

# A Relative Study of Explosive Leg Power and Agility between Judo & Kabaddi Players

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## ABSTRACT

The primary aim of the study was investigate the significant difference in the fitness components of the explosive leg strength and agility among our college judo and Kabaddi players. for the purpose of the study 10 judo players and another 10 Kabaddi players of inter-collegiate level from B.B.Arts,N.B.Commerce & B.P.Science College Digras, Yavatmal and their age was ranging from 18-25 years were randomly selected as subject to measure agility semo agility test was used and score was recorded in seconds. Standing broad jump test was used for explosive leg strength and score was recorded in centimeters. To determine the significant difference between the judo and Kabaddi players' sine dependant test was employed, the level of significance was set at 0.05 for testing the hypothesis. The finding of statically analysis revealed that there was significant difference in the variable of agility ( $t=3.672$ ) but insignificant difference was observed in case of explosive leg strength ( $t=0.251$ ) between judo and Kabaddi players.

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## 1. Introduction

As the world is creating step by step level of games and sports is likewise growing quick interest for wellness in games and sports become ever more elevated unstable quality and deftness are most requesting wellness parts which are required to get effective just as judo players hazardous quality is the capacity to apply maximal power in negligible time and dexterity is the capacity to move rapidly and effectively various way. Sports preparing program are configuration to be such sort of parts in legitimate extent that match the necessity of every game. In this way the present examination has been attempted and expressed as "A comparative study of explosive leg strength and agility between judo and kabaddi players."

According to Kunvar Singh and Dr. Ratnesh Singh (2017) reason of the present examination was to isolate the badminton and basket ball players in association to pick physical health parts. 50 male players, amongst them 25 Badminton and 25 Basketball players from Guru Ghasidas Vishwavidyalaya Bilaspur (C.G) are picked as subject during the cover workforce sports week rivalry. The physical health factors for the present assessment are speed, availability, and handle quality. The data was inspected and differentiated and the help of SPSS Software in which number shuffling mean, standard deviation, standard screw up of mean, and t-test used to take a gander at the data. The mean and SD estimation of Badminton players conversely with speed were 7.344 and 453 and the mean and SD of Basketball players were 6.682 and .434, the t-regard is 5.279. The mean and SD estimations of Badminton players in association with deftness were 10.542 and 1.182 and the mean and SD estimations of Basketball players were 8.850 and .662, the t-regard is 6.241. To investigate the unsafe quality the mean and SD estimations of Badminton players were recorded as 26.369 and 1.516 and the mean and SD estimations of Basketball players were 29.332 and 1.575, the t-regard is 6.775. The mean and SD estimations of Badminton players of hold quality were 41.166 and 3.338 and the mean and SD

estimations of Basketball players were 36.518 and 2.503, the t-regard is 5.567. Basic differentiation was found among Badminton and Basketball players in association with speed ( $t = 5.279$ ,  $p < .05$ )

According to Anula Kariyawasman, etel, (2019) relative study on skill and health related physical fitness individuality between national basketball and Football players in Sri Lanka., Objective To look at wellbeing and aptitude related physical wellness profiles between sound, male, b-ball and football players of Sri Lankan national groups. Results, Thirty b-ball players and 30 Footballer be assessed for wellbeing connected wellness qualities (muscle to fat ratio, cardio-respiratory wellness, isometric hand grasp quality, lower body and chest area strong quality, stomach and chest area solid continuance, and adaptability) and aptitude related wellness attributes (deftness, speed, hazardous tossing power, hopping power, response time, coordination, static equalization). Fat rate, chest area continuance, hold quality, running rate, hazardous power, bouncing force, equalization and coordination were altogether higher in basketball players than in football players. Football players would do well to chest area quality, adaptability, response time and deftness than those of ball players. The last two were measurably huge. Basket ball players would be advised to mean lower body quality, in spite of the fact that not huge. Wellness qualities were diverse among basket ball and football players, outcomes contain suggestions fitting preparing exercises to get better pertinent wellness qualities.

