



Effect of Ladder Training on Selected Psychological Variables among Kho-Kho Players

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Abstract

The purpose of the study was to find out the effect of ladder training on selected psychological variables among kho-kho players. It was hypothesized that there would be significant differences on selected psychological variables due to the effect of ladder training among kho-kho players. For the present study the 30 male kho-kho players from Scott Christian College, Nagercoil, Tamilnadu, India were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent ladder training and Group 'B' has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent 't test'. The level of significance was set at 0.05. The experimental group showed better improvement on cognitive anxiety and somatic anxiety among kho-kho players than the control group.

Keywords: Ladder Training, Kho-Kho Players, Anxiety.

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Introduction

A ladder is an excellent piece of training equipment and is useful to enhance body control and agility and increase the foot speed. For this training need not to go out and purchase the own Ladder, it is just as easy to use throw-down lines and as far as juniors are concerned, they may be found to be better as there is no chance of their getting tangled up in the Ladder. The added advantage of lines is that the distance between them can be changed to suit various exercise patterns. Using a building block system of skill development is very important to achieve success in training with a Ladder. The training start with general development up to advanced skill development, from a full range of motion to smaller, quicker movements. Keeping in mind the principle of working from slow and controlled movements and moving onto fast, explosive movements as a teaching and learning progression will have a greater amount of success. Kho-Kho is an indigenous game becoming very popular with more scientific technique. Kho-Kho players need fitness, quickness in decision, tact, agility, speed, movements and confidence, strength, stamina to concentrate on the exact technique which demands his mental and physical fitness. Kho-kho is no expectations on each turn of Nine minutes, the player of chasing team has to fit, stand and run is quick succession several times and require tremendous fitness. The

greater the skill and speed of attackers and defenders, the more tense situation is created among the spectators. Quickness is the soul of this game and consequently the short duration of nine minutes of the game is full enthusiasm shouts and encouragement and keen competition. Thus it appears that there is a constraint necessity to determine the physical fitness requirements of kho-kho players in order to develop faster and greater improvement in various fundamentals of the game. Performance can be improved through training methods based on skills of the game. The physiological requirements and the selective diagnosis are not fully understood. This is specially so in indigenous sports like kabaddi and kho-kho. As kho-kho is a contact sport, it may be used as a medium to release certain emotions like aggression and anxiety in an acceptable way preventing the accumulations of these emotions least that may cause, abnormal behaviour and ill health.

Methodology

The purpose of the study was to find out the effect of ladder training on selected psychological variables among kho-kho players. It was hypothesized that there would be significant differences on selected psychological variables due to the effect of ladder training among kho-kho players. For the present study the 30 male kho-kho players from Scott Christian College, Nagercoil, Tamilnadu, India were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two

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equal groups of fifteen each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent ladder training and Group ‘B’ has not undergone any training. The data was

collected before and after six weeks of training. The data was analyzed by applying dependent ‘t’ test. The level of significance was set at 0.05.

Table I. Variables and Test

S.No	Variables	Tests
1	Cognitive anxiety	CSAI II Inventory
2	Somatic anxiety	

Results

The findings pertaining to analysis of dependent ‘t’ test between experimental group and

control group on selected psychological variables among kho-kho players for pre-post test respectively have been presented in table II to III.

Table II. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Ladder Training Group (PTG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Cognitive anxiety	22.31	19.72	2.59	3.71	0.92	2.18*
2	Somatic anxiety	21.10	18.23	2.87	3.11	0.84	3.64*

* Significant at 0.05 level

Table II shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of cognitive anxiety (2.18) and somatic anxiety (3.64). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence. It was

observed that the mean gain and losses made from pre to post test were significantly improved in performance variables namely cognitive anxiety (2.59 p<0.05) and somatic anxiety (2.87 p<0.05) thus the formulated hypothesis is accepted.

Figure I. Comparisons of Pre – Test Means and Post – Test Means for Experimental Group in Relation to Psychological Variables

