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**Dr. Bhoj Ram Rawte**  
Assistant Professor, Department  
of Physical Education, Guru  
Ghasidas Vishwavidyalaya  
Bilaspur, Chhattisgarh, India

**Buddhadev Kandar**  
Research Scholar, Department of  
Physical Education, Guru  
Ghasidas Vishwavidyalaya,  
Bilaspur, Chhattisgarh, India

**Corresponding Author:**  
**Dr. Bhoj Ram Rawte**  
Assistant Professor, Department  
of Physical Education, Guru  
Ghasidas Vishwavidyalaya  
Bilaspur, Chhattisgarh, India

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## A comparative study of agility between Kabaddi and Kho-Kho University level male's players

**Dr. Bhoj Ram Rawte and Buddhadev Kandar**

### Abstract

The present study was conducted to analyse the level of agility between male University level Kabaddi and Kho-Kho players of Guru Ghasidas Vishwavidyalaya, Chhattisgarh. Sample of the study consisted of 200 University level male players (100 Kabaddi male players and 100 Kho-Kho Male players) were randomly selected as subjects. The selected subjects were between the age group of 18 to 28 years. To find out the difference in the level of agility, mean, standard deviation and independent samples 't' test was used to analyse the data. The result of the study shows that there is significant difference in between Kabaddi and Kho-Kho players with regard to their sports anxiety (sig 2-tailed- .000) and Kho-Kho players found greater Sports Agility (Kabaddi mean- 9.7928 and Kho-Kho mean- 9.8839).

**Keywords:** Kabaddi male's players, Kho-Kho male's players, physical fitness

### Introduction

The advancement of man "physical Fitness" is assuming vital part in the all - round improvement of man and humanity. Independent of the time be it old times, bygone eras, or present day times, actual part of human existence. The significance of actual wellness is notable to our progenitors. In 360 B. C. Plato adequately depicted the significance of actual wellness in the accompanying words "Absence of action annihilates the great shape of each and every person while development and purposeful actual activity save it and protect it.

The need of crude man were very straightforward and essential yet not of exceptionally mind boggling. He should have specific measure of actual physical fitness to enjoy a few exercises like hunting creatures and fish and battling the creature was fundamental for his endurance. The mastering of such significant ability was his fundamental and initial schooling and improvement of molding of body through fiery actual work. This course of reinforcing body and expertise went on through yet the hundreds of years serving is a crucial expertise for the powerful living of men. However it's undeniably true that crude man perceived the actual physical fitness is important to his endurance. Yet, it doesn't imply that the significance of actual physical fitness has been lessened to the advanced man.

The cutting modern man can't stand to careless and neglect its significance is it keeps up with his effectiveness and bliss as well as it is the way of his endurance in a highly competitive climate. The right kind and perfect proportion of actual activity creates natural and muscle power, endurance, energy and the action abilities connected with his turn of events. There is an immediate connection between actual activity and actual physical fitness.

"Agility is the ability of the body or parts of the body to change direction rapidly and accurately"

Motor fitness is by and large decided by the presentation and his exhibition depends on composite of many elements. The accompanying variable has by and large been surrendered is overall most generally referenced parts of Motor wellness. More elevated level of Motor fitness and physical fitness is principal to outcome in all sort of games and sports. To turn into a high level entertainer in any rounds of sports, it is fundamental then he ought to throw a tantrum body. It is considered involves truth that when any remaining contributing element are viewed as the degree of Motor fitness and physical fitness will prompt improvement in the presentation level of the athlete partaking in various games and sports.

The exercises such as running, hopping, jumping are considered as central human development and yet are viewed as a premise to a wide range of games and sports. There is no such game, which doesn't include exercises like running, strolling, bouncing and jumping. Hence, it naturally turns out to be certain that the degree to a specific round of game relies upon given on the physical fitness since elevated degree of physical fitness would be more useful in crisis conditions. Actual physical fitness is a positive and dynamic quality, which stretches out from birth and passing. Since an individual is unified and brimming with entirety his everything - discrete parts will be impacted by the all periods of human life. Entire individual must have absolute viability in the physical fitness, which incorporates, sound Neuro-strong, cardiovascular and other natural framework by the actual activity.

### Agility

The ability to change the place of the body in a speed quickly and precisely without loss of balance. Agility is significant in the games where the obstructions or rivals must be kept away from it is perceived as an essential part of engine execution yet precise nature has not set in stone. Readiness as frequently introduced by the terms memory capacity, portability and so forth, it is the capacity to quickly redirect the body and its parts. Readiness is the limit of the person to gauge by the pace of change his situation in pace.

### Significance of the study

The result of this study will help physical education teachers, coaches and trainers to use the fitness activities to develop the physical fitness of the Kabaddi and Kho-Kho players.

### Statement of the problem

The purpose of the study is to assess the Agility level of the Kabaddi and Kho-Kho male's players of Guru Ghasidas Vishwavidyalaya, Chhattisgarh.

### Methodology

The purpose of the investigator is to compare the agility performance of Guru Ghasidas Vishwavidyalaya, Chhattisgarh, Kabaddi and Kho-Kho male's players. To execute the investigation of the investigator selected 100 Kabaddi and 100 Kho-Kho male's players.

The age of the subjects was 18 to 28 years. Shuttle run test was selected for measuring the agility of Kabaddi and Kho-

Kho male's players. Prior to start of the experiments the subjects were properly instructed that is how to run, and how to touch the line. The investigator through demonstration and explanation gave the training.

### Scoring

The score for each performer is the length of time required to the nearest 10<sup>th</sup> of second of complete course recorded only the best trails.

