



Influences of Game-Specific Training Programme on Strength among Kabaddi Players

Dr. R. Venkatachalapathy

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 find out the influences of game-specific training programme on strength among Kabaddi players. To achieve this purpose of the study thirty men Kabaddi players from Annamalai University, Chidambaram, Tamilnadu were selected and their age ranged between 20 and 25 years. The selected players were participated in intercollegiate competition. The selected subjects were divided into two groups namely experimental and control group consist of fifteen Kabaddi players each. Six weeks game-specific training programme was administered to experimental group whereas control group did not undergo any training. Initially pre test was taken on strength for both groups and after six weeks post test also taken for both the groups. The collected data were statistically analysed by using analysis of covariance (ANCOVA). The game-specific training group achieved significant improvement on strength.

Keywords: Kabaddi, Strength, Game-Specific Training.

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Introduction

Kabaddi is primarily an Indian game, not much is known about the origin of this game. There is, however, concrete evidence, that the game is 4,000 year old. It is a team sport, which requires both skill & 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. Kabaddi is known by various names viz. Chedugudu or Hu-Tu-Tu in southern parts of India, Hadudu (Men) and Chu - Kit-Kit (women) in eastern India, and Kabaddi in northern India. The sport is also popular in Nepal, Bangladesh, Sri Lanka, Japan and Pakistan. The origin of Kabaddi can be traced to pre-historic times when man learned how to defend in groups against animals or attack weaker animals individually or in groups for survival and food. Though Kabaddi is primarily an South Asian game, it is originated from Punjab (Indian Province). There is, however, concrete evidence that the game is 4,000 years old, another theory states that the sport is actually inspired by the way Abhimanyu tried to break the Kaurava formation (Chakravyuha) but failed.

There is a popular belief that Kabaddi originated in the South Indian State of Tamil Nadu. A folk history of the game tells that it developed from a

game of tag between two young boys - the rule of holding one's breath being added later, the game is known by many names, all of Tamil origin: Kabaddi, Sadugudu, Gudugudu, Palinjadugudu and Sadugoodatthi. The word 'Kabaddi' could have originated from the Tamil words 'kai' (hand) and 'pidi' (catch).

Methodology

The purpose of the study was to find out the influences of game-specific training programme on strength among Kabaddi players. To achieve this purpose of the study thirty men Kabaddi players from Annamalai University, Chidambaram, Tamilnadu were selected and their age ranged between 20 and 25 years. The selected players were participated in intercollegiate competition. The subjects were randomly selected from various affiliated colleges of Bharathiar University, Coimbatore, Tamilnadu State, India. The selected subjects were divided into two groups namely experimental and control group consist of fifteen Kabaddi players each. Six weeks game-specific training programme was administered to experimental group whereas control group did not undergo any training. Initially pre test was taken on strength for both groups and after six weeks post test also taken for both the groups. The collected data were statistically analysed by using analysis of covariance (ANCOVA).

Results and Discussion

The detailed procedure of analysis of data and interpretation were given below,

Correspondence

Dr.R.Venkatachalapathy

E-mail: r.vinkitan@gmail.com, Ph. +919750311051

Table I. Computation of mean and analysis of covariance of strength of experimental and control groups

Test	Control (nos)	Experimental (nos)	Sum of variance	Sum of squares	df	Mean square	F
Pre test mean	4.20	4.40	BG	0.30	1	0.30	0.60
			WG	14.00	28	0.50	
Post test mean	4.06	6.26	BG	36.30	1	36.30	73.29*
			WG	13.86	28	0.49	
Adjusted post mean	4.11	6.22	BG	32.73	1	32.73	79.47*
			WG	11.12	27	0.41	

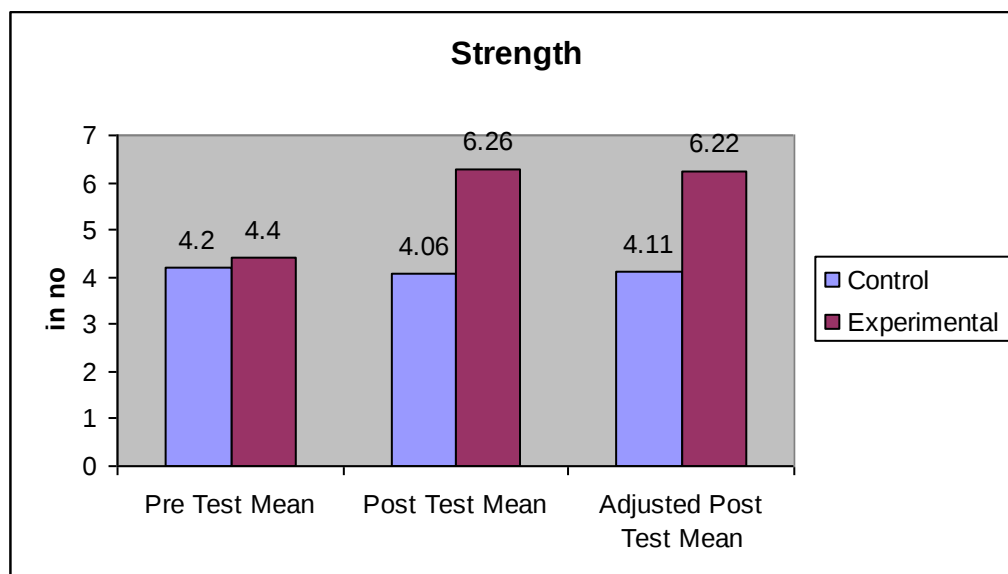
* Significant at 0.05 level

Table value for df 1 and 28 was 4.20

Table value for df 1 and 27 was 4.21

The above table indicates the adjusted mean value of strength of control and experimental groups were 4.11 and 6.22 respectively. The obtained F-ratio of 79.47 for adjusted mean was higher than the table value 4.21 for degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference

among experimental and control groups on strength. The table also reveals that pre test mean of control and experimental group do not differ significantly, however the post test mean of above said groups differ significantly. The pre, post and adjusted mean values of strength of both control and experimental groups are graphically represented in the Figure I.

Figure I. Bar diagram showing the mean values of pre-test, post-test and adjusted post mean of control and experimental groups on strength

Conclusion

The game-specific training group achieved significant improvement on strength.

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