



Differentials on Selected Speed and Strength Parameters between Offensive and Defensive Kabaddi Players

Dr. P. Karthikeyan

Assistant Professor, Department of Physical Education and Sports Sciences, Annamalai University, Chidambaram, Tamilnadu, India.

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Abstract

The purpose of the study was to compare the selected speed and strength parameters between offensive and defensive kabaddi players. To achieve this purpose of the study, only sixty kabaddi players were selected. among them, thirty offensive kabaddi players and thirty defensive kabaddi players studying in department of physical education and sports sciences, annamalai university, chidambaram, cuddalore district, tamil nadu and india with an age group of 18 to 24 years were selected at random. the following speed and strength parameters such as speed and strength endurance were selected as criterion variables. the data were collected from offensive and defensive kabaddi players on speed and strength endurance by using 50 mts run and bent knee sit-ups respectively. the independent 't' ratio was used to analyze the significant difference, if any between the groups. the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. the results of the study showed that there was significant difference exist between offensive and defensive kabaddi players on speed and strength endurance.

Keywords: Kabaddi, Offensive Players, Defensive Players, Speed, Strength Endurance.

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Introduction

Sports in narrow, it can be defined as competitive activity the specific form, which is a system of competitions, which historically has taken shape, mainly in the field of physical culture of comparing human potential in a united form (strength), ability and the skills to we them rationally. kabaddi (sometimes kabbadi or kabadi) is a contact sport that originated in the indian subcontinent. the ancient indian epic poem mahabharata, in its account of the legendary battles of kurukshetra in present day haryana, tells of a military operation a doomed raid by arjuna's son, abhimanyu, on an enemy camp—that has been noted for its resemblance to kabaddi. for many years kabaddi was played for physical exercise by pupils in indian gurukuls (vedic schools run by gurus). though minor variations emerged, the game's principal objective of raiding the enemy territory remained common. the variations however have manifested themselves into such games as hututu, sadugudu and many more.

Methodology

The purpose of the study was to compare the selected speed and strength parameters between offensive and defensive kabaddi players. to achieve this purpose of the study, only sixty kabaddi players were selected. among them, thirty offensive kabaddi players and thirty defensive kabaddi players studying in department of physical education and sports sciences, annamalai university, chidambaram, cuddalore district, tamil nadu and india with an age group of 18 to 24 years were selected at random. the following speed and strength parameters such as speed and strength endurance were selected as criterion variables. the data were collected from offensive and defensive kabaddi players on speed and strength endurance by using 50 mts run and bent knee sit-ups respectively. the independent 't' ratio was used to analyze the significant difference, if any between the groups. the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the data

The mean, standard deviation and 't' ratio values on selected speed and strength parameters between me offensive and defensive kabaddi players have been analysed and presented below,

Correspondence

Dr.P.Karthikeyan,
E-mail:karthi_pe@yahoo.co.in, Ph. +9198420 12154

Results

Table 1. The mean, standard deviation and 't' ratio values between offensive and defensive kabaddi players on speed

Groups	Mean	Standard deviation	Obtained 't' ratio
Offensive players	7.52	0.12	7.75*
Defensive players	7.73	0.09	

*significant at .05 level of confidence.

(the table values required for significance at .05 level of confidence with df 58 was 2.002)

The table I shows that the mean values on speed for offensive and defensive kabaddi players are 7.52 and 7.73 respectively. The obtained 't' ratio value on speed 7.75 which was greater than the table value required for

significance with df 58 was 2.002. The results of the study showed that there was a significant difference between for offensive and defensive kabaddi players on speed.

Table II. The mean, standard deviation and 't' ratio values between offensive and defensive kabaddi players on strength endurance

Groups/games	Mean	Standard deviation	Obtained 't' ratio
Offensive players	43.13	1.69	11.81*
Defensive players	48.77	1.99	

*significant at .05 level of confidence.

(the table values required for significance at .05 level of confidence with df 58 was 2.002)

The table II shows that the mean values on strength endurance for offensive and defensive kabaddi players were 43.13 and 48.77 respectively. The obtained 't' ratio value on strength endurance 11.81 which was greater than the table value required for significance with df 58 was 2.002. The results of the study showed that there was a significant difference between offensive and defensive kabaddi players on strength endurance.

Conclusions

1. There was significant difference between offensive and defensive kabaddi players on speed.
2. There was significant difference between offensive and defensive kabaddi players on strength endurance.

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