International Journal of Physical Education, Sports and Health 2019; 6(5): 90-92

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2019; 6(5): 90-92

www.kheljournal.com
Received: 11-07-2019
Accepted: 15-08-2019

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Comparative study of physical fitness between Kabaddi and Kho-Kho players of district Ganderbal

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Abstract
The purpose of the study was to find out the physical fitness among Kabaddi and Kho-Kho players of district Ganderbal of Jammu and Kashmir. To achieve the purpose of the present study, 50 subjects were randomly selected from Govt College of physical education district Ganderbal of Jammu and Kashmir, in which 25 were Kabaddi and 25 were Kho-Kho players. To measure the level of physical fitness among Kabaddi and Kho-Kho players AAHPER youth fitness test was used. The findings of the present study directs that the variable strength is significant ($p< 0.05$) among Kabaddi and Kho-Kho players and it was also found that The data collected on six variables such as strength, muscular strength, co- ordination ability, power, speed and cardiovascular are no significant ($p> 0.05$) among Kabaddi and Kho-Kho players. The data was statistically analyzed by applying Simple 't' test. The level of significance was fixed at 0.05. Further on conclusion it was found that the Kabaddi and Kho-Kho players were no significantly differ on the variable such as strength, muscular strength, co- ordination ability, power, speed and cardiovascular. However it was found that Kabaddi and Kho-Kho players show no significant difference on the variables such as strength, muscular strength, co- ordination ability, power, speed and cardiovascular.

Keywords: Strength, muscular strength, co- ordination ability, power, speed and cardiovascular, Kabaddi and Kho-Kho

Introduction
Physical fitness is the capacity to carry out reasonably well various forms of physical activities without being unduly tired and includes qualities important to the individual's health and wellbeing. Many scientific studies over the past twenty years support the value of regular exercise as part of a lifestyle. Regular participation in vigorous exercise increases Physical fitness. A high level of Physical fitness is desirable for a full, productive life. Regular, vigorous physical activity throughout life significantly reduces the risk of disabilities and premature death from stroke and heart disease. It can also effectively alter many of the important risk factors for cardiovascular disease by lowering body weight and total serum cholesterol levels, raising HDL "good" cholesterol and promoting the maintenance of normal blood pressure. Physical fitness is important at all levels of the game whilst being essential for top level players; it is beneficial for beginners who will improve both their effectiveness and enjoyment through good standard of fitness. The aim of fitness training in football is to enable a player to cope with the physical demands of the game as well as allowing the efficient use of his various technical and tactical competencies throughout the match.

Factors affecting physical fitness
Physical fitness is a general state of wellbeing that includes energy to participate in physical activity, and reduces risk of developing health problems prematurely. Physical fitness includes bone strength, muscular strength, cardiovascular fitness, flexibility and metabolic fitness. It allows a person to accomplish the tasks of the day with little drain on energy. Overall fitness increases when you address the factors that affect physical fitness.

Methods
To achieve the purpose of the present study, 50 subjects were randomly selected from Govt

college of physical education district Ganderbal of Jammu and Kashmir, in which 25 were Kabaddi and 25 were Kho-Kho players. To measure the level of physical fitness among Kabaddi and Kho-Kho players AAHPER youth fitness test was used. The collected data from Kabaddi and Kho-Kho players was analyzed by simple "t" test and the level of significance was fixed at 0.05.

Results

Table 1: Comparison of Kho-Kho and Kabaddi players on the variable strength

S.no	Game	No. of students	mean	Standard Deviation	't' value
01	Kho-Kho	25	8.72000	2.57423	1.987
02	Kabaddi	25	7.2000	2.82843	