## 2. Purpose of the study

1. The purpose of the study was to compare the explosive leg strength between judo and Kabaddi players.
2. To compare the agility between Judo and Kabaddi players

## 3. Hypothesis

Hypothesize that there would be significant dissimilarity of explosive leg strength agility between the Kabaddi and Judo players.

**4. Methodology**

The Selection of Subject 10 College Players of Intercollegiate level from Kabaddi and another 10 college Players from Judo game of B.B.Arts, N.B.Commerce & B.P.Science College Digras. District, Yavatmal was selected as subject by using random sampling method. The era of topic ranging from 18-to 25 Years.

**5. Criteria Measures**

1. Standing board jump test was used to measure volatile leg power & score was recorded in meter
2. Semo agility test was used to measure and the score was recorded in seconds.

**6. SEMO Agility Fitness Test**

The SEMO tests the agility of the participant in maneuvering forwards, backwards and sideways.

Sports this test is suited to: Basketball, judo, volleyball, tennis and netball.

Equipment; A stopwatch, 4 cones (2 different sets of colours), a tape measure,

Method1. The straight lines measure 3.6m and the perpendicular line measures 5.7m.

2. The contributor begins the course at cone 1 with their back facing the cube. let the member at least one do run through and two trial of the route.3. The member forever faces the similar way, consequently require oblique, backwards4. Record the participant's best time taken to complete the course.

**7. Collection of Data**

The essential data required to the study were collected on entire chosen subject by administrating the above mentioned test. Before the collection of data, researcher explained the purpose of the and detailed procedure of the test to the subject so that they could put their best efforts during test.

**8. Analysis of the data**

The data required to each of the chosen explosive leg power and agility were examine Statistically by applying independent 't'test in order to determine the significance of difference in any. The level of significance to test the hypothesis was set at .05

**Table No A**

Explanation of mean, standard deviation and t –ratio for the data on explosive strength of judo and Kabaddi Players

Players	Mean	Standard Deviation	Mean Diff.	S.E. of M.D	T Ratio
Judo	2.40	0.189	0.02	0.081	0.251@
Kabaddi	2.41	0.194			

@Not Significant at .05 level

Tabulated t .05(18)=2.101

It is obvious from the above finding that the determined t – estimation of 0.26 very lesser than the organized t estimation of 2.11 required to be noteworthy at .05 levels for the 18 level of

opportunity, henceforth it tends to be expressed that the contrast between the methods for touchy leg quality of both judo and Kabaddi is factually immaterial.

**Table No B**

Explanation of mean, standard deviation and t –ratio for the data on explosive strength of judo and Kabaddi Players

Players	Mean	Standard Deviation	Mean Diff.	S.E. of M.D	T Ratio
Judo	10.78	0.461	1.05	0.283	3.672*
Kabaddi	12.01	0.757			

\*Significant at .05 level

Tabulated t .05(18) =2.101

The above discovering shows that the acquired t estimation of 3.672 is more noteworthy than the arranged t estimation of 2.101 at .05 levels for the 18 degrees of opportunity which demonstrates that the distinction between the mean qualities between the judo and Kabaddi players is measurably huge.

consequently such critical contrast may have happened in this investigation .in noteworthy contrast was found in unstable leg quality ,it both the chose game players may have paid due concentration to create dangerous leg quality as this is crucial part for most extreme execution, henceforth such outcome may have happened in the examination.

**9. Discussion on Findings**

Based on discoveries from table - B it is comprehended that there was huge contrast in readiness between the judo and Kabaddi players. The huge distinction might be credited to the idea of the game as the development in the semo fitness test is very like the developments are acted in judo match-up along these lines, the judo players may have played out this test effortlessly have unconstrained speed and development,

**10. Conclusion**

Inside the constraint of the present examination and based on discoveries the accompanying ends are drawn Significant contrast is seen in deftness between the judo and Kabaddi players where judo players indicated better execution looked at than Kabaddi players and huge distinction was seen in unstable leg quality between them.

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