



Effect of Game Specific Training Programme on Selected Physical and Physiological Variables among School Boys Kabaddi Players

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Abstract

The purpose of this study was to find out the effect of game specific training programme on selected physical and physiological variables among school boys kabaddi players. To facilitate the study 30 kabaddi players from the different school, who participated various kabaddi matches in school level. They were randomly selected as subjects and their age ranged from 14-17 years. They were divided into two equal groups namely experimental group and control group. Before the commencement of the training, purpose of the study and method of specific training were explained to the subjects for their cooperation and to avoid injuries. The researcher reviewed the various scientific literatures pertaining to specific training on selected physical and physiological variables from books, journals and research papers. The study was formulated as a true random group design consisting of a pre-test and post test. The subjects (N=30) were randomly assigned to two equal groups of fifteen male students. The experimental group and control group respectively. Pre test was conducted for all the 30 subjects on selected physical fitness variables and physiological variables. The experimental groups participated in respective training for three days per week a period of six weeks programme. The control group did not participate in any of the training programme. The post test was conducted on the above said dependent variables after a period of six weeks for all the two groups. It was concluded that there was significant improvement in agility and flexibility due to game specific training on experimental group than the control group.

Keywords: Specific Training Programme, Physical, Physiological, Kabaddi Players.

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Introduction

Fitness is a term which is often used as synonyms to health in a limited manner. Fitness denotes different facts of health. The fitness is the capacity of the individual to live and function effectively, purposefully, here and now to meet confidently the problems and crises which are among his expectations. Fitness is a state which characterizes to which a person is able to function. Ability to function depends upon the physical, mental, to each other and is mentally independent. This may be referred to as total fitness. Sports an integral part of the society has an important and valuable effect on many spheres of social life. Similarly the whole social pattern of a society may be reflected in its sports. The sport is a carrier, which encourage coaching of various sports and games along with rules and regulations governed by them and also it prepares the trainees to take active part in competitive sports. It grows out of man's

struggle for survival in a hostile world. Have a specific training need to improve your strength, speed, stamina or endurance for a particular sport or event do you keep getting injured or finding you are hitting plateaus with your current training programme. Sports Specific Trainers can help improve strength, flexibility and stamina to improve performance in specific sports. Options include increasing arm strength for tennis playing or improve strength and core stability providing better balance playing golf. Sports specific training is all about developing physical conditions to improve performance and skills at a particular sport. Also understanding the needs of the game training practicing at the correct pace in order to meet sports requirements. Kabaddi is essentially an Indian game, which commands huge popularity in the India as well as its hinterland. In India, kabaddi is popular in different names. In the southern parts of India, the game is referred to as Chedugudu or Hu-Tu-Tu. In eastern India, it is fondly called Hadudu (for men) and Kit-Kit (for women). The game is known as Kabaddi in northern India. Breath control, raid, dodging and movement of hand and feet are the basic skills that one has to acquire, in order to play kabaddi.

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Methodology

The purpose of this study was to find out the effect of game specific training programme on selected physical and physiological variables among school boys kabaddi players. To facilitate the study 30 kabaddi players from the different school, who participated various kabaddi matches in school level. They were randomly selected as subjects and their age ranged from 14-17 years. They were divided into two equal groups' namely experimental group and control group. Before the commencement of the training, purpose of the study and method of specific training were explained to the subjects for their cooperation and to avoid injuries. The researcher reviewed the various scientific literatures pertaining to specific training on

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Results

Table 1

Computation of analysis of covariance of agility among school level boys kabaddi player (scores in seconds)

	Experim ental Group	Control Group	Source Of Variance	Sum Of Squares	df	Mean Squares	Obtained F Ratio
Pre Test Mean	15.94	14.94	Between	7.44	2	7.44	3.91
			Within	53.25	28	1.90	
Post Test Mean	12.79	14.61	Between	24.69	2	12.34	8.18*
			Within	42.24	28	1.50	
Adjusted Post Mean	12.77	14.63	Between	22.74	2	11.37	7.28*
			Within	42.13	27	1.56	

Table F –ratio at 0.05 level of confidence for 1, 28 (df) was 4.18 and 2, 27 (df) was 3.34

