



**COMPARATIVE ANALYSIS OF SELECTED MOTOR SKILL RELATED PHYSICAL FITNESS  
VARIABLES BETWEEN SPORTS HOSTEL AND NON SPORTS HOSTEL  
WOMEN KABADDI PLAYERS**

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**Abstract**

*The purpose of the present study was to find out the compare the selected motor skill related physical fitness variables between sports hostel and non-sports hostel women kabaddi players. To achieve the purpose of the study, the investigator selected forty women subjects which consist of twenty sports hostel kabaddi players from sports development authority of Tamil Nadu (SDAT) and twenty non sports hostel kabaddi players in Chennai, Tamilnadu. Their age ranged between 19 to 25 years. The following variables namely speed, explosive strength and cardio vascular endurance were selected for the study. They were tested with 50 meter dash, vertical jump and Harvard step test respectively. The "t" ratio was used to analyze the collected data. From the analysis of data it was proved that there was significant difference in speed, explosive strength and cardio vascular endurance between sports hostel and non sports hostel kabaddi players. Further the analysis shows that the sports hostel kabaddi players were better than the on sports hostel kabaddi players in speed, explosive strength and cardio vascular endurance.*

**Keywords:** Speed, Explosive Strength, Cardio Vascular Endurance, Sports Hostel, Non Sports Hostel, Kabaddi Players.

**INTRODUCTION**

A motor skill is an international movement involving a motor or muscular component, that must be learned and voluntarily produced to perform goal-oriented task, according to Knapp, Newell and sparrow. Physical fitness is the basic fitness of all the fitness. Physical fitness is not only of the most importance keys to a healthy body also the basic of dynamic and creative activity. It consisted many components. Each of which is specific physical fitness a combination of total aspects then single characteristics. The ability to perform a movement in a short period of time. In other words, "speed may be defined as the capacity of the individual to perform successive movements of the same pattern at a fast rate". (A Yobu, 2010). The explosive strength is a function of force and times define as the rate of performing work. The explosive strength is defined as the rate of expenditure of energy. It is the capacity of the individual to release maximum force in the shortest period of time.(Mathews,1981) A, 1982). It is the ability to persist in physical activity that requires oxygen for physical exertion. (Barrow and Mc gee, 1982). According to karpovich and sinning (1971) cardio vascular endurance is the capacity or ability of heart-lung system to deliver blood. The Sports Authority of India (SAI), a successor organization of the IXth Asian Games held in New Delhi in 1982, was set up as a Society registered of Societies Act, 1860 in pursuance of the Resolution No. 1-1/83/SAI dated 25<sup>th</sup> January 1984 of the Department of Sports. India with the objective of

promotion of Sports and Games as detailed in the Resolution. It is also entrusted with the responsibility of maintaining and utilizing, on the behalf of Ministry of Youth Affairs & Sports. In its attempt to develop excellence in sports, SAI carries out a countrywide talent scouting exercise and nurtures the promising talent by providing coaching sports facilities and exposure to competition at state, national and international level. Besides maintaining and utilize the infrastructure created in Delhi for the ASIAD – 1982. SAI is constantly engaged in improving the sports facilities in various states. The sports authority of India is managed by general body and governing body. The general body chaired by the honourable prime minister of India. This scheme is conceived to impart training, coaching and nutritional support to sports persons who have attained advanced level of sports proficiency. The scheme envisages training of State level players in order to enable them to take part in National and International tournaments.

**STATEMENT OF THE PROBLEM**

The purpose of the study was to compare the selected motor skill related physical fitness variables between sports hostel and non-sports hostel women kabaddi players.

**HYPOTHESIS**

It is hypothesized that there would be significant difference in selected motor skill related

physical fitness variables between sports hostel and non sports hostel women kabaddi players.

### METHODOLOGY

To achieve the purpose of the study twenty sports hostel kabaddi players from sports development authority of Tamil Nadu (SDAT) and twenty non sports hostel kabaddi players from Chennai district were

selected randomly as subjects for this study. Their age ranged between 19 to 25 years. The following variables on namely speed, explosive strength and cardio vascular endurance were selected for the study. They were tested with 50 meter dash, vertical jump and Harvard step test respectively. The “t” ratio was used to analyze the collected data.

