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Comparative study of physical fitness variables of kabaddi and kho-kho girls players of Kurukshetra district

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Abstract

Physical fitness is the capacity to do prolonged hard work and recover to the same state of health in short duration of time. It is the result of the degree of strength, endurance, flexibility, speed and agility. It depends on several factors such as heredity, hygienic living nutrition of an individual kabaddi and kho-kho girls players are equal conducive to development these skills amongst players. Sixty (60) girls players of kabaddi and kho-kho players were selected as subject for the present study who had participated in state level tournament in Haryana. From 60 subjects 30 kabaddi girls players and 30 kho-kho girls players. To assess the comparative study of physical fitness variables of kabaddi and kho-kho girls players. The subject's age is 16-20 years. The level of significance was set at 0.05 levels.

Keywords: Physical fitness variables, kabaddi and kho-kho girls players etc.

Introduction

Physical fitness is essential for the development of wholesome personality of a child which would depends upon the opportunities provided for wholesome development of the mental physical social and spiritual aspects. Clark (1966) defined physical fitness as the ability to carry out daily task with vigor and alertness without under fatigue and with energy enjoy leisure time pursuits to meet improves can emergencies. The definition a given by Clark (1966) has been adopted in the present study have physical fitness means the capacity to do hard work and to recover fitness that, physical fitness in the present study is manifested by strength, endurance, flexibility, speed and agility One as seems these elements of physical fitness are useful for different games & sports. It depends on several factors such as heredity, hygienic living nutrition of an individual kabaddi and kho-kho players are equal conducive to development these skills amongst players. Sixty (60) girls players of kabaddi and kho-kho players were selected as subject for the present study who had participated in state level tournament in Haryana. From 60 subjects 30 kabaddi and 30 kho-kho girls players. To assess the comparative study of physical fitness variables of kabaddi and kho-kho players. The subject's age is 16-20 years. The level of significance was set at 0.05 levels. As per statistical analysis insignificant difference was found in comparative study of physical fitness variables of kabaddi and kho-kho girls players of Kurukshetra district of Haryana.

Statement of the Problem

The purpose of the study was to compare physical fitness variables of kabaddi and kho-kho girls players of Kurukshetra district.

Material and Methods

Sixty (60) girls' players of kabaddi and kho-kho players were selected as subject for the present study who had participated in state level tournament in Haryana. From the 60 subjects 30 subjects were kabaddi girl's players and 30 kho-kho girls' players of Kurukshetra district. The subject's age is 16-20 years.

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Tools used

To assess the comparative study of physical fitness variables of kabaddi and kho-kho girls players 50 meter Dash Test (AAPHER), Standing Broad Jump, Cooper 12/minute Walk/Run Test, Shuttle Run (4x10) AAPHER, Forward Bending & Reach Test (Hirchl & Kraus Muscular Fitness Test).

Statistical Analysis

To compare physical fitness variables of kabaddi and kho-kho girls players of Kurukshetra district 't' test was applied. The level of significance was set at 0.05.

Results and Discussion**Table 1:** Comparative study of 50 meter Dash of Kabaddi and Kho-Kho girls players.

Component	Game	N	Mean	S. D	SED	't' Ratio
50 Meter Dash	Kabaddi	30	10.06	0.72	0.22	1.82
	Kho Kho	30	9.66	0.96		

Level of significance was at 0.05

Table No. 1. Illustrates the mean scores of 10.06 ± 0.72 of kabaddi girls and mean score of 9.66 ± 0.96 kho-kho girls players on 50 meter dash test. The 't' ratio is 1.82. It is significant at 0.05 level. The mean score of kabaddi girls

players is higher than kho-kho girls players. It is clear that lesser the item taken higher is the 50 meter dash possessed by the players and vice versa. It is further implied that Kho-kho girls players have better speed a compare to girls players.

Table 2: Comparative study of Standing Broad Jump of Kabaddi and Kho-kho girls players.

Component	Game	N	Mean	S. D	SED	't' Ratio
Strength	Kabaddi	30	1.67	0.09	0.02	2.27
	Kho Kho	30	1.62	0.06		

Level of significance was at 0.05

Table No. 2 Illustrate the mean scores of 1.67 ± 0.09 of kabaddi girls players and mean scores of 1.62 ± 0.06 of kho-kho girls players on standing broad jump. The 't' ratio is 2.27. It is significant at 0.05 levels. The mean score of kabaddi

players is higher than kho-kho girls players. It is clear that significance difference between kabaddi girls players & kho-kho girls players on standing broad jump.

Table 3: Comparative study of Cooper 12/minute Walk/ Run of Kabaddi and Kho-kho girls players.

Component	Game	N	Mean	S. D	SED	't' Ratio
Cooper 12/minute Walk/ Run	Kabaddi	30	1.73	.50	0.10	3.49
	Kho-kho	30	1.37	.26		

Level of significance was at 0.05

Table No. 3 Illustrate the mean scores of $1.73 \pm .50$ of kabaddi girls players and mean scores of $1.37 \pm .26$ of kho-kho girls players on standing broad jump. The 't' ratio is 3.49. It is significant at 0.05 levels. The mean score of kabaddi players

have better as compare to kho-kho girls players. It is clear that significance between kabaddi girls players & kho-kho girls players on Cooper 12/minute Walk/ Run.

Table 4: Comparative study of Shuttle Run (4x10) of Kabaddi and Kho-kho girls players.

Component	Game	N	Mean	S. D	SED	't' Ratio
Shuttle Run	Kabaddi	30	13.51	3.55	0.27	1.39
	Kho-kho	30	13.32	4.48		

Level of significance was at 0.05

Table No. 4 Illustrate the mean scores of 13.51 ± 3.55 of kabaddi girls players and mean scores of 13.32 ± 4.48 of kho-kho girls players on standing broad jump. The 't' ratio is 1.39. It is significant at 0.05 levels. The mean score of kabaddi

players is better than the kho-kho girls players. It is clear that significance between kabaddi girls players & kho-kho girls players on Shuttle Run (4x10).

Table 5: Comparative study of Forward Bending & Reach Test of Kabaddi and Kho-kho girls players.

Component	Game	N	Mean	S. D	SED	't' Ratio
Shuttle Run	Kabaddi	30	5.67	1.01	0.22	1.64
	Kho-kho	30	5.25	1.26		

Level of significance was at 0.05

Table No. 5 Illustrate the mean scores of 5.67 ± 1.01 of kabaddi girls players and mean scores of 5.25 ± 1.26 of kho-kho girls players on standing broad jump. The 't' ratio is 1.64. It is significant at 0.05 levels. The mean score of kabaddi

players is better than the kho-kho girls players. There is no significance difference between kabaddi girls players & kho-kho girls players on forward bending & reach test.

Conclusion

On the basis of results of the present study use can concluded that kabaddi girls players have performed better than kho-kho girls players on 50 meter dash test, kabaddi girls players have better the distance than kho-kho girls players on 12 minute walk/run test. The mean score of kabaddi players is better than the kho-kho girls players in shuttle run. There is no significance difference on standing broad jump and forward bending reach test.

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