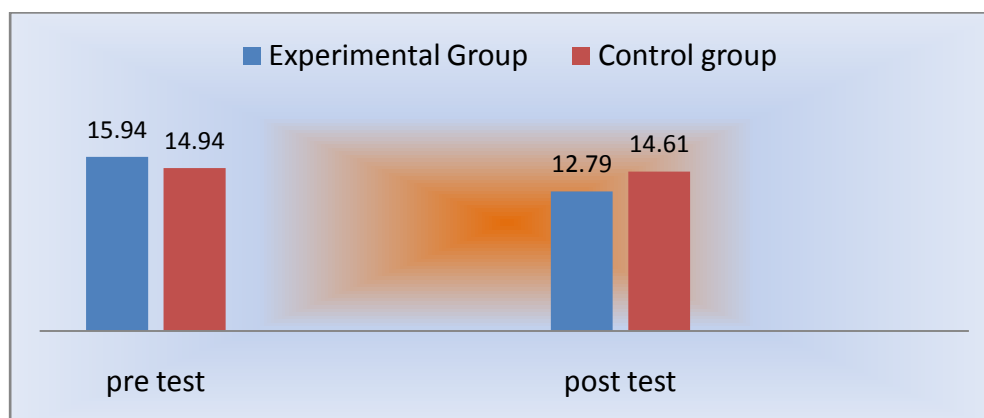
*Significant.

Table 1 shows that the analyzed data on agility. The pre-test means of experimental group and control group were 15.94 and 14.94 respectively. The obtained F-ratio was 3.91, which was not significant at 0.05 levels. The post test means of experimental group and control group were of 12.79 and 14.61 respectively. The F-ratio obtained for post-test was 8.18, it is greater than the table value of 4.17 which

was significant at 0.05 levels. The adjusted test means of experimental group and control group were 12.77 and 14.63 respectively. The F-ratio obtained for adjusted post mean was 7.28 which was greater than the table value of 3.34 which was not significant at 0.05 levels. The obtained mean values of speed presented through bar diagram for better understanding of the result of study in figure -I.

Figure I

Bar diagram shows the pre and post test means values of experimental and control group on agility (scores in seconds)



The bar diagram shows that the experimental group is having improvement in agility. When compared with control group.

Results on Flexibility

The statistical analysis comparing the initial and final means of flexibility due to game specific training among school boys kabaddi player is presented in table II.

Table 2

Computation of analysis of covariance of flexibility among school level boys kabaddi player(scores in centimetre)

	Experimen tal Group	Control group	Source Of Variance	Sum Of Squares	df	Mean Squares	Obtained F ratio
Pre test mean	11.92	11.91	Between	0.0004	2	0.0004	0.0002
			Within	50.57	28	1.80	
Post test mean	13.31	11.77	Between	17.83	2	8.91	5.21*
			Within	47.89	28	1.71	
Adjusted post mean	13.31	11.77	Between	17.68	2	8.84	30.93*
			Within	7.71	27	0.28	

Table F –ratio at 0.05 level of confidence for 1, 28 (df) was 4.18 and 2, 27 (df) was 3.34

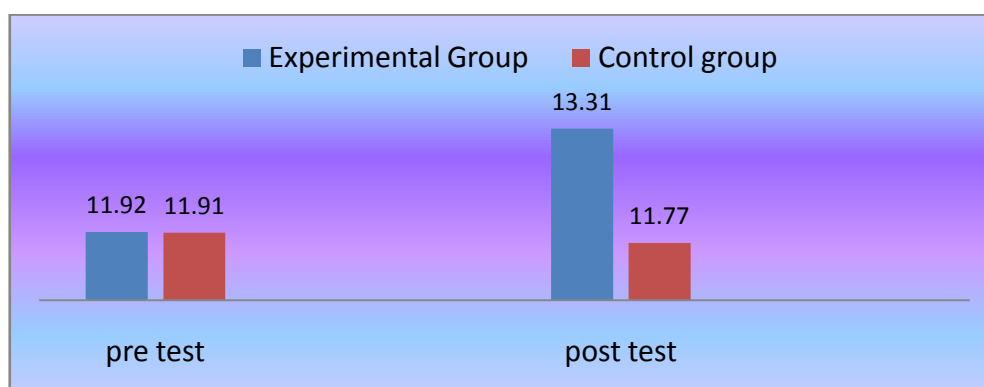
*Significant.

Table 2 shows that the analyzed data on agility. The pre-test means of experimental group and control group were 11.92 and 11.91 respectively. The obtained F-ratio was 0.0002, which was not significant at 0.05 levels. The post test means of experimental group and control group were of 13.31 and 11.77 respectively. The F-ratio obtained for post-test was 5.21, it is greater than the table value of 4.17 which

was significant at 0.05 levels. The adjusted test means of experimental group and control group were 13.31 and 11.77 respectively. The F-ratio obtained for adjusted post mean was 30.93 which was greater than the table value of 3.34 which was significant at 0.05 levels. The obtained mean values of flexibility presented through bar diagram for better understanding of the result of study in figure –II.

Figure I

Bar diagram shows the pre and post test means values of experimental group and control group on flexibility (Scores in Centimetres)



The bar diagram shows that the experimental group is having improvement in Flexibility. When compare with control group.

Conclusion

1. It was concluded that there was significant improvement in agility due to game

specific training on experimental group than the control group.

2. It was concluded that there was significant improvement in flexibility due to game specific training on experimental group than the control group.

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