*significant at 0.05 level (df=48), table value is 2.04

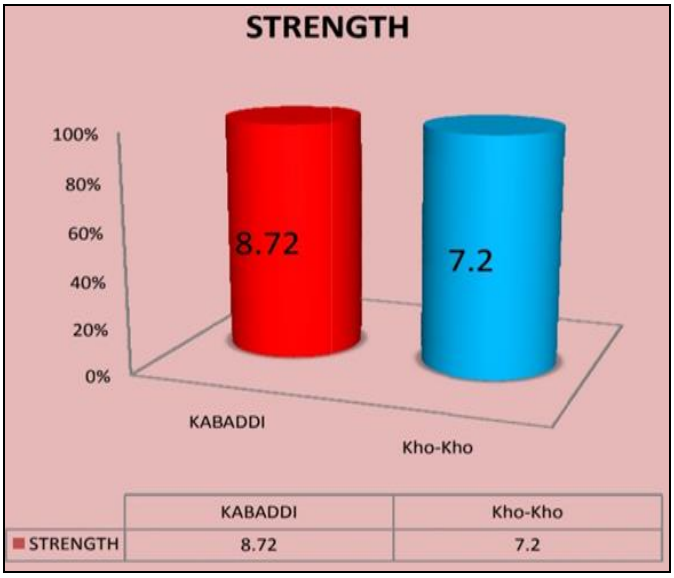

Fig 1: Comparison of strength between Kabaddi and Kho-Kho players

Table 2: Comparison of Kho-Kho and Kabaddi players on the variable Coordination Ability

S.no	Game	No. of students	mean	Standard Deviation	't' value
01	KHO KHO	25	10.2720	.63518	0.827
02	Kabaddi	25	9.8984	2.16622	

*significant at 0.05 level (df=48), table value is 2.04

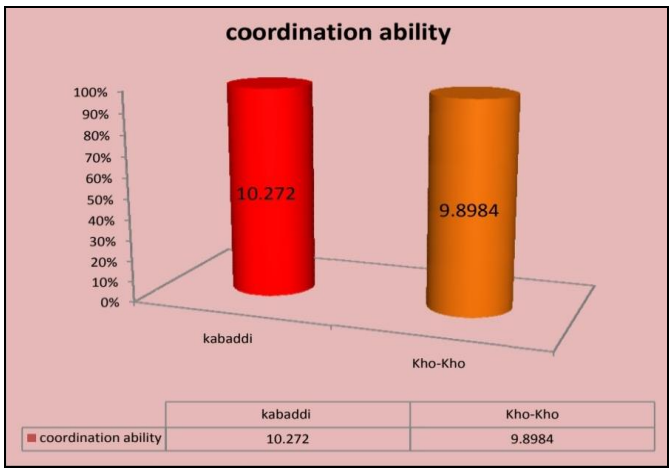

Fig 2: Comparison of Coordination ability between Kabaddi and Kho-Kho players.

Table 3: Comparison of Kho-Kho and Kabaddi players on the variable Power.

S.no	Game	No. of students	mean	Standard Deviation	't' value
01	Kho-Kho	25	7.0696	.91281	1-0.201
02	Kabaddi	25	7.1168	.73861	

*significant at 0.05 level (df=48), table value is 2.04

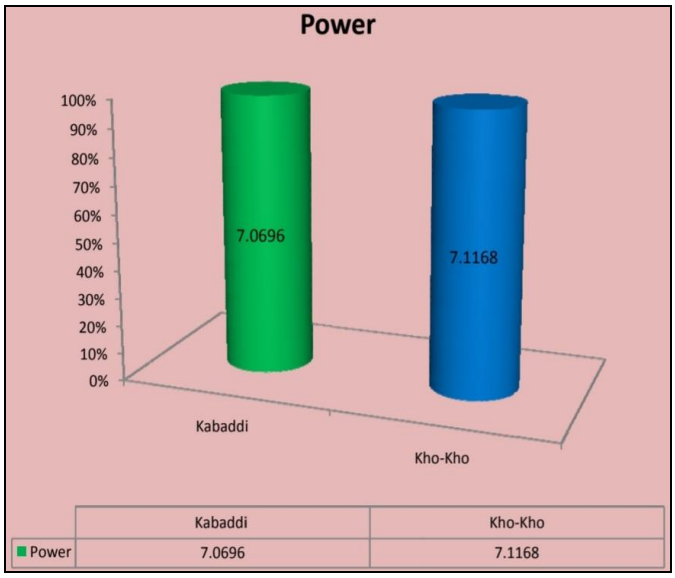

Fig 4: Comparison of Power between Kabaddi and Kho- Kho players.

Discussion

Strength, muscular strength, co- ordination ability, power, speed and cardiovascular are the SIX main variables which the researcher has made to check the difference on the physical fitness of Kho-Kho and Kabaddi players. But they does not have found any significant differences among these variables.

Conclusion

It is concluded that there is no significant differences found in Kabaddi and Kho-Kho players in the variables of strength, muscular strength, co-ordination ability, power, speed and cardiovascular. This study gives relevant information about the physical fitness of Kabaddi and Kho-Kho players of Govt College of physical education district Ganderbal of Jammu and Kashmir,

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