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A comparative study of physical fitness components between kho-kho and kabaddi girls players of Haryana

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Abstract
The present study was an attempt to evaluate the degree of components between kho-kho and Kabaddi girls' players of Haryana. To carry out this study, 100 subjects 50 from (Kho-Kho) and 50 from (Kabaddi) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Mohindergarh, Rewari, Rohtak and Bhiwani districts of Haryana. 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.

Keywords: Physical fitness components, Kho-Kho, Kabaddi, Haryana.

Introduction
We are now more benefits of fitness are and about how to achieve them than ever before. Our current knowledge about fitness has been earned. Neither what the benefits of fitness have been earned. Neither what the benefits of fitness were, not how to achieve them was always so clear. For a long time, the problem was one of definition. Almost every book written about sports and physical education discusses physical fitness; yet it is not always easy to find acceptable definitions of fitness. Many authors mention how difficult to some broader concept of total fitness, and then often a generalized definition that relates physical fitness is described as encompassing physical fitness, and almost any other kind of desirable characteristic the author can include.

Every citizen of a country wants that he should progress and improve in any field, he should possess a good health which, in turn, contributes to the betterment of the society. 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 fitness differs from man to man, a clerk with much less strength may work in the office for a long period without feeling any special strain and discharge his duty without any fatigue and exertion, but a sportsman who is 8 participating in competitive sports like boxing, wrestling and football would require much greater strength, endurance & speed to give better performance in these activities. Actually, different definitions have been offered by the educationists, but the physical fitness defined by the -American Association for Health, physical Education and Recreation is, That state which characterizes the degree to which the person is able to function.

Fitness is an individual matter. It implies the ability of each person to live more effectively with his potentiality of function and depends upon the physical, mental, emotional, social and spiritual components of fitness which are related to each other and are mutually interdependent. Fitness is broad terms denoting dynamic qualities which allow one to satisfy his own needs and at the same time contribute to the common welfare of one's society. All of these qualities mental and emotional stability, social consciousness and adaptability, spiritual and moral fiber and organic health consistent with one's heredity help to make up total fitness weakness in any of these characteristics is indicative of a general weakening in the structure of the individual. Physical fitness is an important component of total 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. Physical fitness has always been a concern of man from prehistoric time. Indeed, it was survival of the fittest. Throughout human evaluation man has been a nomad, a hunter and a farmer. His body has a high degree of adaptability for walking, running, jumping and throwing. Only recently complete changes have taken place due to industrialization, automation and motorization and the demand to gross motor activities have been greatly reduced. These changes have caused a number of so called Hypo kinetic diseases and have lowered the degree of physical fitness. 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 girl's players1 (50 from Kho-Kho and 50 from Kabaddi) game. The age limit of players was ranged between 10 to 15 years. The sample was collected from Mohindergarh, Rewari, Rohtak and Bhiwani of Haryana.

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.

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 Haryana. 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 Haryana. 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 Haryana.

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

Variable	N	Game	Mean	S.D	S.E.D	't'
Speed	100	Kabaddi	4.30	0.51	0.63	2.93
		Kho-Kho	4.11	0.34		
Explosive power of arm	100	Kabaddi	4.51	1.01	1.43	0.68
		Kho-Kho	4.41	0.91		
Agility	100	Kabaddi	15.53	1.23	1.49	3.46
		Kho-Kho	15.01	0.80		

Significant at 0.05 levels

The findings of the study in relation to Speed showed that the Kho-Kho girl's players of Haryana had better speed in comparison to the Kabaddi girl's players of Haryana. 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 Haryana.

The findings of the study revealed that significantly higher strength was found in the Kho-Kho girls' players of Haryana than the Kabaddi girls' players of Haryana.

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

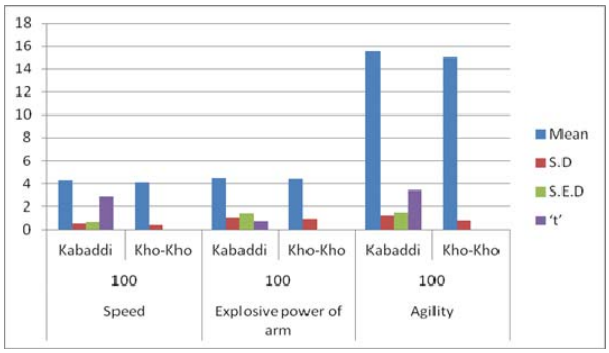

Fig 1: Graphical representation of physical fitness components between Kho-Kho and Kabaddi girls' players of Haryana

Conclusion

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

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