

A Comparative Study Of Speed And Endurance Among Kho-Kho and Kabaddi Players

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ABSTRACT

Speed and Endurance are very important physical ability for performance in Kho-Kho and Kabaddi. Kho-Kho is very similar to Kabaddi. The purpose of the present study was to compare the speed and endurance among Kho-Kho and Kabaddi Players. For the present study 40 Male Kho-Kho and Kabaddi Players of Shree C.C Highschool, At. Panshina Ta. Limbdi Dist. Surendranagar, (Gujarat), (20 Kho-Kho players and 20 Kabaddi players) of age 13-15 on the basis of purposes sampling were selected as subjects. The independent t-test was employed and found significant difference at 0.05 level of significance in speed and endurance. The 30 Meters Run for Speed and 12 Minute Run Cooper Test for endurance was used to assess the results. This study shows that Kabaddi Players are having good speed and Kho-Kho Players are having the good aerobic endurance. Kabaddi Players performed very well in 30 Meters Run due to good speed requires in Kabaddi game and Kho-Kho Players are shown good in 12 min run because they are playing the Kho-Kho game for very long duration. Kho-Kho is heavily intermittent meaning it involves physical events expressing maximal exertion short distance, speed, agility, explosive power and endurance. Kabaddi requires high speed, super agility and enormous endurance.

1. Introduction

Sport for all has become a very popular slogan all over the world today. In the present day successful sportsman are among the most popular figures in the public like. The newspapers are lavish in their praise of outstanding performances. The components of physical fitness like strength, muscular endurance speed, flexibility, agility and cardiovascular endurance are required at minimum level for a man to survive. Optimum level of physical fitness can be obtained by participating in various sports and games.

The Kho-Kho is one of the most popular traditional sports in India and it is played quite extensively in the country. The game is a great test of the participant's physical fitness, strength, speed and stamina and it also requires a certain amount of ability on behalf of the participants. Though there is confusion about the exact timing of the inception of Kho-Kho and also about the origin of the game, many historians say that is actually a modified form of „Run Chase“. In Kho-Kho, the participants simply need to chase and touch their opponents to win the game. In the ancient time, the game of Kho-Kho was played on „Raths“ or chariots in Maharashtra and it was known as RATHERA.

does not require material or equipment. It does not require large area. Playing kabaddi will improve physical and mental fitness, it develops the neuro muscular co-ordination, and with less expenditure it gives more recreation. This game shows a tremendous effect on respiratory system, circulatory system, nervous system and muscular system. Kabaddi has several fundamental skills such as cant, raid, side stepping, kicking, toe touch, defensive skills like ankle hold, wrist catch etc. Mastering the fundamental skills is very essential to improve the standard of the game. There is, however, concrete evidence, that the

game is 4,000 year old. It is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby. It was originally meant to develop self-defense, in addition to responses to attack and reflexes of counter attack by individuals and by groups or teams. It is a rather simple and inexpensive game, and neither requires a massive playing area, nor any expensive equipment. This explains the popularity of the game in rural India. Kabaddi is played all over Asia with minor variations.

Kho-Kho and Kabaddi are the most popular games in Maharashtra specially at marathwada region. The Study of physical fitness and profiles of sports participants is one of the most popular areas in sports physical fitness research. Fitness is the overall pattern of Physiological characteristics that makes person a unique individual. It is well known fact that players, of one game differ from the players of other games in their fitness traits.

The game of Kabaddi and Kho-Kho are simple in nature, easy to organize, less expensive. Hence they reach to common peoples. Both games can be played in a small area and practically less equipment is required. Kabaddi is most aggressive and heavy contact game, but Kho-Kho is a semi contact game. Both games differ from each other in their nature, skill, techniques and strategies etc. The complex nature of physical fitness can be best understood in terms of its components such as cardiovascular endurance, strength, flexibility, speed, agility and muscular endurance. In addition to these components of physical fitness there are many other factors which contribute to physical fitness including heredity, living standard, nutrition, hygienic conditions, environmental and climate factors etc.

The selectors at various levels generally considered the performance in the trial and qualifying competitions, whereas, the physical fitness basis most of the time as ignored variable. The performance at high level or outstanding performance is based upon the foundation of the athlete, which should also be strong and potential. The foundation of sportsperson starts from his initial development phase. The developmental stage starts with the 'teen age' period. The teen age ranged 13 to 18 years. The teen agars generally fall at school and going category. So, investigator concerned treated the research study on school and going male students. The basis of performance may be mainly considered on physical fitness variables and other variables depending upon the requirement.

