

**Effect of Resistance Training for development of Speed among Kabaddi Players of
Osmania University**

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Abstract:

The objective of the study is to determine the effect Resistance training exercises for development of Speed among Male Kabaddi Players of Osmania University between the age group of 18 to 25 Years. The sample for the present study consists of 20 Male Kabaddi Players out of which 10 are experimental group and 10 are controlled group. Resistance training exercises were given to the Experimental Group along with general training of Kabaddi and control group has doing general Training of Kabaddi for six weeks. To assess the Speed 50 M Run were used in the Pre Test and Post Test of the Study. This study shows that the Experiment Group increase the Speed compare to the control group. It is concluded that due to resistance training there is a improvement of speed among Kabaddi players. Key words: resistance training, kabaddi, speed etc.

INTRODUCTION:

Motor Fitness refers to the ability of an athlete to perform successfully at their sport. Performance sports aim at high sports performances and for that the physical and psychic capacities of sportsmen are developed to extreme limits. This normally does not happen in other areas of human activity.

Resistance training is considered as most important for better performance in all sports. In this training, resistance is used for muscular contraction to build muscular strength, muscular endurance, size of the skeletal muscle and anaerobic strength.

Types of Resistance Training

Weight Training

Terraband Exercises

Own Body Exercises

Medicine Ball Exercises

Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath.

Dr. S Jayakumar and Dr. C Lakshmanan (2019) studied the Effect of resistance training on selected physical fitness variables among inter collegiate men kabaddi players. Resistance training is a form of physical activity that is designed to improve muscular fitness by exercising a muscle or a muscle group against external resistance. Research shows that resistance training, whether done via body weight, resistance bands or machines, dumbbells or free weights, not only helps us build strength, but also improves muscle size and can help counteract age-related muscle loss. More recently it's become popular among those looking to lose weight. The purpose of the study was to investigate the effect of resistance training on selected physical fitness variables among inter collegiate kabaddi players. Forty out of kabaddi players were randomly selected from Bharathidasan university, Trichy district, the selected players were divided into two groups consisting of 20 inter collegiate kabaddi players. No attempt was made equate the groups. The age of the subjects ranged between 18 to 21 years. The influence of the resistance training was assessed on physical fitness. The training load was increased from the maximum working capacity of the subject doing pilot study. The duration of the training period was

restricted to eight weeks and the number of sessions per week was confined to three. The data obtained from all the groups before and after the experimental period were statistically analyzed by dependent ‘t’ test to find out the significant improvement if any, 0.05 level of confidence was fixed to the level of significance between pre and post test means of all groups

Prof. Rajesh Kumar (2020) studied about the effect of Plyometric and Circuit Training on selected Physical Variables among Sprinters of Hyderabad District of Telangana State. To achieve this purpose, forty five Sprinters in the age group of 16 to 20 years those who have participated in the Hyderabad Open Sprints Athletics Championships at Gachibowli Stadium, Hyderabad for the year 2019 taken as subjects.

Purpose of Research:

The Purpose of the Research is to determine the effect of resistance training exercises for development of Speed among Kabaddi Players of Osmania University between the age group of 18 to 25 Years.

Population and Sample Group:

Sample Of The Study:

The sample for the present study consists of 20 Male Kabaddi Players out of which 10 are experimental group and 10 are controlled group.

Sl. NO	Name of the University	Sample	Total number of subjects
1	Osmania	10 Raiders	20
		10 Defenders	

Methodology:

Resistance Training exercises such as Bicep Curl, Leg Press, Bench Press, Half Squat etc were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for six weeks. Pre Test and Post Test were conducted in 50 M Run among experimental group and controlled group of Kabaddi Players of Osmania University.

Results and Discussion:

The Independent Samples t Test Statistics is applied for the Study. The Comparison were made among Experimental Group and Control Group in Pre Test and Post Test Mean.

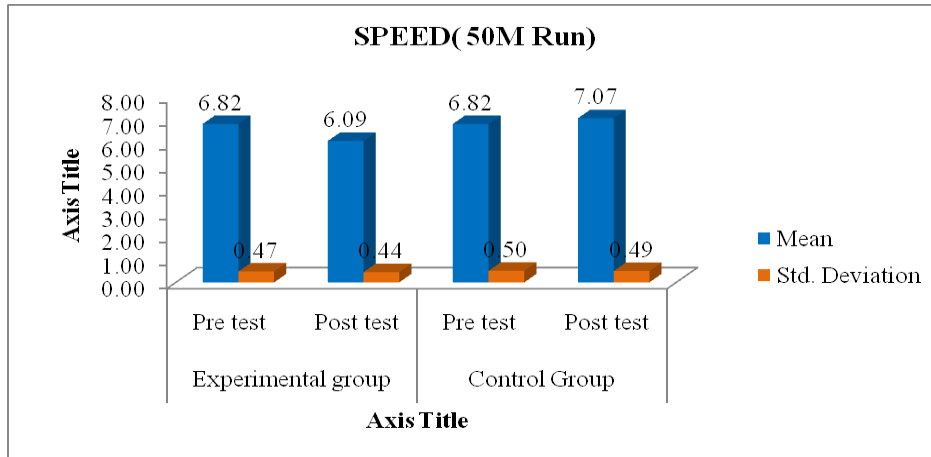
Table 4.2 Paired Sample t-test of Experimental group and Control group of Kabaddi Players in 50 M Run

SPEED(50M Run)	N	Pre test		Post test		Mean Differences	T-Cal	T-Tab	df	P-Value
		Mean	Std. Deviation	Mean	Std. Deviation					
Experimental group	30	6.8223	6.822	6.087	0.439	0.735	9.484		29	0.000
Control Group	30	6.822	0.4977	7.066	0.488	0.244	4.697		29	0.000

In 50 M the Experimental Group Pre Test is 6.8223 and Post Test is 6.087 there is a improvement from 6.8223 to 6.087 due to Resistance Training and Control Group Pre Test is 6.822 and Post Test is 7.066there is a decrease in Performance due to general training.

Figure 4.3: Paired Sample t-test of Experimental group and Control group of Kabaddi

Players in 50 M Run



In 50 M the Experimental Group Pre Test is 6.8223 and Post Test is 6.087 there is a improvement from 6.8223 to 6.087 due to Resistance Training and Control Group Pre Test is 6.822 and Post Test is 7.066.

Conclusion:

It is concluded that due to Resistance training will be improvement in Speed among Kabaddi Players. In this study due to the Core strength exercises there is a improvement in Speed among Kabaddi Players.

Recommendations:

It is recommended that similar studies can be conducted on other events in other events and also female Kabaddi Players. This type of study is useful to coaches to give proper coaching for development of motor qualities for improvement of performance in Kabaddi.

References:

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