

Comparative study of physical fitness between Kabaddi and Kho-Kho female Players

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Abstract

The main purpose of this study is to find out the comparison of physical fitness between Kabaddi and Kho-Kho female Players. For the present study the researcher takes the female kabaddi and kho-kho players from affiliated colleges of Sant Gadge Baba Amravati University, Amravati, taken as sources of data. Twenty five female Kabaddi players and twenty five female Kho-Kho players, who had participated in inter collegiate tournaments, were preferred as area under discussion for this study. The age of the subject matter was ranging from 18 years to 25 years. The criterion measures adopted for the study measuring the physical fitness components are given below. To measure the physical fitness AAPHER Physical Fitness Test was conducted with its six test items as follow: 1) Flexed Arm Hang; 2) Sit Ups; 3) Shuttle Run; 4) Standing Broad Jump; 5) 50 yard Dash; 6) 600 yard Run and Walk. To compare physical fitness between Kabaddi and Kho-Kho female players the independent 't' test was used at 0.05 level of significance. Result: There was no significant difference in flexed arm hang, sit-ups, shuttle run and standing broad jump between kabaddi and kho-kho female players. There was significant difference in 50 yard dash and 600 yard run and walk between kabaddi and kho-kho female players.

Keywords: physical fitness, kabaddi, kho-kho, players

Introduction

Physical fitness includes more than muscular strength. He further enunciates that physical fitness implies soundness of the body organs such as heart and lungs, a human mechanism that perform efficiently under exercise or work conditions, and reasonable measure of performance in selected physical activities^[1].

Physical fitness includes those qualities which will permit an individual to perform life activities involving speed, strength, agility, power and endurance and to engage in various kinds of physical activities required of modern-day living including sports and athletics, and to be able to maintain optimum amount of fitness for the individual involved^[2].

Mathews in board sense elaborates on physical fitness as the "capacity of an individual to perform given physical tasks involving muscular effort"^[3].

Methodology

Sources of data

For the present study the researcher takes the female kabaddi and kho-kho players from affiliated colleges of Sant Gadge Baba Amravati University, Amravati, taken as sources of data.

Selection of the subject

Twenty five female Kabaddi players and twenty five female Kho-Kho players, who had participated in inter collegiate tournaments, were preferred as area under discussion for this study. The age of the subject matter was ranging from 18 years to 25 years.

Criterion measures

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Statistical Analysis

To compare physical fitness between Kabaddi and Kho-Kho female players the independent 't' test was used at 0.05 level of significance.

Table 1: Mean and t-ratio of physical fitness for Kabaddi and Kho-Kho female players

Variables	Group	Mean	SD	SE	MD	Ot	df
Flexed Arm Hang	Kabaddi	10.12	2.22	0.67	0.44	0.66	48
	Kho-Kho	10.56	2.48				
Sit Ups	Kabaddi	28.48	5.51	1.56	0.24	0.15	48
	Kho-Kho	28.72	5.53				
Shuttle Run	Kabaddi	189.76	11.05	3.32	1.88	0.57	48
	Kho-Kho	187.88	12.40				

Standing Broad Jump	Kabaddi	11.39	1.09	0.35	0.24	0.68	48
	Kho-Kho	11.63	1.36				
50 yard Dash	Kabaddi	8.89	0.62	0.18	0.41	2.33*	48
	Kho-Kho	8.48	0.62				
600 yard R/W	Kabaddi	2.83	0.34	0.11	0.23	2.13*	48
	Kho-Kho	2.60	0.43				

*Significant at 0.05 level.

Table-1 indicates that the obtained 't' value of 0.66 between Kabaddi and Kho-Kho female players in flexed arm hang was found to be insignificant at 0.05 level of confidence as obtained value of 2.02 with 48 degree of freedom.