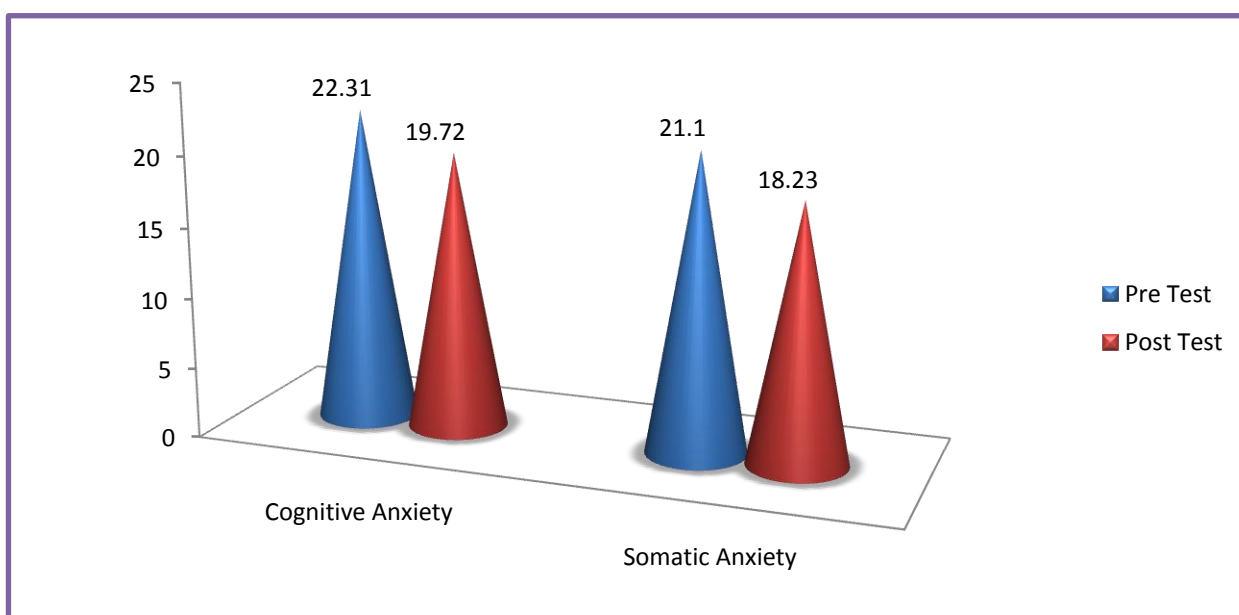


Table III. Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group (CG)

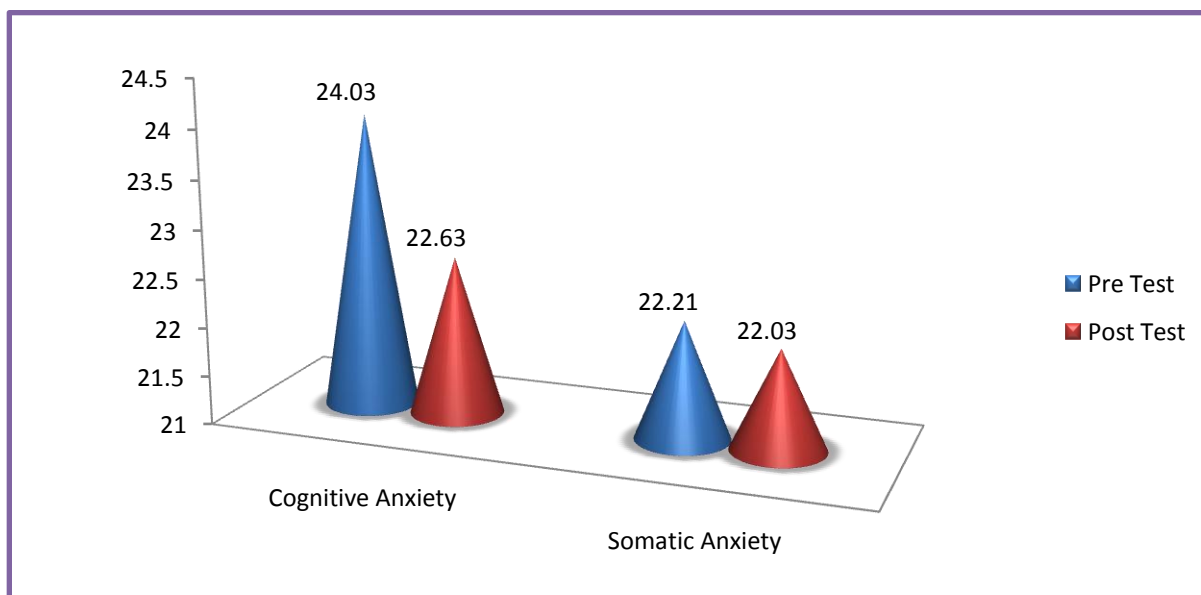
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Cognitive Anxiety	24.03	22.63	1.40	2.91	0.71	1.38
2	Somatic Anxiety	22.21	22.03	0.18	0.80	0.18	0.51

* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post test mean difference in the selected variable of cognitive anxiety (1.38) and somatic anxiety (0.51). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be

statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were not significantly improved in performance variables cognitive anxiety (1.40 $p>0.05$) and somatic anxiety (0.18 $p>0.05$).

Figure II. Comparisons of Pre – Test Means and Post – Test Means for Control Group in Relation to Psychological Variables



Discussions on Findings

In case of psychological variables i.e. cognitive anxiety and somatic anxiety power the results between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular ladder training which may also bring sudden spurt in psychological variables in kho-kho players. The findings of the present study have strongly indicates that ladder training of six weeks have significant effect on selected psychological variables i.e., cognitive anxiety and somatic anxiety of kho-kho players. Hence the hypothesis earlier set that ladder training programme would have been significant effect on selected psychological variables in light of the same the hypothesis was accepted.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The ladder training had positive impact on cognitive anxiety and somatic anxiety among kho-kho players.
2. The experimental group showed better improvement on cognitive anxiety and somatic anxiety among kho-kho players than the control group.

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