



Comparative Analysis of Speed and Agility Between College Men Kabaddi and Kho-Kho Players

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Abstract

The purpose of the study was to compare the selected physical fitness variables such as speed and agility between college men kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in the colleges in and around Kashmir, India were selected as subjects at random. Among the subjects, thirty kabaddi players and thirty kho-kho players were selected. Among physical fitness variables, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. The results of the study showed that there was no significant difference between college men kabaddi players and kho-kho players on speed and agility.

Keywords: Physical Fitness Variables, Speed, Agility, Independent "t" ratio.

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Introduction

Kabaddi and Kho-Kho are two of the most popular traditional Indian sports. Both of these games require players to possess a high level of speed and agility in order to be successful. Speed and agility are critical components of success in these sports, as they allow players to move quickly, react quickly, and outmaneuver their opponents. Speed is essential in both kabaddi and kho-kho, as it allows players to quickly move around the court, catch the ball, and move back to their base. Players must be able to move quickly in order to catch the ball and make a successful tag or catch. Speed is also important for defending against the opponent's attack. Players must be able to quickly move to the correct position in order to block an attack, or to counter-attack.

Agility is also necessary for success in these sports. Agility allows players to be able to quickly change direction while on the move and react to unexpected situations. Players must be agile in order to dodge opponents' attacks and quickly move to a better position. In kho-kho, agility is especially important, as players must be able to quickly and accurately judge the distance and direction of their opponents' moves in order to be able to tag them. In order to excel at kabaddi and kho-kho, players must have a high level of speed and

agility. These skills allow players to move quickly around the court, react to their opponents' moves, and outmaneuver their opponents. Players must train hard and practice often in order to develop these skills and be successful in these traditional Indian sports.

Methodology

The purpose of the study was to compare the selected physical fitness variables such as speed and agility between college men kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in the colleges in and around Kashmir, India were selected as subjects at random. Among the subjects, thirty kabaddi players and thirty kho-kho players were selected. Among physical fitness variables, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

Analysis of the Data Speed

The mean, standard deviation and 't' ratio values on speed of kabaddi players and kho-kho players have been analyzed and presented in Table 1.

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Table 1. The mean , standard deviation and ‘t’ ratio values between college men kabaddi and kho-kho players on speed

| Groups | Mean | Standard Deviation | ‘t’ ratio value |
|-----------------|------|--------------------|-----------------|
| Kabaddi Players | 8.37 | 0.92 | 0.451 |
| Kho-kho Players | 8.26 | 0.97 | |

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

The table 1 shows that the mean values on speed for kabaddi players and kho-kho players were 8.37 and 8.26 respectively. The obtained ‘t’ ratio value on speed 0.451 which was lesser than the table value required for significance with df 58 was 2.002. The results of the study showed that there was no significant difference

between college men kabaddi players and kho-kho players on speed.

Agility

The mean, standard deviation and ‘t’ ratio values on agility of kabaddi players and kho-kho players have been analyzed and presented in Table 2.

Table 2. The mean , standard deviation and ‘t’ ratio values between college men kabaddi and kho-kho players on agility

| Groups | Mean | Standard Deviation | ‘t’ ratio value |
|-----------------|------|--------------------|-----------------|
| Kabaddi Players | 8.89 | 0.58 | 0.846 |
| Kho-kho Players | 8.76 | 0.61 | |

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

The table 2 shows that the mean values on agility for kabaddi players and kho-kho players were 8.89 and 8.76 respectively. The obtained ‘t’ ratio value on agility 0.846 which was lesser than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was no significant difference between college men kabaddi players and kho-kho players on agility.

Conclusions

1. There was a significant difference between college men kabaddi players and kho-kho players on speed.
2. There was a significant difference between college men kabaddi players and kho-kho players on agility.

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