

Comparison of Explosive Power among High School Kabaddi Players and Kho Kho Players of Central Telangana

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Abstract:

The purpose of the study was to find out the effect of Explosive Power among High School Kabaddi Players and Kho Kho Players of Central Telangana. For the present study the 50 High School Kabaddi players and 50 Kho Kho Players of Central Telangana. The standing Broad Jump Test Pre and Post Test were conducted among two groups to assess the explosive power of legs. Regarding the leg explosive power of the selected high Kho-Kho and Kabaddi players of Central Telangana. Mean of the leg explosive power of Kho-Kho players is 183.71 with 7.542 Std. Deviation and mean of the Kabaddi Players is 186.89 with 5.880 Std. deviation. The mean difference between leg explosive power of the Kho-Kho and Kabaddi players is 3.182. This implies that the motor fitness variable such as leg explosive power of Kho-Kho and Kabaddi players are showed significantly difference. The Kabaddi Players is having better explosive Power compare to kho kho Players: Key words: Explosive Power, Kabaddi, Kho Kho etc.

Introduction:

Sports can be defined as any activity or experience that gives enjoyment or recreation. Today sports play a decisive cultural role in sports. Sports were born in all corners of the world and it belongs to persons of all ages irrespective of where they belong to. Unlike other movement, sports have a chance to unite men, countries and 3 to enthuse them for a common idea. The science of sports has now obtained recognition. Sport serves as a special and crucial form of connective tissue that brings people together in a divided world. It can be hard to think of

anything except the stadiums that are full of fans to support the favorite teams and players. So it is considered platforms that bring people together, regardless of their background or beliefs. No other social activity unites people in such large numbers with fervor and pleasure. Sport is liked by all, regardless of age, gender, or race; its appeal is unmatched.

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 Pro Kabaddi League was established in 2014. The league modeled its business upon that of the Indian Premier League of Twenty20 cricket, with a large focus on marketing, the backing of local broadcaster Star Sports, and changes to the sport's rules and its presentation to make it more suitable for a television audience. The Pro Kabaddi League quickly became a ratings success on Indian television; the 2014 season was watched by at least 435 million viewers over the course of the season, and the inaugural championship match was seen by 98.6 million viewers

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,

Purpose of the study:

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Methodology:

For the present study the 50 High School Kabaddi players and 50 Kho Kho Players of Central Telangana. The standing Broad Jump Test Pre and Post Test were conducted among two groups to assess the explosive power of legs.

Standing Broad Jump Test:

Purpose: To measure the power of the legs in jumping forward Equipment: Either a mat or floor may be used for this test marking material is needed for the starting line, along with a table measure to mark off increment of distance along the standing area.

Test administration: The subject toes a starting line, two feet from the end of a gymnasium mat held firmly in place against the wall, and jumps as far as possible. With a feet parallel to each other and behind the standing mark. The performer bends the knees and swings the arms and jumps as forward as possible. The best of three trails is recorded to the nearest inch. Scoring: The number of inches between the starting line and the nearest heel upon landing is the score. Three trails are permitted and then the best trails are recorded as the score.

Results and Discussion:

Table-1 Independent T-Test Is Used to Test the Significance Mean Difference in Selected Motor Fitness and Physiological Variable such as Leg Explosive Power among High School Kho-Kho and Kabaddi Players of Central Telangana.

There is a Significance Mean Difference in Selected Motor Fitness and Physiological Variable such as Leg Explosive Power among High School Kho-Kho and Kabaddi Players of Central Telangana.

Group Statistics					t-test for Equality of Means			
Group	N	Mean	Std. Deviation	Std. Error	t	df	P-value	Mean Difference
KHO-KHO	50	183.71	7.542	1.066	2.353	98	0.021	3.182
KABBADI	50	186.89	5.880	0.831				

Note: Table value=1.984 at 98 degrees of freedom at $p=0.00<0.005$.

Regarding the leg explosive power of the selected high Kho-Kho and Kabaddi players of Central Telangana. Mean of the leg explosive power of Kho-Kho players is 183.71 with 7.542 Std. Deviation and mean of the Kabbadi Players is 186.89 with 5.880 Std. deviation. The mean difference between leg explosive power of the Kho-Kho and Kabaddi players is 3.182.

From the independent t-test , calculated value is 2.353 at 98 degrees of freedom at $p=0.021<0.05$. Here calculated value (2.353) is greater than the critical value (1.984) at 0.05 level of significance. Hence there is significance mean difference in selected motor fitness and physiological variable such as leg explosive power among High School Kho-Kho and Kabaddi Players of Central Telangana.

This implies that the motor fitness variable such as leg explosive power of Kho-Kho and Kabaddi players are showed significantly difference in their improvement in both **strength** and speed in these exercises. From the table we conclude that the research hypothesis accepted.

Conclusion:

It can be conclude that there is a significant difference between Kabaddi Players in Kho Kho Players. The Kabaddi Players is having better explosive power compare to Kho Kho Players.

Recommendations:

Based on analysis of collected data, the investigators would like to recommend the research work to extend further more as mentioned below.

1. Similar research work should be done on similar set of sports to validate the results. Use a variety of training to develop explosive power, focusing on the development of other motivations through all methods that have to do with each quality to be created.

2. Further research, as well as the published findings, will contribute to the Kabaddi and Kho kho Coaching.

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