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## The compare the agility on kho-kho players among Bangalore university and Tumkur university

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### Abstract

This paper is highlighted to Agility on Kho Kho Players. Kho-Kho game is one of the indigenous games of India, played between two teams of nine players each. It is characteristically a chase and dodge game. The players are required to have great amount of stamina speed and agility. The Kho-Kho is one of the most popular traditional sports in India and it is played quite extensively in the country. The game is a great test of the participants physical fitness, strength, speed and stamina and it is also requires a certain amount of ability on behalf of the participants. Though there is confusion about the exact timing of the inception of Kho-Kho and also about the origin of the game, many historians say that it is actually a modified form of 'Run Chase'. In Kho-Kho, the participants simply need to chase and touch their opponents to win the game. In the ancient time, the game of Kho-Kho was played on 'raths' or chariots in Maharashtra and it was known as RATHERA.

**Keywords:** Kho-Kho players, agility, indigenous games

### Introduction

Kho-Kho game is one of the indigenous games of India, played between two teams of nine players each. It is characteristically a chase and dodge game. The players are required to have great amount of stamina speed and agility. The Kho-Kho is one of the most popular traditional sports in India and it is played quite extensively in the country. The game is a great test of the participants physical fitness, strength, speed and stamina and it is also requires a certain amount of ability on behalf of the participants. Though there is confusion about the exact timing of the inception of Kho-Kho and also about the origin of the game, many historians say that it is actually a modified form of 'Run Chase'. In Kho-Kho, the participants simply need to chase and touch their opponents to win the game. In the ancient time, the game of Kho-Kho was played on 'raths' or chariots in Maharashtra and it was known as RATHERA.

Kho-Kho is an indigenous game of India, the origin of which remains obscure. During the freedom movement of India this game was made popular and systematic. Since then a lot of development took place and the stature of the game improved. Today the game kho-kho is taught as a part of the curriculum, at all levels of professional preparation, as well as at the school level. Kho-kho is included in the competition programme of schools, colleges and universities. Kho-Kho predominantly is a game of chase. Nevertheless it develops both chasing and dodging skills equally. Any person who desires to excel in this game is required to possess the motor qualities like strength, strength endurance, cardio respiratory endurance, speed, agility, flexibility and coordination in good measure, which offer as foundation for acquisition of the skills. The skills of the game are divided into two categories such as chasers skills (offensive) and dodgers skills (Defensive).

The nature of movements of offensive players includes sprinting short distances, sudden stop, moving in different directions with controlled pace, starting from squat position, while running at top speed changing the direction of running, which may range upto 180° and turning around a post at optimum speed. The defensive players movements include zig-zag running with controlled speed, running in angular path and pivot and side step to describe circular movements in clockwise and counter clockwise directions, body feint and sudden change of direction, in order to escape from the attacker.

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### Qualities Required for Kho-Kho Players

To be able to achieve success in kho-kho game an individual is required to possess the following,

- **Physical qualities:** height, weight, arm length, leg length etc.,
- **Motor qualities:** strength, strength endurance, speed, speed endurance, agility, flexibility, coordination, perception and power.
- **Emotional qualities:** aggression, calmness, self-confidence, morale, ability to concentrate, ability to sustain the physical pains, group feeling ability to give the best in training conditions, ability to give the best performance in the absence of rewards and awards. Positive attitude towards rest relaxation and training.

### Limitation

- The influence of different modes of training in kho-kho selected as subjects for the present study and their influence on the data collected and their subsequent influence on the results of the study is identified as a limitation of the present study.
- There were many agility tests to be administered to be selected subjects for collecting data conducting the tests under highly identical condition is a limitation of the study.
- No special motivational techniques have been employed even though the subjects were motivated to give their best performance in the selected agility their motivation levels. Moods and health status of the subjects were beyond the control of the investigation.
- The subjects belonged to age group of 18-25 years of age the influence of age characteristics on the data collected and its subsequent influence on the results of the study was a limitation.

### Delimitation

- The present study was delimited to the male kho-kho players.
- The study was delimited only to the agility.
- The present study was delimited to the Bangalore and Tumkur University players of the age group 18-25 years.
- Who participated in the inter university kho-kho competition, during the year 2021-2022.
- It was delimited to kho-kho players as rated by the panel of three expert coaches.
- The study was delimited to 12 in each university during 2021-2022

### Hypothesis

It was hypothesized that there may not be any significant difference in the agility among Bangalore University and Tumkur University kho-kho players.

### Significance of the Study

- This study may help us to know the differential potential of agility on kho-kho players among Bangalore and Tumkur University.
- This study may gives clues to place emphasis on the development of agility needed for potential performance in these games.
- This study may improve motivations for better training of players as the quantitative evaluation of agility is brought in evidence to the sportsmen and the administrators, provided the result is brought to their affection through appropriate communication.

- This study may help to fix agility norms and standards in light of the performance of these two groups.
- This study may helps to suggest an Ideal Physical Education Programme to develop agility.
- This study may help for the purpose of clarifying students, predicting athletic ability. Measuring physical fitness and validating new test sand tracing programme in physical education.
- This study may help the individuals themselves in identifying their level of agility and chase the appropriate activity suited to their level of performance.

### Methodology

To achieve the purpose of the present study, twenty five (n=12), Bangalore University Kho Kho players and Twenty five (n=12) Tumkur University Kho Kho players were selected, who participated in Inter University Tournaments, while the present study was on. All subjects under study had received regular training in their respective activity. The sample for the present study committed of Twenty four players subject (n=24). The subjects were in the age group of 19 to 25 years.

