

“A COMPARATIVE STUDY ON SELECTED FITNESS COMPONENTS BETWEEN KABADDI AND KHO-KHO PLAYERS IN TELANGANA”

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Abstract:

Without having good fitness, better sports performance is not possible. Aerobic and anaerobic fitness is the basic to all games. So, it was intended to determine the aerobic and anaerobic fitness of kabaddi and Kho Kho players. The attempt was also made to compare both the components between the groups for the purpose of the study of 30 kabaddi and 30 Kho Kho Female players of 18 to 22 years of age were selected. Standard statistical tools were used to generalise the fact. The result of the study shows that there was not statistical significant between the kabaddi and Kho Kho players in relation to aerobic and anaerobic capacity.

Keywords:

Aerobic fitness, anaerobic fitness, Kabaddi players and Kho Kho players.

Introduction:

Similarly, fit players make sportsmen; unfit players have no importance in competitive sports. Coaches try to keep their players hundred percent fit during the competition. Fitness is highly required for each sport. At present the concept of fitness as ‘the ability to carry out every day task with vigor and alternate without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies’ is not being considered as an appropriate definition because of change of lifestyle as the result of influence of technology, the most commonly was to refer to fitness currently is to use the phrase ‘Health related fitness’ and ‘Motor performance fitness’.

Aerobic capacity describes the functional capacity of the cardio respiratory system (heart, lungs and blood vessels). Aerobic capacity is defined as the maximum amount of oxygen the body can use during a specified period, usually during intense exercise. It is a function both of cardiorespiratory performance and the maximum ability to remove and utilise oxygen from circulating blood.

Anaerobic capacity is the ability to mobilize energy during activities of intense nature. Executing intensive work with explosive action in short duration of time, such as bursting speed in football, basketball, kabaddi, Kho Kho, hockey, take off in jumps etc.

As a result, players are to be trained accordingly the playing ability of Kabaddi needs speed, endurance, agility, strength which is similarly the requirement of the Kho Kho players.

So, the researcher thought to measure and compares only two components (speed and endurance) of district level Kabaddi and Kho Kho players.

Methodology:

For the present study thirty (30) district level Kabaddi Players and thirty (30) district level Kho Kho players of 18 to 22 years were randomly selected. For the study of aerobic fitness and anaerobic fitness aerobic fitness was measured by 600-yard Run/walk test and performance was recorded in minutes. Anaerobic fitness was measured by 50 m dash test and performance was recorded in seconds.

In the present study for the sake of Analysis of data mean and standard deviation of the variables were calculated. To test the difference between mean t-test were calculated. The level of significance was set at P<0.05 level of confidence.



Results:

The analysis of data on selected variables those were aerobic fitness and anaerobic fitness collected on thirty (30) female kabaddi players and thirty (30) Kho Kho players of district level team.

GROUPS:	AEROBIC FITNESS:		ANAEROBIC FITNESS:	
	MEAN	S. D	MEAN	S. D
Kabaddi Players:	2.67	+/- 0.20	8.53	0.64
Kho – Kho Players:	2.74	+/- 0.17	8.35	0.60



TABLE -1:

Mean and Standard Deviation (SD) of the groups:

It appears in table-1 that the mean and SD of kabaddi players is 2.67+/-0.20 and Kho Kho players 2.74+/- 0.17 in relation to aerobic fitness.in case of anaerobic fitness of the groups the mean and SD is 8.53 +/- 0.64 and 8.35 +/- 0.60 respectively.

it is evident that kabaddi players are slightly superior to Kho Kho players in relation to aerobic fitness but in case of anaerobic fitness Kho Kho players were found superior to kabaddi players as lower the score better was the performance.

TABLE -2:

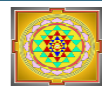
Mean difference between the groups in relation to Aerobic fitness:

GROUPS:	Mean:	Mean Diff:	SE:	'T' ratio:
Kabaddi Players:	2.67	0.07	0.048	*1.45
Kho - Kho Players:	2.74			

*Significant at 0.05 level of confidence. T (0.05)58 =2.00

To observe the statistical significant between the groups t-test was employed. The above table shows that the mean difference of aerobic fitness of kabaddi players and Kho Kho players is 0.07 and SE is 0.048.

The calculated 't' value was found 1.45 which is below the table value, so it can safely be said that the mean difference of aerobic fitness between the Kabaddi players and Kho Kho players is statistically not significant.

**TABLE - 3:****Mean difference between the groups in relation to Aerobic Fitness:**

GROUPS:	MEAN:	Mean Diff:	SE:	't' ratio:
Kabaddi Players:	8.53	0.18	0.16	1.125
Kho – Kho Players:	8.35			

* Significant at 0.05 level of confidence T (0.05) 58=2.00

Table-3 shows that the mean difference of anaerobic fitness of the groups is 0.18 and SE is 0.16. The calculated 't' value is 1.125 which was not greater than the table value. Therefore, it may be stated that the mean difference of aerobic fitness of kabaddi players and Kho Kho players is statistically not significant.

Discussion:

The result findings show that kabaddi players and Kho Kho players are more or less similarly able in relation to aerobic fitness and anaerobic fitness. Though the games are different in skill execution yet there are some similarities in both the cases busting speed, agility, basic endurance, balance, strength, strength endurance are highly required.

As a result, the players of both the teams practice to improve those qualities in good amount. This might be the cause of no significant difference found between the female players of Kabaddi and Kho Kho in relation to aerobic and anaerobic fitness.

Conclusions:

It may conclude that in relation to aerobic fitness there was no significant difference between Kabaddi and Kho Kho players. Similarly, in case of an aerobic fitness no significant difference was found between female Kabaddi and Kho Kho players.

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