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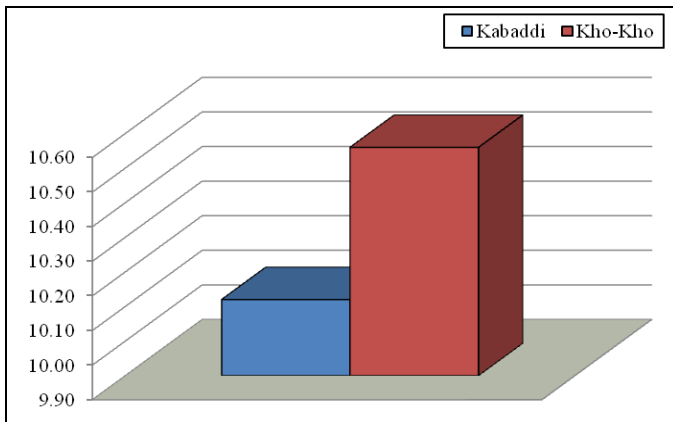


Fig 1: The graph showing the mean value of flexed arm hang between kabaddi and kho-kho female players

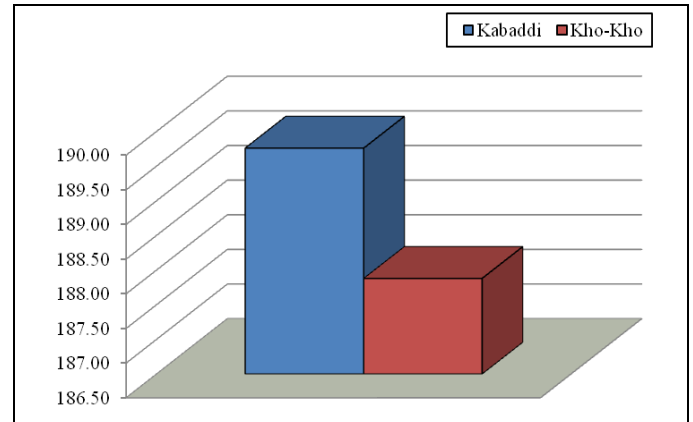


Fig 3: The graph showing the mean value of standing broad jump between kabaddi and kho-kho female players

Table-1 indicates that the obtained 't' value of 0.15 between Kabaddi and Kho-Kho female players in sit-ups was found to be insignificant at 0.05 level of confidence as obtained value of 2.02 with 48 degree of freedom.

Table-1 indicates that the obtained 't' value of 0.68 between Kabaddi and Kho-Kho players in shuttle run was found to be insignificant at 0.05 level of confidence as obtained value of 2.02 with 48 degree of freedom.

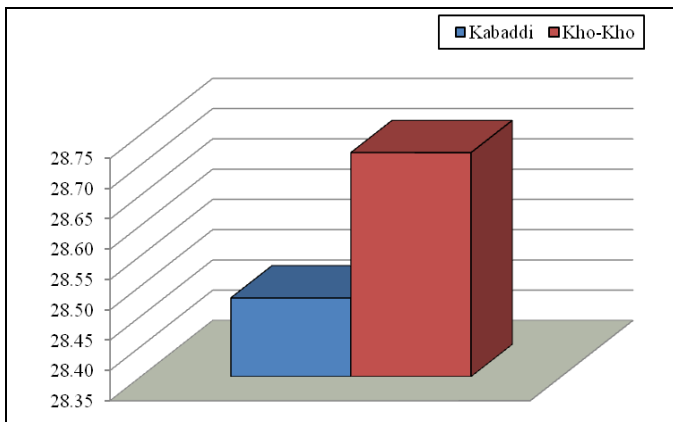


Fig 2: The graph showing the mean value of sit-ups between kabaddi and kho-kho female players

