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Effect of specific training on selected physical fitness components and skill performance of inter-collegiate Kabaddi players

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Abstract

Modern world is the outcome of many scientific inventions through centuries. The modern man depends mostly upon the modern outfit for his daily routine, mainly involving his mental powers to live an easy going life. There has been a great deterioration in his health and capacities. The mechanization of modern living, the forced restriction of physical activities leading to sedentary life, and an increased amount of leisure time - all these factors have resulted in a tremendous increase of public and professional interest in physical activity and health. People seem to be turning on to the idea that one looks and feels better and stay healthy by being more physically active. The purpose of the present study was to find out the effect of specific training on selected physical fitness components and skill performance of inter-collegiate Kabaddi player. To achieve this purpose of the study, fifteen Kabaddi players who participated in intercollegiate tournaments were randomly selected as subjects from Thanjavur District. The age of the subjects were ranged between 20 to 25 years. The selected physical fitness components namely endurance and flexibility were selected and ankle hold and blocking were selected as skill variables. The data were collected among the Kabaddi players were statistically analysed by using student t-test. In all the cases 0.05 level of confidence was fixed to test the significance. The "t" ratio was employed as a statistical tool to find out the appropriate result of the study and provided significance at 0.05 level of confidence. There was a significant difference between pre and post test of endurance, flexibility and skill performance among Kabaddi players.

Keywords: Flexibility and endurance

Introduction

Modern world is the outcome of many scientific inventions through centuries. The modern man depends mostly upon the modern outfit for his daily routine, mainly involving his mental powers to live an easy going life. There has been a great deterioration in his health and capacities. The mechanization of modern living, the forced restriction of physical activities leading to sedentary life, and an increased amount of leisure time - all these factors have resulted in a tremendous increase of public and professional interest in physical activity and health. People seem to be turning on to the idea that one looks and feels better and stay healthy by being more physically active.

Methodology

To achieve this purpose of the study, fifteen Kabaddi players who participated in intercollegiate tournaments were randomly selected as subjects from Thanjavur District. The age of the subjects were ranged between 20 to 25 years. The selected physical fitness components namely endurance and flexibility were selected and ankle hold and blocking were selected as skill variables.

Results and Discussion

Table shows that the mean values obtained by the Pre-test and Post-test in endurance test were 11.15 and 9.93 and standard deviations were 1.17 and 0.87. The mean difference was 1.22. The t value obtained was 3.26. The required critical table value was 2.13. Since the obtained t value (3.26) for endurance is greater than the critical table value (2.13).

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It was concluded that difference between the means of Pre-test and Post-test was statistically significant in endurance test.

Table 1: Computation of “t” ratio between pre and post test of endurance among Kabaddi players

Group	Mean	Standard Deviation	Mean Difference	t-ratio
Pre-test	11.15	1.17	1.22	3.26*
Post-test	9.93	0.87		

Table shows that the mean values obtained by the Pre-test and Post-test in endurance test were 11.15 and 9.93 and standard deviations were 1.17 and 0.87. The mean difference was 1.22. The t value obtained was 3.26. The required critical table value was 2.13. Since the obtained t value (3.26) for endurance is greater than the critical table value (2.13). It was concluded that difference between the means of Pre-test and Post-test was statistically significant in endurance test.

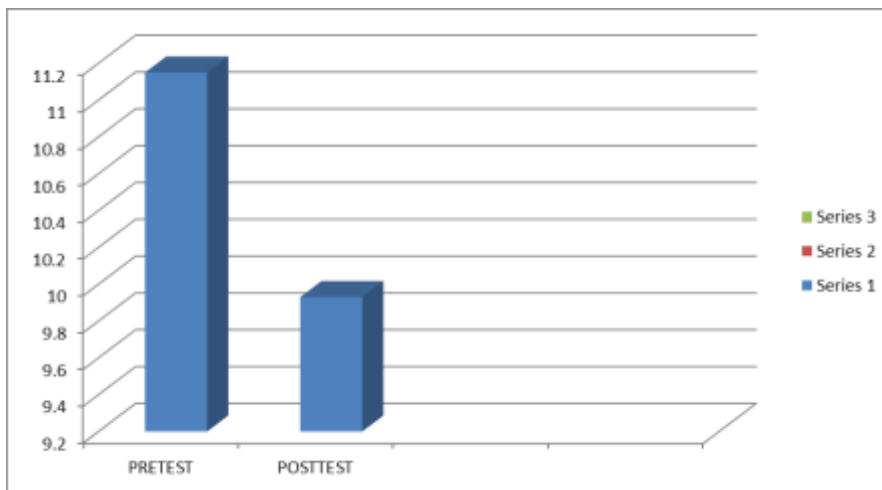


Fig 1: Bar diagram showing the mean difference of pre-test and post test of experimental group in endurance

Table 2: Computation of “t” ratio between pre and post test of flexibility among kabaddi players

Group	Mean	Standard Deviation	Mean Difference	t-ratio
Pre-test	13.0	2.77	3.13	2.84*
Post-test	15.87	2.74		

Post-test in flexibility test were 13.0 and 15.87 and standard deviations were 2.77 and 2.74. The mean difference was 3.13. The t value obtained was 2.84. The required critical table value was 2.13. Since the obtained t value (2.84) for flexibility is greater than the critical table value (2.13). It was concluded that difference between the means of Pre-test and Post-test was statistically significant in flexibility test.