### Statistical Technique

To investigate the performance of the agility between the Kabaddi and Kho-Kho male's players the mean, standard deviation and 't' test were used.

$$\bar{x} = \frac{\sum X}{N}$$

Mean was calculated by the following formula

Where  $\bar{x}$  = mean

$\sum$  = sum of score

N = Number of subjects

Standard Deviation was calculated by the following formula.

$$SD = \frac{\sum (X - \bar{X})^2}{\sqrt{N}}$$

Where

SD = Standard Deviation  $\sum (X - \bar{X})$  = Sum of Deviation N = Number of Subject

The significance between the Means of independent samples was established by putting the null hypothesis to test by t- test method as recommended by the John E. Freund.

$$t = \frac{x_1 - x_2}{\sqrt{\frac{S_1^2(N_1 - 1) + S_2^2(N_2 - 1)}{N_1 + N_2 - 2} \cdot \frac{N_1 - N_2}{N_1 N_2}}}$$

Where

X<sub>1</sub> = Mean of Kabaddi male's players

X<sub>2</sub> = Mean of Kho-Kho male's players

S<sub>1</sub> = Standard Deviation of Kabaddi male's players

S<sub>2</sub> = Standard Deviation of Kho-Kho male's players

N<sub>1</sub> = Number of Subject in Kabaddi male's players

N<sub>2</sub> = Number of subject in Kho-Kho male's players

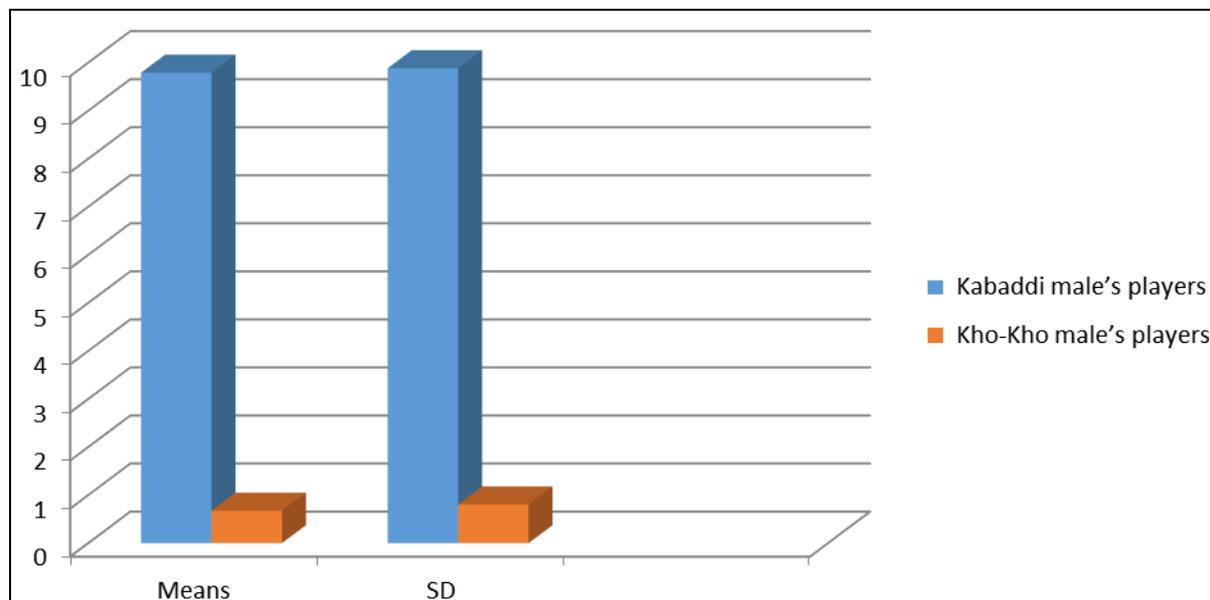
**Table 1:** The Significant difference between the Performance of agility of Kabaddi and Kho-Kho male's players

	Players	N	Mean	Std. Deviation	Std. Error Mean	F	Sig.	t	df	Sig. (2-tailed)
Agility	Kabaddi	100	9.7928	.67591	.06759	1.759	.186	-.868	198	.387
	Kho-Kho	100	9.8839	.80310	.08031			-.868	192.391	.387

\*Significant at 0.05 level

Table reveals that the mean scores of Kabaddi male's players is 9.7928 and standard deviation is .67591 standard and the Kho-Kho male's players mean scores is 9.8839 and standard

deviation is .80310 The t ratio is -.868 which is significant at 0.05 level.



**Fig 1:** The graph show the performance of agility of Kabaddi and Kho-Kho male's players

### Discussions of findings

That is the mean score of execution of agility of Kho-Kho male's players is the higher than that of Kabaddi male's players performance. The explanation is that deftness is significant in movements of every kind including agility changes in places at the body and the parts. Quick beginnings and stops and agility course adjustments are crucial to great execution in essentially all court, and field games like Basketball, Badminton and Volleyball.

The particularly in Kabaddi make players light bodied, agility, prepared witted, graceful, and flexible and trying .The sport of Kabaddi in view of normal chiefs of actual turn of events. It is fiery physically fit serious among youth. Dexterity is first pre-essential for Kho-Kho players. The Runner needs to run quick and out of nowhere break to escape from the Defender. So nimbleness is exceptionally fundamental for Kho-Kho players. It gives excellent activities to both the group all the while. Never permit the protector to take rest.

Because of above said reasons the Kabaddi male' players agility' mean score lesser than Kho-Kho male' players agility' mean score higher.

The differences in physical fitness parameters between Kabaddi and Kho-Kho players may be due to difference in techniques, body posture, nature of game, and movement's pattern etc.

### Result

The consequence of the review was shown unimportant. Since there are such countless reasons are there. Because of number of test is more modest and just a single agility test was utilized to look at their deftness execution and another significant explanation that both game developments are not same. Because of these above said reason the review may shown not critical.

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