

**Comparison of Explosive Power of Legs among Women Kabaddi Players
and Women Kho Kho Players of TSWRDC, Ibrahimpatnam, Telangana State**

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Abstract:

The purpose of the study was to find out the effect of Explosive Power among Women Kabaddi Players and Women Kho Kho Players of TSWRDC, Ibrahimpatnam, Telangana State. For the present study the 20 Women Kabaddi players and 20 Women Kho Kho Players of TSWR Degree College, Ibrahimpatnam.. The Standing Broad Jump Test Pre and Post Test were conducted among two groups to assess the explosive power of legs. The Kabaddi Players Mean in Standing Broad Jump is 2.48 and Kho Kho Players Mean is 2.32 Hence there is difference between Kabaddi Players and Kho Kho Players in Standing Broad Jump i.e. explosive Power of legs. The Kabaddi Players Performance is better than Kho Kho Players in Standing Broad Jump.
Key Words: Explosive Power, Female, Kabaddi, Kho Kho etc.

Introduction:

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,

Prof. Rajesh Kumar (2021) find the Explosive Power among Foot Ball and Sepak Takraw Players of Hyderabad District. The Sample for the study consists of 20 Foot ball Players and 20 Sepak Takraw Players of Hyderabad between the age group of 18 to 20 Years. To assess the Explosive Power the Standing Broad Jump Test were conducted for the study. It is concluded that Sepak Takraw Players are having more Explosive power compare to Foot Ball Players. It is recommended that Conditioning training must be given to all Sepak Takraw Players and Foot ball Players.

P.Mahendiran & Dr.A.Chandramohan (2020)Studied the effect of plyometric training and functional core strength training on explosive power among kabaddi players. To achieve the purpose of the present study, forty five male kabaddi players from Affiliated Colleges of Bharathidasan University, Tiruchirappalli, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of fifteen each. Experimental Group I was exposed to plyometric training, Experimental Group II was exposed to functional core strength training and control group underwent no training. The duration of experimental period was 12 weeks. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The plyometric training and functional core strength training had shown significant improvement on explosive power of male kabaddi players.

Purpose of the study: The purpose of the study was to find out the the effect of Explosive Power among Women Kabaddi Players and Women Kho Kho Players of TSWRDC, Ibrahimpatnam

Methodology:

For the present study the 20 Women Kabaddi players and 20 Women Kho Kho Players of TSWR Degree College, Ibrahimpatnam.. 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: One Way Anova Is Used To Test The Significance Mean Difference Between Kabaddi Players And Kho-Kho Players In Standing Broad Jump.

Descriptives	N	Mean	Std. Deviation	Std. Error
Kabaddi	20	2.4867	0.106	0.013
KhoKho	20	2.3200	0.052	0.006
Total	40	2.4033	0.118	0.010

ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	0.833	1	0.833	117.408	0.000
Within Groups	0.838	118	0.007		
Total	1.671	119			

The Kabaddi Players Mean in Standing Broad Jump is 2.4867 and Kho Kho Players Mean is 2.3200. There is a mean difference between Kabaddi Players and Kho Kho Players in Standing Broad Jump i.e. explosive Power . The Kabaddi Players Performance is better than Kho Kho Players in Standing Broad Jump.

Conclusion:

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

Recommendations:

This type of Study is helpful to the Physical Education Teachers and Coaches to develop the motor abilities among Kabaddi and Kho Kho Players.

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