### Collection of Data

To collect necessary data for the study, the investigator decided to administer the seven test items like Burpee test (or squat thrust), Side step test, Shuttle run, Quadrant jump, Semo Agility test, Right boomerang run and L.S.U. agility obstacle course on the selected subjects.

### Analysis and interpretation of data

The purpose of the study to compare the agility of Tumkur university Kho Kho players and Bangalore University Kho Kho players. To accomplish the purpose of the study, the investigator had collected the requisite data, on 24 kho kho players, 12 each from Tumkur university and Bangalore university. The age of Kho kho players were ranging from 19 years to 25 years. To fulfill the objectives of the study, the investigator listed the agility by serving different tests and measurements and compare each test and measurement among Tumkur university kho kho players and Bangalore university kho kho players. To test the null hypothesis, we constructed the following tables and inferences were drawn thereafter.

**Table 1:** To compare the agility of Tumkur university Kho Kho players and Bangalore University Kho Kho players

Test for	Tumkur university			Bangalore University			Z test*
	N	Mean	sd	N	Mean	sd	
Burpee test	12	20.92	2.04	12	19.72	2.57	1.83
Side step	12	22.44	1.83	12	21.16	2.07	2.31
Shuttle run	12	10.69	0.91	12	11.11	0.35	2.16
Quadrant jump	12	26.8	2.61	12	25.56	2.37	1.76
Semo agility	12	13.18	0.71	12	13.39	0.69	1.502
Right Boomerang	12	12.78	0.50	12	13.10	0.35	2.711
LSU agility obstacle curve	12	28.06	0.95	12	28.53	1.06	1.654

\* The tailed Z list at 5% level = 1.645

From the above table, infer the following

- Since the calculated Z value was higher than.645, we reject the null hypothesis at 5% level of significance. That is there exists mean difference in Burpee tests to test agility between Tumkur university kho kho players and Bangalore university kho kho players and found that Tumkur university kho kho players had greater (or more

than) agility than Bangalore university kho kho players at 5% level of significance.

- Since the calculated Z value was higher than .645, we reject the null hypothesis at 5% level of significance. That is there exists mean difference in Side Step to test agility between Tumkur university kho kho players and Bangalore university kho kho players and found that Tumkur university kho kho players had greater (or more than) agility than Bangalore university kho kho players at 5% level of significance.
- Since the calculated Z value was higher than .645, we reject the null hypothesis at 5% level of significance. That is there exists mean difference in Shuttle run to test agility between Tumkur university kho kho players and Bangalore university kho kho players and found that Tumkur university kho kho players had greater (or more than) agility than Bangalore university kho kho players at 5% level of significance.
- Since the calculated Z value was higher than .645, we reject the null hypothesis at 5% level of significance. That is there exists mean difference in Quadrant jump to test agility between Tumkur university kho kho players and Bangalore university kho kho players and found that Tumkur university kho kho players had greater (or more than) agility than Bangalore university kho kho players at 5% level of significance.
- Since the calculated Z value was higher than .645, we reject the null hypothesis at 5% level of significance. That is there exists mean difference in Semo agility to test agility between Tumkur university kho kho players and Bangalore university kho kho players and found that Tumkur university kho kho players had greater (or more than) agility than Bangalore university kho kho players at 5% level of significance.
- Since the calculated Z value was higher than .645, we reject the null hypothesis at 5% level of significance. That is there exists mean difference in Right Boomerang to test agility between Tumkur university kho kho players and Bangalore university kho kho players and found that Tumkur university kho kho players had greater (or more than) agility than Bangalore university kho kho players at 5% level of significance.
- Since the calculated Z value was higher than .645, we reject the null hypothesis at 5% level of significance. That is there exists mean difference in LSU agility obstacle curve to test agility between Mysore university kho kho players and Bangalore university kho kho players and found that Tumkur university kho kho players had greater (or more than) agility than Bangalore university kho kho players at 5% level of significance.

The results obtained in the present investigation may be attributed to the difference in training effects and also different training programs and practice ability and fitness level among the kho kho players of Tumkur and Bangalore University players selected as subjects for the present study.

The results shows that University of Tumkur kho kho players had greater agility than Bangalore university kho kho players, it is may be due to skills, techniques adopted by the players. Concentration of players during routine schedules, training method, nutritional status and selection procedure are the key factors for the better performance of University of Tumkur Kho kho players.

The hypothesis formulated in the present investigation, that there may not be any significant difference in agility among

Tumkur and Bangalore university kho kho players. The result shows that there were significant difference in agility among Tumkur and Bangalore university kho kho players, hence we may not be accept the null hypothesis at 0.05 level

### Summary

To achieve the purpose of the study fifty (n=24) male kho kho players, 12 each from Tumkur university and Bangalore university. The age of kho kho players were ranging from 19 to 25 years, were elected as a subjects for the present study. The criterion measure for agility was measured by seven different tests (Burpee, side step, shuttle run, Quadrant jump, semo agility, right boomerang, LSU agility obstacle curve). The performance of every subject in each seven items of agility test were in numerical form were statistically analyzed by a 't' test which have revealed the following conclusions.

### Conclusions

The calculated value was higher than 1.645 at 0.05 level of significance, hence the hypothesis may not be accepted, i.e., there was significant difference in the mean scores of agility between Tumkur university and Bangalore university kho kho players and found that Tumkur university kho kho players had greater agility than Bangalore university kho kho players at 0.05 level of significance.

### Recommendations

On the basis of the findings of the study the following recommendations have been made for the improvement of kho kho playing abilities.

Similar studies with a larger sample may be undertaken to get more tangible results.

Physical fitness components may be considered while undertaking similar studies.

Specific qualities and training influence or performance ability may be considered for further investigation

Motor ability variables may be considered for similar investigation.

Physical and anthropometric variables in relation to performance ability studied.

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