

A comparative study of flexibility between kabaddi and kho-kho games players

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Abstract

The present study has been designed to investigate the flexibility of kabaddi and kho-kho players. For accomplish the study total 50 players (25 kabaddi and 25 kho-kho) were randomly selected as sample. All samples were selected from the Rohtak district. The age of the subjects was ranged from 16-19 years. To measure access the flexibility we used sit and reach test in the study. The data was analyzed by applying 't' test in the order to determine the difference of flexibility between kabaddi and kho-kho players. The level of significance was set at 0.05. A significant difference was observed between kabaddi and kho-kho players in their flexibility. We find out that kabaddi players having more flexibility in comparison of kho-kho players.

Keywords: flexibility, sit and reach test, kabaddi, kho-kho

Introduction

Flexibility is specific to a particular movement or joints, and the degree of flexibility can vary around the body. Flexibility is one of the main fitness components, important for success in many sports. Certain sports, such as gymnastics, it is one of the most important physical attributes. In many other sports, including team field sports, good flexibility is an important part of the overall fitness profile. Good flexibility is also important for injury prevention. Stretching exercises can be used in injury rehabilitation, preparation for sport (warm up), and for recovery after exercise. A vote of the top sports requiring flexibility has the obvious ones of gymnastics, diving and figure skating on top. See also another list ranking sports in which flexibility is important.

Objectives of the study

- To compare the flexibility between kabaddi and kho-kho players.

Hypothesis of the study

- There would be no significant difference in flexibility of kabaddi and kho-kho players.

Research process and methodology

- The sample for the present study was 25-25 male players of kabaddi and kho-kho were randomly selected as sample from Rohtak district.
- The age of the samples was ranged 16-19 years.

Administration of test

Sit and Reach Test

Purpose: To assess flexibility

Objective: To bend and reach as fast as possible. The standard flexibility tests that measures lower back and hamstring flexibility.

Equipment: It requires a box about 30cm (12 inches) high and a meter rule.

Instructions: Sit and Reach Test

Procedure: Before you perform these tests make sure you warm up thoroughly with 10 minutes of light jogging or skipping.

Scoring: The score is in the centimeters reached on a yardstick.

Tool and Techniques

- To measure access the flexibility we used sit and reach test in the study.

Statistical Method

- The obtained data were analyzed by applying t test in order to determine the flexibility between kabaddi and kho-kho players.
- The level of significance was set at 0.05.
- For obtaining reliable result special statistics software (spss) was used.

Mean Difference between Kabaddi and Kho-Kho Players in Their Flexibility

Table 1: (N = total numbers of students)

S. No	Variables	Group	N	Mean Score	SD	MD	df	t-value
1	Kabaddi	Male	25	17.12	3.95095	4.44	48	3.13*
2	Kho-Kho	Male	25	21.56	5.87424			

Table value at 0.05 level 2.00 with df 48

*Significant at 0.05 level

Table 1. Shows that 't' value (3.13). The mean score of flexibility between kabaddi and kho-kho players is higher than the table value 0.05. The mean score of kabaddi players (17.12) is lower than the kho-kho players (21.56), which show

the significant difference. It means that flexibility of kho-kho players is higher than the kabaddi players.

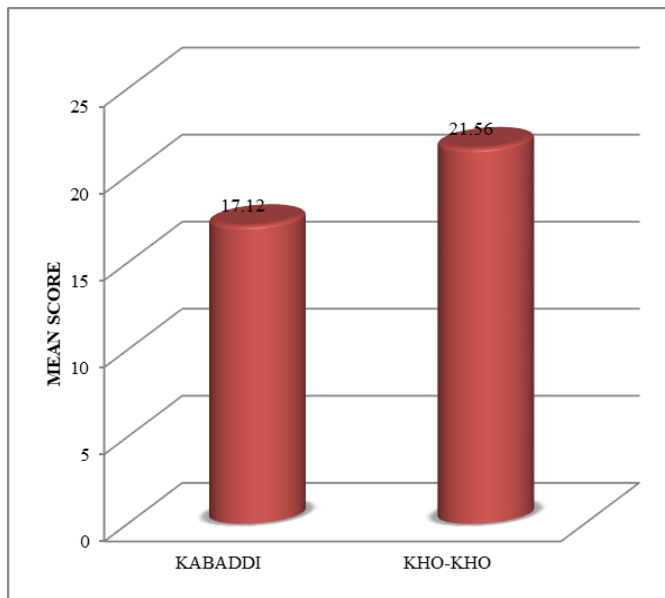


Fig 1: Mean Difference between Kabaddi and Kho-Kho Players in Their Flexibility

Result

A significant difference was observed between kabaddi and kho-kho players in their flexibility. That is why hypothesis-1 “There would be no significant difference in flexibility of kabaddi and kho-kho players” which was formulated earlier was rejected we observed that kho-kho players have more flexibility in comparison of kabaddi players.

References

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