2. Purpose of the study

The purpose of the present study to compare the speed and endurance among Kho-Kho and Kabaddi Players.

3. Methodology

To find out the Aerobic Endurance and Speed between Male Kho-Kho and Male Kabaddi Players, 20 Male Kho-Kho Players and 20 Male Kabaddi Players of age 13-15 of Shree C.C Highschool, At. Panshina Ta. Limbdi Dist. Surendranagar,(Gujarat) who has taken part in the School sports independent 't' test was employed at 0.05 level of significance.

4. Criterion Measures

12 Min. Run Cooper Test

The 12 Minute Cooper Test is used for collection of Data. The Cooper test is a test of Aerobic Endurance. It was designed by Kenneth H. Cooper in 1968 for US military used in the original form; the point of the test is to run as far as possible within 12 minutes.

30 Meter Run

The objective of this test is to monitor the development of the athlete's ability to effectively and efficiently build up acceleration, from a standing start or from starting blocks, to maximum speed. This test requires the athlete to sprint as fast as possible over 30 meters. The athlete warms up for 10 minutes. The assistant marks out a 30 meter straight section with cones. The athlete starts in their own time and sprints as fast as possible over the 30 meters. The assistant starts the stopwatch on the athlete's 1st foot strike after starting and stopping the stopwatch as the athlete's torso crosses the finishing line. The test is conducted 3 times the assistant uses the fastest recorded time to assess the athlete's performance.

5. Result

The Speed and Endurance among Kho-Kho and Kabaddi Players were calculated by using independent t- test. For testing the hypothesis the level of significance was set at 0.05 levels.

Table No.1
Mean And Standard Deviation Values Of 30 Metre Run Test

Results of 30 M Run Test	N	Mean	SD	S.E. Mean	T	df	Sig. (2 tailed)
Kho-Kho Players	20	4.50	0.292	0.653	13.067	38.00	.000
Kabaddi Players	20	3.36	0.259	0.580			

*Significant at 0.05 level „t“ (0.05)(38) = 1.68

The Table No.1 showing the Mean, S.D, Standard Error, t-ratio of Kho-Kho Players and Kabaddi Players in 30 M Run Test. It reveals that there is significant difference in speed of Kho-Kho and Kabaddi players as calculated t values (13.067) is greater than tabulated t value (1.68). The Mean Score of Kabaddi Players is 3.36 compare to Kho-Kho Players Mean Score of 4.50. That Means Kabaddi Players are having good speed compare to Kho-Kho Players.

Table No.2
Mean And Standard Deviation Values Of12 Minutes Cooper Test

Results of 30 M Run Test	N	Mean	SD	S.E. Mean	T	df	Sig. (2 tailed)
Kho-Kho Players	20	3086.50	140.19	25.59	10.19	38.00	0.000
Kabaddi Players	20	2645.83	190.73	34.82			

*Significant at 0.05 level „t“ (0.05)(38) = 1.68

The Table No.2 showing the Mean, S.D, Standard Error, t-ratio of Kho-Kho Players and Kabaddi Players in 12 minutes cooper run/walk test. It reveals that there is significant difference in endurance of Kho-Kho and Kabaddi players as calculated t values (10.197) is greater than tabulated t value (1.68). The Kho-Kho Players mean performance in 12 Min cooper test is 3086.500 and Kabaddi Players mean performance in 12 Min cooper test is 2645.833. The Kho-Kho

players are having the better endurance i.e.3086.500 than Kabaddi players is 2645.833.

6. Results

This study show that Kabaddi Players are having good speed and Kho-Kho Players are having the good aerobic endurance. Kabaddi Players performed very well in 30 Meters Run due to good speed requires in Kabaddi game and Kho-Kho

Players are shown good in 12 min run because they are playing the Kho-Kho game for longer duration of time.

7. Discussion/ Conclusion

It is concluded that Kabaddi Players are having good speed and Kho-Kho players are having the good endurance.

Both this motor qualities are compulsory for both players to excel in their performance. Hence the entire condition programme for improvement of motor qualities is included in the coaching programme of both the players.

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