### RESULTS AND DISCUSSION

**TABLE – I**  
**STANDARD DEVIATION AND “T” RATIO MEAN OF SPEED EXPLOSIVE STRENGTH AND CARDIO VASCULAR ENDURANCE**

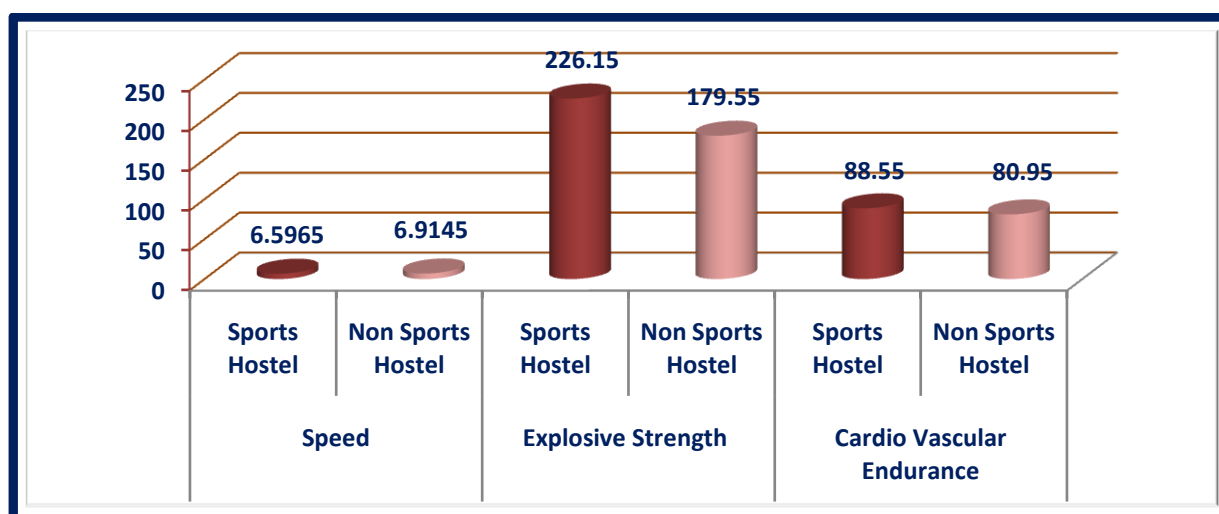
Variable	Group	Mean	SD	SEM	MD	t
Speed	Sports Hostel	6.5965	0.452	0.101	0.318	2.272*
	Non Sports Hostel	6.9145	0.433	0.097		
Explosive Strength	Sports Hostel	226.15	3.88	0.88	46.6	8.174*
	Non Sports Hostel	179.55	18.20	5.64		
Cardio Vascular Endurance	Sports Hostel	88.55	6.576	1.471	7.6	2.704*
	Non Sports Hostel	80.95	10.71	2.395		

Significant at 0.05 level for ‘t’ test with df 38. The table value is 2.021

From the analysis of data it was proved that there was significant difference between sports hostel and non sports hostel speed, explosive strength and cardio vascular endurance as the calculated ‘t’ value 2.272, 8.174 and 2.704 respectively were greater than the required ‘t’ value of 2.021 with the df 38 at 0.05 level of

confidence, It shows that there was significant difference between the sports hostel and non sports hostel in speed, explosive strength and cardio vascular endurance. The sports hostel kabaddi players were better in speed, explosive strength and cardio vascular endurance than non sports hostel kabaddi players.

**FIGURE - 1**  
**BAR DIAGRAM SHOWING THE MEAN VALUES OF SPORTS HOSTEL AND NON SPORTS HOSTEL WOMEN KABADDI PLAYERS**



## **CONCLUSIONS**

1. It was concluded that there was a significant difference in speed, explosive strength and cardio vascular endurance between sports hostel and non sports hostel kabaddi players.
2. It was concluded that the sports hostel kabaddi players were better than the on sports hostel kabaddi players in speed, explosive strength and cardio vascular endurance.

## **REFERENCE**

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