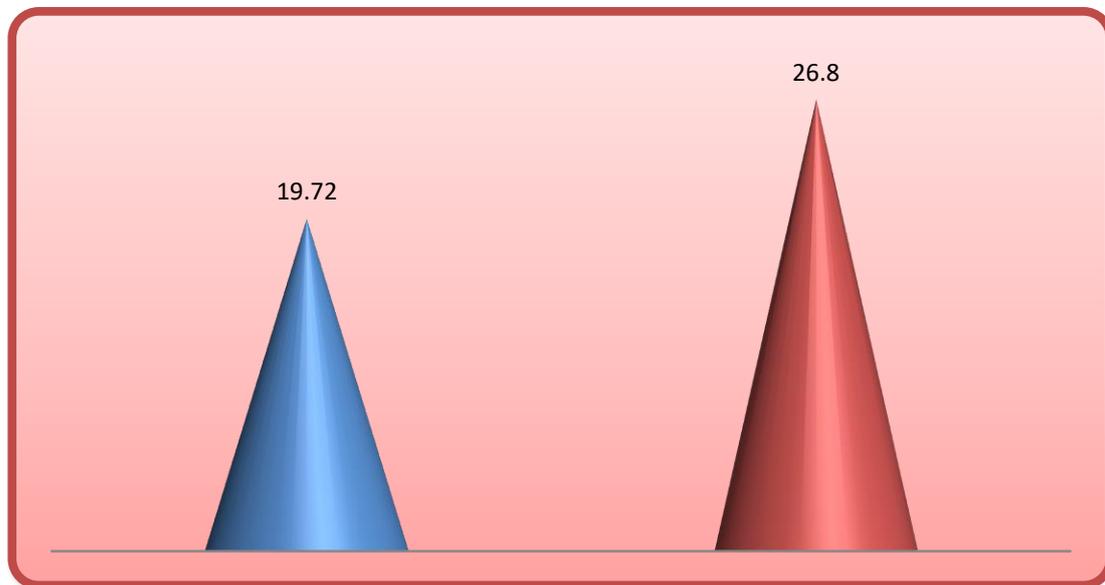


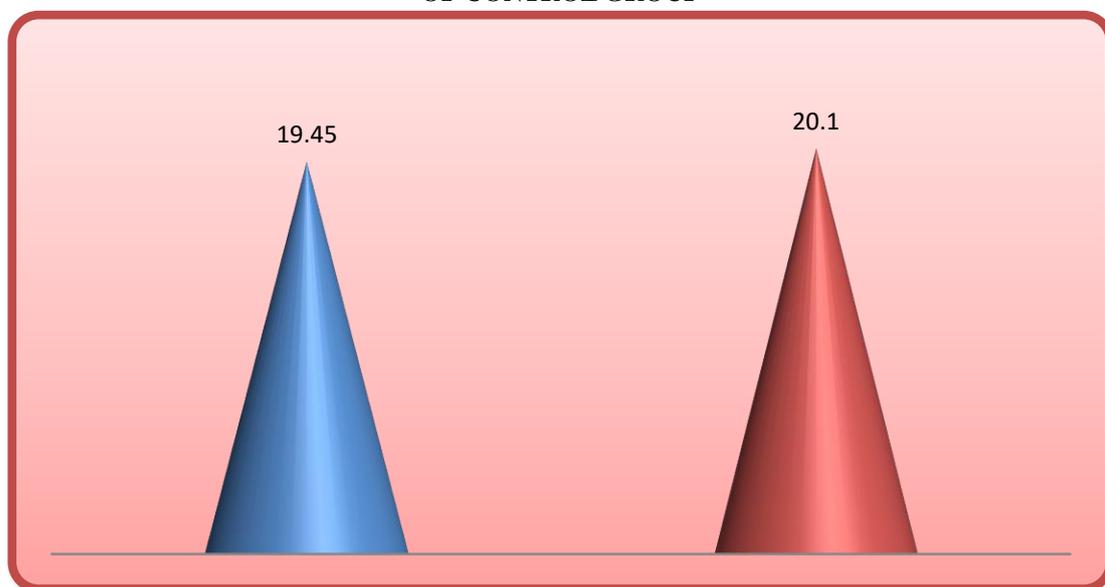
TABLE-II
COMPUTATION OF t-RATIO BETWEEN THE PRE TEST AND POST TEST ON STRENGTH ENDURANCE OF CONTROL GROUP

GROUP	M	SD	Σ DM	DM	t-RATIO
Pre Test	19.45	0.61	0.29	0.65	1.26
Post Test	20.10	0.60			

It was observed that the mean value for pre test was 19.45 and post test was 20.10. The standard deviation for the pre test was 0.61 and post test was 0.60. The standard error of the different between the means was found out and the value was 0.29. The mean

difference for the pre test and post test was 0.38. The obtained 't' ratio was 1.26. The table value of 't' ratio was 2.14. The obtained t-ratio was lesser than the table value. Hence, the obtained 't' ratio was insignificant at 0.05 level of confidence.

FIGURE-II
BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE AND POST TEST ON STRENGTH ENDURANCE OF CONTROL GROUP



Conclusion

1. It was observed that the experimental group showed significant improvement on strength endurance.

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