



Relationship between Kabaddi Playing Ability with Selected Physiological Variables among College Level Players

Dr. K. Devaraju

Director of Physical Education, Dr.Sivanthi Aditanar College of Engineering, Tiruchendur Tamilnadu, India.

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Abstract

*The purpose of the study was to find out the relationship between Kabaddi playing ability with selected physiological variables among College level Players. One hundred and twenty six male inter collegiate Kabaddi players were randomly selected from various colleges in Tamilnadu state, India and their age ranged between 18 and 28 years. The subjects had past playing experience of at least three years in Kabaddi and only those who represented their respective college teams were taken as subjects. The Physiological parameters namely Resting heart rate by Digitalized heart rate monitor, **Peak** expiratory flow rate was assessed by Peak flow meter and Breath holding time was assessed by Manual nose clip method. The playing ability which was taken as the performance factor was subjectively assessed by three qualified Kabaddi coaches. All testing was done two day before inter - collegiate competition by using scientifically approved equipments. Mean and Standard deviations were calculated for each of the selected variables. The inter-relationship among the selected physiological variables and Kabaddi playing ability, were computed by using Pearson' product-moment correlation coefficients. The results revealed that an Inter-relationship exists significantly between the physiological variables with playing ability among male inter-collegiate Kabaddi players.*

Keywords: Correlation, Physiological, Kabaddi.

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Introduction

The sport has a long history dating back to pre-historic times. It was probably invented to ward off croup attacks by individuals and vice-versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic, the "Mahabharata" has made an analogy of the game to a tight situation faced by Abhimaneu, the heir of the Pandava kings when he is surrounded on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha played Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides. The origin of kabaddi can be traced to the pre-historic times when the game was devised as a way to develop the physical strength and speed in young men. The game is essentially an Indian one, and commands huge popularity in the Indian hinterland.

Methodology

The purpose of the study was to find out the relationship between Kabaddi playing ability with selected physiological variables among College level

Players. One hundred and twenty six male inter collegiate Kabaddi players were randomly selected from various colleges in Tamilnadu state, India and their age ranged between 18 and 28 years. The subjects had past playing experience of at least three years in Kabaddi and only those who represented their respective college teams were taken as subjects. The Physiological parameters namely Resting heart rate by Digitalized heart rate monitor, Peak expiratory flow rate was assessed by Peak flow meter and Breath holding time was assessed by Manual nose clip method. The criterion variable, playing ability of the selected Kabaddi players were assessed by three qualified Kabaddi coaches which was taken as the performance factor. The guidelines for assessment were provided by the investigator. Each coach will rate the playing ability of the selected players in 10 points scale for each subject. The ratings given by the coaches on each subject will be added and will be divided by three to make the individual score of the subject. All testing was done two day before inter - collegiate competition by using scientifically approved equipments. Mean and Standard deviations were calculated for each of the selected variables. The inter-relationship among the selected physiological variables and Kabaddi playing ability, were computed by using Pearson' product-moment correlation coefficients.

Correspondence

Dr.K.Devaraju,
E-mail: p.k.devaraju@gmail.com, Ph. +9198425 68513

Results

Table I. Descriptive Statistics of College level Players

S.No	Variables	Mean (N=126)	SD
1	Playing ability	7.9206	± .96003
2	Resting heart rate	69.3968	± 4.68372
3	Peak expiratory flow rate	385.3254	± 55.81410
4	Breath holding time	69.1190	± 8.78508

Table I showed the descriptive statistics – Mean and Standard deviation of physiological parameters & playing ability of College level Kabaddi Players. The present study attempted to link the coaches rating as

measure of playing ability with the physiological parameters of college level Kabaddi Players, correlation analysis was made.

Table II. Inter-Correlation of Selected physiological Variables with the Playing Ability of college level Kabaddi Players

Variables	Resting Heart Rate	Peak Expiratory Flow Rate	Breath Holding Time
C.R	.04	.37*	.59*
Resting Heart Rate	--	.06	.07
Peak Expiratory Flow Rate		--	.00
Breath Holding Time			--

Table II shows that there was a correlation exists between the playing ability versus Breath holding time ($r = 0.59$), peak expiratory flow rate ($r = 0.37$), variables showed correlation with the playing ability.

Conclusions

From the analysis of data,

1. The results revealed that there was a correlation exists between the playing ability Breath holding time, and peak expiratory flow rate.

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