Table shows that the mean values obtained by the Pre-test and

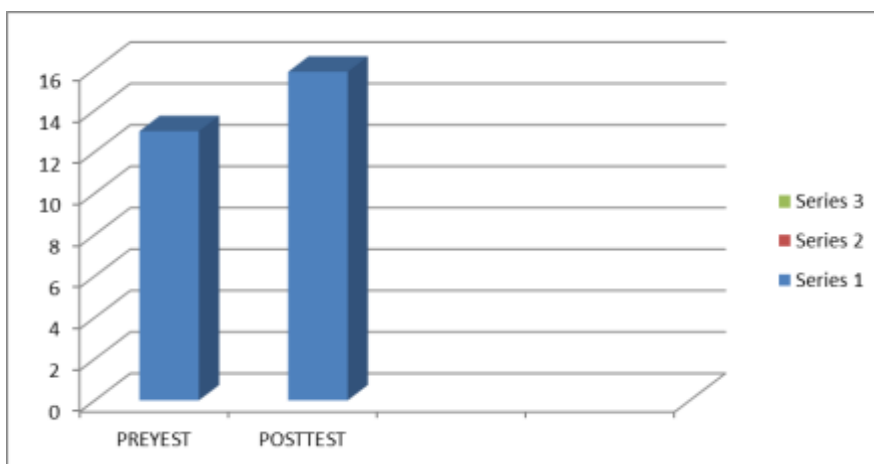


Fig 2: Bar diagram showing the mean difference of pre-test and post test of experimental group in flexibility

Table 3: Computation of “t” ratio between pre and post test of ankle hold among kabaddi players

Group	Mean	Standard Deviation	Mean Difference	t-ratio
Pre-test	4.54	0.45	0.51	3.03*
Post-test	5.05	0.48		

Post-test in ankle hold were 4.54 and 5.05 and standard deviations were 0.45 and 0.48. The mean difference was 0.51. The t value obtained was 3.03. The required critical table value was 2.13. Since the obtained t value (3.03) for ankle hold is greater than the critical table value (2.13). It was concluded that difference between the means of Pre-test and Post-test was statistically significant in ankle hold.

Table shows that the mean values obtained by the Pre-test and

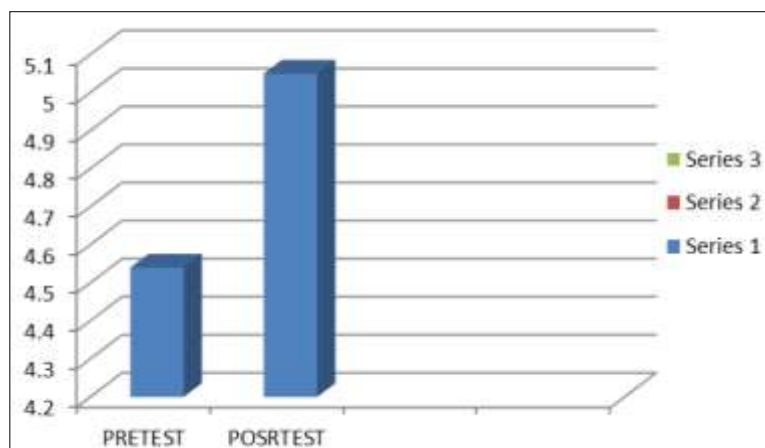


Fig 3: Bar diagram showing the mean difference of pre-test and post test of experimental group in ankle hold

Table 4: Computation of “t” ratio between pre and post test of blocking among Kabaddi players

Group	Mean	Standard Deviation	Mean Difference	t-ratio
Pre-test	4.73	0.52	0.52	2.54*
Post-test	5.25	0.61		

Table shows that the mean values obtained by the Pre-test and

Post-test in blocking were 4.73 and 5.25 and standard deviations were 0.52 and 0.61. The mean difference was 0.52. The t value obtained was 2.54. The required critical table value was 2.13. Since the obtained t value (2.54) for blocking is greater than the critical table value (2.13). It was concluded that difference between the means of Pre-test and Post-test was statistically significant in blocking.

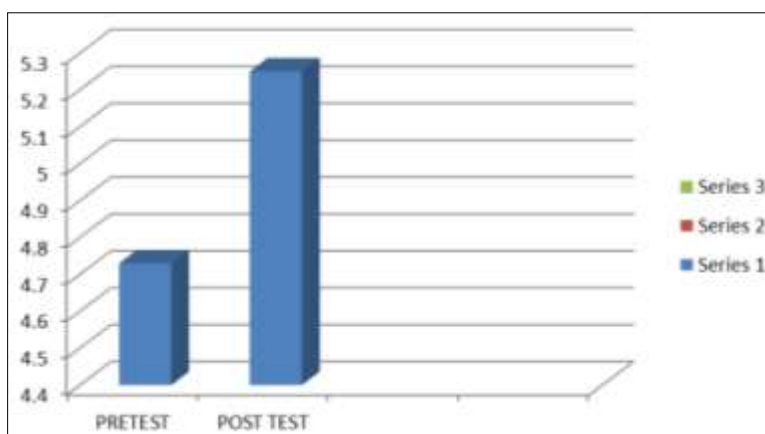


Fig 4: Bar Diagram Showing the Mean Difference of Pre-test and Post test of Experimental Group in Blocking

Conclusions

- There was a significant difference between pre and post test of endurance and flexibility among Kabaddi players.
- There was a significant difference between pre and post test of skill performances ankle hold, blocking, among Kabaddi players.

Recommendations

Within the limitations of the study and from the findings of the analysis of the data, the following recommendations have been made.

- The study may be conducted on physical fitness components of Kabaddi players at various levels.
- This study may be conducted at various age group and sex also.
- A similar study may be taken to compare the physical fitness of Sport hostel and non- Sport hostel Kabaddi players.
- A deep study may be conducted on School, College, University and State level athletes and players of different areas.
- Similar study can be conducted by selecting other sports disciplines.

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