

**Comparison of Agility among Women Kabaddi Players and Women Kho Kho
Players of Degree Colleges in Hyderabad District**

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Abstract:

The purpose of the study was to compare the agility among Kabaddi Players and Kho Kho Players Studying in Women's Degree Colleges of Hyderabad District. The Sample for the present study consists of 25 Kabaddi players and 25 Kho Kho Players of Womens Degree Colleges of Hyderabad District between the age group of 18 to 21 Years. The Shuttle Run Test is used in the Pre and Post Test were conducted among two groups to assess the Agility. The Kabaddi Players Mean value in shuttle Run is 13.0732 and Kho Kho Players Mean Values is 11.6602. Hence Kho Kho Players are having better agility than Kabaddi Players. Key words: Agility, Kabaddi, Kho Kho etc

Introduction:

Sports form an important aspect of life. They play a vital role in bringing about physical, mental and social growth of individual at its best Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, moderate-vigorous physical activity, exercise and rest. It is a set of attributes or characteristics seen in people and which relate to the ability to perform a given set of physical activities.

Kabaddi is a contact team sport played between two teams of seven players. The objective of the game is for a single player on offense, referred to as a "raider", to run into the opposing team's half of the court, touch out as many of their players and return to their own half of the court, all without being tackled by the defenders in 30 seconds. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are touched or tackled, but are brought back in for each point scored by their team from a tag or a tackle.

The game of Kho-Kho is based on natural principles of physical development. It is vigorous and fosters a healthy competitive spirit among youths. It is not merely running with speed but it's a 'CHASE' a natural instinct to overtake to pursue, to catch a kill. No doubt speed is the heart and to stand to a relentless pursuit of 9 minutes at a stretch (turn) this heart demands stoutness,

Agility The ability to change the position of the body in a pace rapidly and accurately without loss of balance. Agility is important the sports were the obstacles or opponents have to be avoided it is recognized as a basic component of motor performance but exact nature has not been determined. Agility as often presented by the terms memory ability, mobility etc., it is the ability to change the directions of the body and its parts rapidly. Agility is the capacity of the individual to measure by the rate of change his position in pace.

Rohit Mamgain (2019) Comparison of agility between Kho-Kho and Kabaddi players from G.K.V. Haridwar University. The purpose of the study was to compare the agility between Kho-Kho and Kabaddi players, Twenty Kho-Kho & Kabaddi Male players were taken as the subjects for the study respectively, during Intercollegiate of G.K.V. Haridwar University. The age group of the subjects was ranged from (18-25) years. To measure agility between Kho-Kho & Kabaddi

players, Semo agility test was conducted on the subjects of present study. The data collected where subjected to descriptive statistics and student “t” test and level of significance was set at 0.05 levels. There was no significant difference found on agility between Kho-Kho and Kabaddi player

Purpose of the study:

The purpose of the study was to compare the agility among Kabaddi Players and Kho Kho Players Studying in Womens Degree Colleges of Hyderabad District.

Methodology:

The Sample for the present study the 25 Kabaddi players and 25 Kho Kho Players of Womens Degree Colleges of Hyderabad District between the age group of 18 to 21 Years. The Shuttle Run Test is used in the Pre and Post Test were conducted among two groups to assess the Agility.

Sl. NO	Colleges	Sample	Total number of subjects
1	Students from Womens Degree Colleges of Hyd District	Women Kabbadi Players - 25	50
		Women Kho Kho Players - 25	

The Shuttle Run Test were conducted among Women Kabaddi and Kho Kho Players to assess the agility

Shuttle Run Test:

Aim: To measure the speed and agility

Test administration: Two blocks of wood 2 by 2 by 4 inches are used: the pupils wear sneakers or run bare footed. Two parallel lines are marked on the floor 30 feet apart The blocks are placed behind one of the lines; the subjects start from behind the other, or starting, line The test consists of running to the blocks and bringing them back to the starting line one at a time and placing them behind the starting line. Two trials are allowed, with some rest between Record the time of the better of the two trials to the nearest/ tenth of second. Scoring: The elapsed time to the nearest half second is recorded as the score for this event.

Results and Discussion:

Table 1 One Way Anova Is Used To Test The Significance Mean Difference Between Kabaddi Players And Kho-Kho Players In Shuttle Run.

	N	Mean	Std. Deviation	Std. Error
Kabaddi	25	13.0732	.62902	.08121
KhoKho	25	11.6602	.39863	.05146
Total	50	12.3667	.88221	.08053

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	59.897	1	59.897	216.013	.000
Within Groups	32.720	48	.277		
Total	92.617	49			

The Kabaddi Players Mean value in shuttle Run is 13.0732 and Kho Kho Players Mean Values is 11.6602 . The Standard Deviation of Kabaddi Players is .62902 and Kho Kho Players is .39863.Hence Kho Kho Players is having better Shuttle Run Performance compare to Kabaddi Players

The Sum of Squares and Mean Square between the Groups is 59.897 The F Value is 216.013 and Sig. of Anova is 0.000 that is below the value of 0,05. Hence there is difference between Kabaddi Players and Kho Kho Players in Shuttle Run i.e. agility . The Kho Kho Players Performance is better than kabaddi Players in Shuttle Run.

Conclusion:

It can be conclude that there is a significant difference between Kabaddi Players in Kho Kho Players in Agility. The Kho Kho Players is having better Agility compare to Kabaddi Players. The reason is that agility is important in all activities involving quick changes in positions at the body and the parts. Fast starts and stops and quick changes in direction are fundamental to good performance in Kho Kho.

Recommendations:

This type of study is helpful to the coaches and Physical Educators to find the fitness ability among Kabaddi and Kho Kho Players.

References:

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SUDHIR K R(2016) A Comparative Study on Agility and Flexibility Between University Level Female Kabaddi and Kho-Kho Players IJSR - INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH Volume : 5 | Issue : 8 | August 2016 • ISSN No 2277 - 8179 | IF : 3.508 | IC Value : 69.4