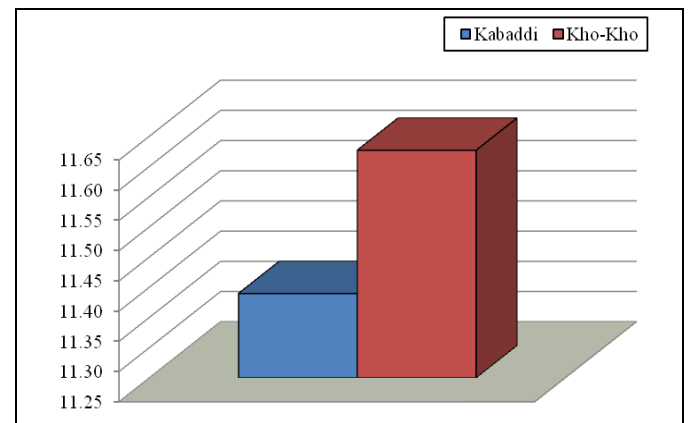


Fig 4: The graph showing the mean value of shuttle run between kabaddi and kho-kho female players

Table-1 indicates that that the obtained 't' value of 0.57 between Kabaddi and Kho-Kho female players in standing

Table-1 indicates that the obtained 't' value of 2.33 between Kabaddi and Kho-Kho players in 50 yard dash was found to be significant at 0.05 level of confidence as obtained value of 2.02 with 48 degree of freedom.

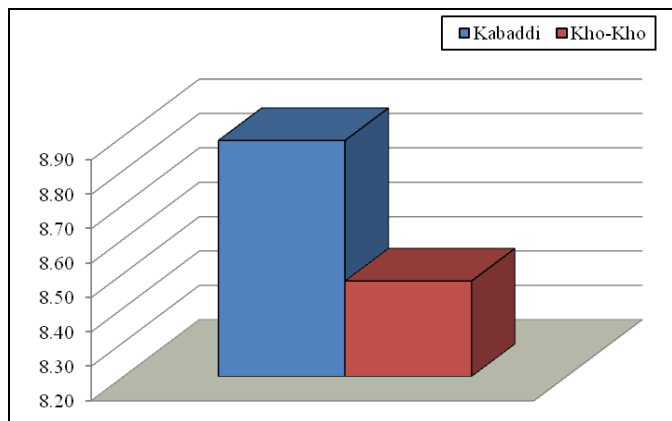


Fig 5: The graph showing the mean value of 50 yard dash between kabaddi and kho-kho female players

Table-1 indicates that the obtained ‘t’ value of 2.13 between Kabaddi and Kho-Kho players in 600 yard run and walk was found to be significant at 0.05 level of confidence as obtained value of 2.02 with 48 degree of freedom.

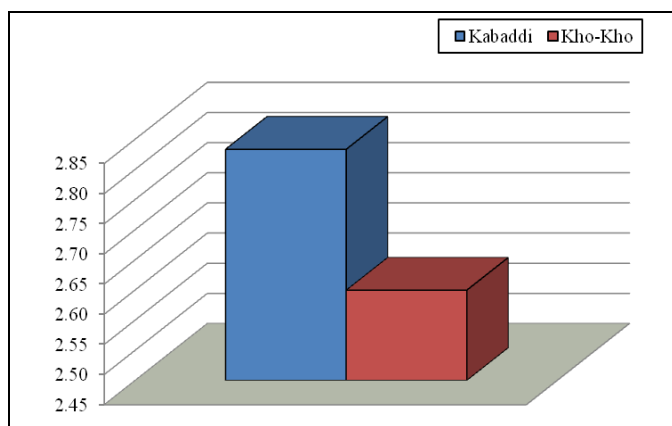


Fig 6: The graph showing the mean value of 600 yard run walk between kabaddi and kho-kho female players

Conclusion

On the basis of the result drawn with the mentioned methodology the following conclusion were sort out:

1. There was no significant difference in flexed arm hang, sit-ups, shuttle run and standing broad jump between kabaddi and kho-kho female players.
2. There was significant difference in 50 yard dash and 600 yard run and walk between kabaddi and kho-kho female players.

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