

Kabaddi performance with selected coordinative ability of the state level men players of Karnataka- a relationship study

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ABSTRACT

The purpose of this study was to investigate the relationship between Kabaddi performance and selected coordinative ability of the state level men players. **Methodology-** For the present study twenty five men Kabaddi players who had participated in state level kabaddi competition held at chikkamagalore Karnataka state were selected as subjects. Age group of the subjects was 18-28 years. To find out the relationship of Kabaddi performance to selected coordinative abilities namely orientation ability, differentiation ability, reaction ability, balance ability and rhythmic ability. Product moment correlation was computed and verified at 0.05 level of significance. **Results-**The statistical analysis shows coefficient of correlation in the Relationship of selected coordinative ability with Kabaddi performance among state level men players. **Conclusion-**The analysis of the study revealed that there was a significant Relationship of selected coordinative ability such as Reaction Ability($r=0.68^*$), Balance Ability($r=0.65^*$) and Rhythmic ability($r=0.61^*$) and there was no significant relationship between selected coordinative ability such as Orientation Ability($r=0.06$), Differentiation Ability($r=0.08$) with kabaddi performance among state level men players.

1. Introduction

Modern sports, therefore have taken roots in different areas of social life with a mere pursuit only of those who take part in sports as competitors. The historical introspection of the place of sports in the social structure leads to the conclusion that "sports" is an integrated component of society and its concept and role in the society has been changing with the changing time. Sports as many sided social phenomenon are an active factor in physical education, one of the basic forms of preparing a person for labour and other socially 30th necessary types of activities and alongside this one of the important means of the ethical and aesthetic education, satisfaction of the moral requirement of society, consolidation and expansion of international ties. Sports are included in the system of social relation and are conditional in its development by the social economic and related factors. Physiological parameters may be defined as those parameters which are directly linked with various physiological systems and may be voluntary, such as pulse rate, blood pressure, vital capacity, Toor (1996).

Coordination is considered to be one of the most important ability in term of sports performance. Coordination is actually part and parcel of every fundamental motor movement coordinative ability enables a person to perform a movement and group of movements with better quality and effects, when we look at the coordinative abilities in relation of sport performance it has found and important place in competition and performance.

Sports are one of the most complex activities and it is based on a great diversity of movement. That's why different

sports activities require different types of coordinative abilities. The coordinative abilities are seven abilities i.e. Orientation, Differentiation, Rhythm, Balance, Reaction, Coupling and Adaptation ability. Orientation is the ability of a person to be aware of his or her position with respect to time, place and circumstantial situation. All coordinative abilities are important to perform at top levels in competitive sports especially in ball games Sports performance and its relationship with coordinative abilities were assessed by many researches in many sports e.g. Basketball, football, badminton, kabaddi cricket etc. Singh (2016) Rana & Rajpoot (2015). Collectively It was concluded from these studies found that the coordinative abilities have relationship with sports skills and performance level.

Kabaddi is a combative team game, „played with absolutely no equipment, in a rectangular court, either outdoors or indoors with seven players on each side of the ground. Each side takes alternate chances for offence and defense. The basic idea of the game is to score points by entering into opponents „court and touching as many defense players as possible without getting caught in a single breath. In kabaddi the basic defense position are in three zones, center zone and left zone, the defense player occupying one of these zones have specific functions to perform. In co-ordination with his counterparts in the other defense zones, for maintaining the defensive strong hold. The player is identified by the position he occupies irrespective of the varying number of offense and defense players. The game of kabaddi requires a high level of motor fitness and neuro-muscular coordination in order to perform very complex movement of the game. Speed and endurance are the demands of the game with

special reference to the other aspect of coordinative ability. Coordinative abilities are qualities of an organism to coordinative separate elements of action in our system to decide a concrete action task coordinative abilities help in learning faster and also to achieve high level of performance.

The purpose of the study was to know the relationship with kabaddi performance with selected coordinative ability of the inter district players.

2. Methodology

2.1 Selections of subjects:

For the present study twenty five men Kabaddi players who had participated in state level Kabaddi competition held at chikkamagalore Karnataka state during the year of 2019 were selected has subjects. Their age ranged 18-28 years. The necessary data was collected by administrating various coordinative ability tests as suggested by Peter Hertz.

2.2. Criteria of measurement of Coordinative Abilities:

1) **Orientation Ability:** It was measured by "Numbered Medicine ball run test" measured in terms of time in seconds.

2) **Differentiation Ability:** It was measured by determine throw "Backward medicine ball through test" measured in terms of scores.

3) **Reaction Ability:** It was measured by "Ball reaction exercise test" measured in terms of distance in meters.

4) **Balance Ability:** It was measured by "Long Nose Test" measured in terms of time of seconds.

5) **Rhythmic Ability:** It was measured by "Sprint at given at Rhythm Test" measured in terms of time in seconds.

Kabaddi Performance: For evaluating the subject's Kabaddi performance a panel of three judges was selected and they evaluated each player on the basis of their performance level. The average value of all the three experts was considered for the purpose of the study.

2.3. Statistical Analysis:

To find out the relationship of Kabaddi performance to selected coordinative abilities namely orientation ability, differentiation ability, reaction ability, balance ability and rhythmic ability. Product moment correlation was computed. The level of significance was set at 0.05.

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3. Results

To establish the Relationship of selected selected coordinative abilities with Kabaddi performance among state level kabaddi men players. Pearson moment correlation(r) was computed and data pertaining to this has been presented in table-1.

Table 1
Relationship of Selected Coordinative Ability to Kabaddi Performance

Si no	Dependent Variables	Independent Variables	Correlation Coefficient(r)
1	Kabaddi Performance	Reaction Ability	0.68*
2	Kabaddi Performance	Balance Ability	0.65*
3	Kabaddi Performance	Rhythmic Ability	0.61*
4	Kabaddi Performance	Orientation Ability	0.06
5	Kabaddi Performance	Differentiation Ability	0.08

*Significant at 0.05 level.

The above table shows the Relationship of selected coordinative ability such as Reaction Ability($r=0.68^*$), Balance Ability($r=0.65^*$) and Rhythmic Ability($r=0.61^*$) and there was no significant relationship between selected coordinative ability such as Orientation Ability($r=0.06$), and Differentiation Ability($r=0.08$) with kabaddi performance among state level men players.

4. Conclusion

On the basis of findings of the present study, the following conclusions wear drawn;

1. There was a significant relationship found between the Relationship of selected coordinative ability such as Reaction Ability, Balance Ability and Rhythmic Ability with kabaddi performance among state level men players.

2) There was no significant relationship found between the Relationship of selected coordinative ability such as Orientation Ability and Differentiation Ability with kabaddi performance among state level men players.