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A relative study of physical fitness among kho-kho and kabaddi female players of Telangana

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Abstract

The present study conducted to evaluate the degree of components between kho-kho and Kabaddi girls' players of Telangana. To carry out this study, 100 subjects 50 from Kho-Kho game and 50 from Kabaddi games were taken. The age limit of players was ranged between 15 to 18 years. The samples were taken from Hyderabad, Rangareddy, Karimnagar and Nizamabad districts of Telangana. Only speed, explosive power of arms and agility were taken to measure the physical fitness components. The mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant t-values'' test was applied. The level of significance was 0.05.

Keywords: Physical fitness, health kho-kho and kabaddi

Introduction

Fitness is an individual matter which implies the ability of each person to live more potentiality and effectively. It is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest. Effective living depends upon the physical, mental, emotional, social and spiritual components of fitness. The term physical fitness means more than muscular strength and stamina; it implies efficient performance in exercise or work and a reasonable means of skill in the performance of selected physical activities. It is a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

Physical fitness and good health appear to be almost synonymous, but they are not exactly so; a man who is healthy may not be physically fit. The amount of required physical fitness differs from one occupation to another. Physical activity has important implications for the health and well being of all individuals. Easy life has negatively influenced the development and maintenance of physical fitness.

Method and Procedure

Selection of subjects

To carry out this study, 100 girls' players (50 from Kho-Kho and 50 from Kabaddi) were taken. The age limit of players was ranged between 15 to 18 years. The samples were taken from Hyderabad, Rangareddy, Karimnagar and Nizamabad districts of Telangana. Only speed, explosive power of arms and agility were used to measure the physical fitness components. The mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant t-values'' test was applied. The level of significance was 0.05.

Selection of variables

Out of the three test items, the following four were selected for this study:

1. 30 meter run dash Test- To measure speed ability.
2. Medicine ball Test- To measure explosive power of arms.
3. Zig Zag Run Test- To measure agility.

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Statistical Techniques

Mean and standard deviation were calculated in order to study the physical fitness components of the kho-kho and Kabaddi girls' players of Telangana. The mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant T-values'' test was applied. The level of significance was 0.05.

Results and Interpretation

The Scholar examined the Physical fitness components between Kho-Kho and Kabaddi girls' players of Telangana. The results of the study in general revealed that there were difference in all of the Physical fitness components, i.e. Speed, Explosive power of arm and Agility between Kho-Kho and Kabaddi girls players of Telangana.

Table 1: Comparison of physical fitness components between the Telangana's Kho-Kho and Kabaddi girls' players

Sr. No.	Variable	N	Game	Mean	S.D	S.E.D	't'
1.	Speed	100	Kabaddi	5.84	0.62	0.61	2.85
			Kho-Kho	5.32	0.41		
2.	Explosive power of arm	100	Kabaddi	5.21	1.57	1.54	0.67
			Kho-Kho	5.02	0.98		
3.	Agility	100	Kabaddi	16.74	1.05	1.58	3.28
			Kho-Kho	16.02	0.60		

Note: Significant at 0.05 levels

The findings of the study in relation to Speed showed that the Kho-Kho girl's players of Telangana had better speed in comparison to the Kabaddi girl's players of Telangana. This may be attributed to the fact that speed plays an important role in the performance of Kho-Kho and Kabaddi girl's players of Telangana. The findings of the study revealed that significantly higher strength was found in the Kho-Kho girls'

players of Telangana than the Kabaddi girls' players of Telangana. The findings of the study in relation to agility showed that the Kabaddi girls' players of Telangana had better agility in comparison to the Kho-Kho girls' players of Telangana. This may be attributed to the fact that agility plays an important role in the performance of Kho-Kho and Kabaddi girls' players of Telangana.

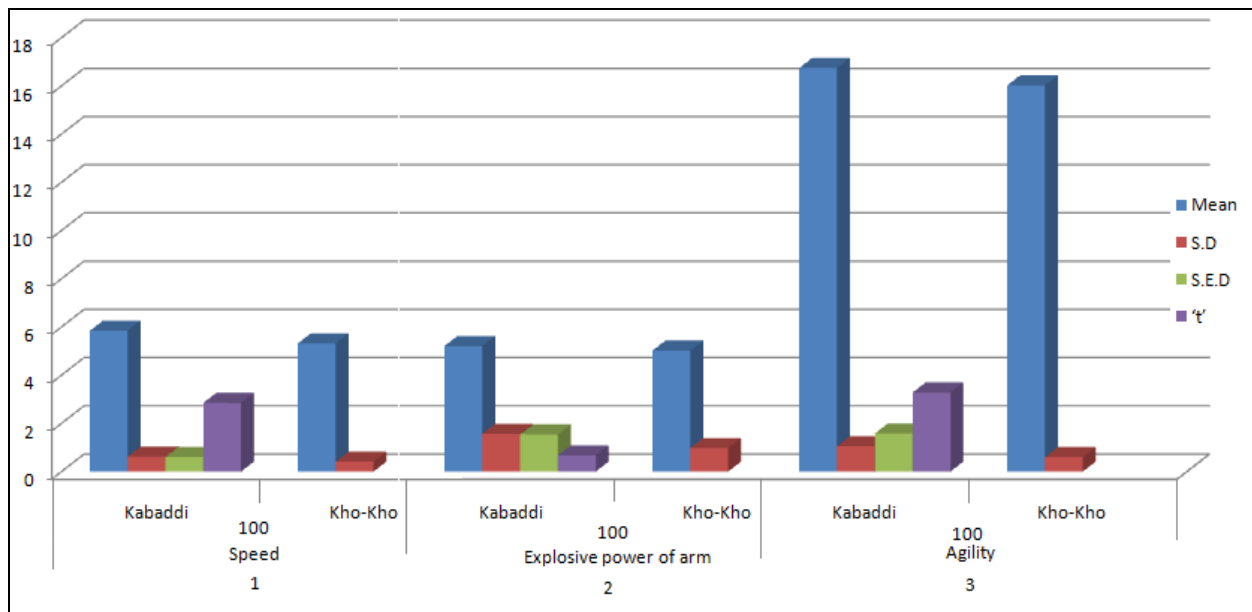


Fig 1: Graphical representation of physical fitness components between Kho-Kho and Kabaddi girls' players of Telangana.

Conclusion

Kho-Kho girls' players of Telangana had better speed in comparison to the Kabaddi girls' players of Telangana. Higher strength was found in the Kho-Kho girls' players of Telangana than the Kabaddi girls' players of Telangana. Kabaddi girls' players of Telangana had better agility in comparison to the Kho-Kho girls' players of Telangana.

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