

**Comparison of Speed among Kabaddi and Kho Kho Women Players
of North Telangana Region**

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Abstract:

The goal of the current investigation is that a critical study on comparison of Speed among kabaddi and kho-kho women in North Telangana region. In the north telangana region, 100 female Inter Collegiate kabaddi and kho-kho players between the ages of 18 and 25 were chosen. Only women who played for their respective college teams and had at least a year of previous Kabaddi and Kho-Kho experience were considered as subjects. The study's design was based on a straight tforward random sampling. N-100 female players of kabaddi and kho-kho in the North Telangana region, ages 18 to 25, provided the samples. The participants were split into two groups. The data was collected and compare from 50 Kabaddi and 50 Kho-kho women players of north Telangana region. 30 M Test were used to determine the Speed. It was determined that women who play kabaddi and kho-kho in north Telangana had significantly different average speeds. Based on mean values, Kho-Kho players were performing better than Kabaddi players. Key Words: Speed, 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.

KHO KHO an ancient game of undivided INDIA, probably was derived from the different strategy and tactics of "Kurukshetra" war in Mahabharatha. The chariot fight during the war and zigzag pathways followed by the retreating soldiers indicate the information of Chain Play - Defense skill in the game of KHO KHO. On the 13th day of the war, the chief of Kaurav army, Guru Dronacharya drew a typical strategic formation - CHAKRAVYUH (circular formation) keeping Jayadratha at the main entrance with seven soldiers to draw in and kill the enemy. Veer Abhimanyu, the son of Arjuna, entered into the trap but could not get his way out and in the process got killed. He fought gallantly alone against seven soldiers. The method adopted by Abhimanyu resembles the idea of "Ring Play" - a defense tactics in KHO KHO game. KHO KHO based on natural principles of physical development, fosters a healthy combative spirit of team understanding. In the year 1936, during the event of BERLIN OLYMPICS, one KHO KHO Team from Pune (India) exhibited the salient features of the game of Kho Kho at Berlin. This was highly appreciated by "Hitler". Asian Kho Kho Federation (A.K.K.F) was established in the year 1987 during 3rd SAF Games, held at Kolkata, India. The member countries were India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives.

Buddhadev Kandar and Debabrata Sarkar (2022) Studied to find out the level of physical fitness among Kabaddi and Kho-Kho players of Guru Ghasidas Vishwavidyalaya, Bilaspur. To achieve the purpose, 40 players were randomly selected from Guru Ghasidas Vishwavidyalaya, Bilaspur (20 players from Kabaddi and 20 players from Kho-Kho). To measure the physical fitness level

of Kabaddi and Kho-Kho players selected test battery of AAHPER youth fitness test was used. The findings of the present study directs that the variables of speed, endurance and flexibility are found significant difference among Kabaddi and Kho-Kho players and it was also found that in agility there was no significant among Kabaddi and Kho-Kho players. The data was statistically analyzed by applying 't' test. The level of significance was fixed at 0.05. Further on conclusion it was found that the Kabaddi and Kho-Kho players were significantly differ on the variable such as speed, endurance and flexibility. However, it was found that Kabaddi and Kho-Kho players shows no significant difference on the variable of agility

Sabzar Ahmad Lone (2021)The purpose of this study was to compare the Components of Physical Fitness of Kho Kho and Kabbadi School Players of Shopian district of Jammu and Kashmir Union Territory. The research was a descriptive comparative method. 40 male Kho Kho and Kabbadi School Players of Shopian district of Jammu and Kashmir Union Territory were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 20 were Kho Kho players and rest 20 were Kabbadi players. The criterion measure adopted for this study was Strength and Flexibility. The data collection tools used in the study was Standing Broad Jump and Sit and Reach test. Data of Strength and Flexibility between KhoKho and Kabbadi players was compared by using independent Sample „t“ test. The level of significance was kept at 0.05 level of significant to test the hypothesis. The researcher analysed the collected data as per the objectives set for the research study. The statistical analysis of Strength and Flexibility revealed that there was no significant difference between Kho Kho and Kabbadi School Players. Thus research Hypothesis was accepted. In the present the results also showed that in Strength and Flexibility of the Kabbadi players were found to be better than Kho

Kho players. Finally the researcher concluded that the Kabbadi players were more fit as compare to Kho Kho players. This clearly shows that players that players of Kabbadi game are more fit as compare to players of Kho Kho game.

Methodology:

100 female Inter Collegiate kabaddi and kho-kho players between the ages of 18 and 25 were chosen. Only women who played for their respective college teams and had at least a year of previous Kabaddi and Kho-Kho experience were considered as subjects. The study's design was based on a straight tforward random sampling. N-100 female players of kabaddi and kho-kho in the North Telangana region, ages 18 to 25, provided the samples. The participants were split into two groups.The data was collected and compare from 50 Kabaddi and 50 Kho-kho women players of north Telangana region. 30 M Test were used to determine the Speed

The following Tests were conducted at In Pre Test and Post Test for measuring Speed.

1. Speed – 30 M

Results and Discussion:

There is not significantly mean Speed (30 Mtr dash (sec)) difference among kabaddi and Kho – Kho women players in north Telangana region .The mean Speed (30 Mtr dash (sec)) difference is significantly different in among kabaddi and Kho – Kho women players in north Telangana region .Table 1 Showing The Mean Values In Speed Among Kabaddi And Kho – Kho Women Players In North Telangana Region.

Group	No. of subjects	Mean	Standard Deviation	Std. Error
Kho - Kho	50	6.870	0.793	0.112
Kabaddi	50	6.231	0.915	0.129
Total	100	6.550	0.911	0.091

	Sum of Squares	df	Mean Square	F-value	Sig.
Among Groups	10.202	1	10.202	13.886	.000
between Groups	71.998	98	0.735		
Total	82.199	99			

The above table reveals that, we have Kho - Kho are 50 with average Speed (30 Mtr dash (sec)) is 6.870 and standard deviation is 0.793, similarly 50 kabaddi players with average Speed (30 Mtr dash (sec)) is 6.231 and standard deviation is 0.915 is extracted. The Table describes that With (1, 98) degrees of freedom and a determined F-Value of 13.886, $p=0.0000.05$ significance level, the table value is 3.94 at a 5% level of significance. Given that the estimated F-value is greater than the table value, the null hypothesis was rejected, and it was determined that women who play kabaddi and kho-kho in north Telangana had significantly different average speeds. Based on mean values, Kho-Kho players were performing better than Kabaddi players.

Results

It Was Determined That Women Who Play Kabaddi And Kho-Kho In North Telangana Had Significantly Different Average Speeds. Based On Mean Values, Kho-Kho Players Were Performing Better Than Kabaddi Players.

Conclusions

From the analysis of the data, the following conclusion were drawn.

Kho Kho Women Players are having better speed compare to Kabaddi Players.

References:

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