



A comparative study on flexibility and strength endurance between interuniversity level

Kho-Kho player

Md Maidul Islam

Guest Lecturer, Dept. of Physical Education, R.B.C. College, Naihati, West Bengal, India

Abstract

For the purpose of the study, 30 male kho-kho players were randomly selected from University. Out of 30 players, 15 were from Kayani University and 15 from North Bengal University. All of them represented university level tournaments. The age limit of the players ranged between 19-28 years. To find out the flexibility- sit & reach test and strength endurance for sit-ups test were conducted. All statistical calculation was done by standard procedure. Test were analyzed by 't' test and significant was set at 0.05 level of confidence. Investigator observed the significant different in flexibility between Kalyani University and North Bengal University Kho-Kho players. The result shows that North Bengal University Kho-Kho players were having more flexibility than Kalyani University Kho-Kho players.

Keywords: Kho-Kho, Flexibility, Strength Endurance

Introduction

Kho-kho is a great test of the participants' fitness, strength, speed, flexibility, endurance; stamina and dodging ability are the main components of the physical fitness. It fosters strong healthy and combative team spirit understanding and all round development of all physical qualities. Physical fitness is defined as 'the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.' It involves not only physical but intellectual, emotional, social and spiritual aspects of an individual. Interaction and interdependence of these phases of a man's health are such that any deviation from normal in any aspect of these components of fitness will make a man unable to meet the demands placed on him by his work or way of life. Physical fitness is the fundamental necessity for any sporting activity. Motor qualities such as speed, strength, endurance, and flexibility along with physical fitness are essential for excellence in sports. Sports trainers and coaches are emphasizing on improving the physical fitness and motor qualities of the players, which is also known as conditioning. A good conditioning program is the backbone of the over-all training of the sportsperson.

No one has exact on kho-kho history or when the first game was played, through many historian say that it is actually a modified form of "Run Chase". In the ancient era, a version of the kho-kho game was played on "raths" or chariot in Maharashtra, this was known as rathra. In this project was an attempt has been made to find out the comparison of the flexibility and strength endurance of boys kho-kho players in the interuniversity level of participation.

Methodology

For the purpose of the study, 30 male kho-kho players were randomly selected from university. Out of 30 players, 15 players were from Kalyani University & 15 from north Bengal University. All of them represented university level tournaments. The age limit of the players ranged between 19-28 years. Criterion measure in the present study was flexibility and strength endurance. Components were measured by sit & reach test and sit ups. All statistical calculation was done by standard procedure. Test were analyzed by 't' test and significant was set at 0.05 level of confidence.

Results and Discussion

Table 1: represented the mean, SD of personal data of the subjects

Parameters	Groups	Mean	SD
Age (Years)	Kalyani University	21.87	2.68
	North Bengal University	22.2	2.32
Height (Cms)	Kalyani University	162.6	5.08
	North Bengal University	166.2	4.32
Weight (Kgs)	Kalyani University	52.77	3.61
	North Bengal University	57.3	4.73

From table no. 1 kalyani University group the, man & SD Of age height and weight were 21.87, 162.6, 52.77 and 2.68, 5.08, 3.61 respectively North Bengal University group the mean & SD, of age, height & weight 22.2, 166.2, 57.3 and 2.32, 4.32, 4.73.

Table 2: represented the mean, SD & 't' value of sit ups in Kalyani University and North Bengal University Kho-Kho players

Parameter	Group	Mean	SD	SEd	t
Sit up	Kalyani University	35.27	5.09	1.68	1.47
	North Bengal University	32.8	3.71		

DF-28 Table value to be significant -2.05 **Not significant at 0.05 level.

It was observed from the table the mean score of sit ups of Kayani University & North Bengal University were 35.27 & 32.8 respectively and obtained 't' value was 1.47 which was statistically not significant at 0.05 level.

Table 3: Represented the Mean, SD & 'T' Value of Sit & Reach Test in Kalyani University and North Bengal University Kho-Kho Players

Parameter	Group	Mean	SD	SEd	t
Sit & Reach Test	Kayani University	4.3	1.63	.47	2.06**
	North Bengal University	5.27	.75		

DF-28 **significant at 0.05 level.

From the table no. 3 the mean of score sit and reach test of Kayani University & North Bengal University were 4.3 & 5.27 respectively and obtained 't' value was 2.06 which was statistically significant at 0.05 level

Conclusion

On the basis of the result it can be concluded that North Bengal University kho-kho players performed better in flexibility than the Kalyani University kho-kho players.

References

1. Bucher, Charles A. Foundation of physical Education. St Louis: C.V. Mosby Co. 1983, 298.
2. Garrett, Henry E. Woodworth RS. Statistics in Psychology and Education New Delhi: Paragon International Publishers. 2007; (6).
3. Gaurav V, Singh A, Singh S. A study of physical fitness variables among baseball players at different level of achievement scientific. Journal in sports and exercise. 2011; 7(2):34-38.
4. Getchell, Bud. Physical Fitness: A Way of Life, New York: John Wiley & Sons, Inc. Publication, Second Edition, 1979.
5. Johnson, Barry L, Nelson, Jack K. Practical Measurements for Evaluation in Physical Education Delhi: Surjeet Publication, India, 1982; (3).
6. Kamlesh ML, Singh MK. *Physical Education*. Meerut: Nageen Prakashan Pvt. Ltd, 2013.
7. Pandey Ajay Kumar, Dr. Sardar Sanjit, Yadav Mahesh. A comparative study of flexibility between kabaddi and kho- kho male players. International Journal of Physical Education, Sports and Health 2016; 3(3):373-374.
8. Sheppard and Young. Agility. Available from: <http://www.en.wikipedia.org>, 2006.
9. <http://www.topendsports.com/testing/tests/...>
10. <http://study.com/academy/lesson/what-is-fitness-definition-components-types-examples.html>