



## CORRELATIONS OF PLAYING ABILITY AMONG KHO-KHO PLAYERS

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### Abstract

The purpose of the study was to correlate the playing ability in kho-kho from selected anthropometrical, psychological and physical fitness variables. To achieve the purpose four hundred and thirty five kho-kho players were randomly selected from various clubs in Karnataka state, India and their age ranged from 15 to 18 years. The subjects had past playing experience of at least three years in kho-kho and only those who represented their respective clubs were taken as subjects. As the performance is concerned, the anthropometrical, psychological and physical fitness variables play a vital role in overall performance. The criterion measure of overall playing ability was measured by a panel of experts consisting three persons. They were outstanding players at state level yester years in the game of kho-kho and have been serving as renowned coaches for about a decade. The experts were asked to make a subjective assessment of the overall playing ability of the players using the 10 point scale. The inter - relationship among the selected anthropometrical, psychological and physical variables and kho-kho playing ability, were computed by using Pearson' product-moment correlation coefficients. The results revealed that an Inter – relationship exists significantly between the anthropometrical, psychological and physical fitness variables among male kho-kho players.

**Keywords:** Correlation, Playing Ability, Kho-Kho.

### INTRODUCTION

Research is the essence in education which is required to keep the subjects updated. Physical education is an academic subject and also we must keep it updated, so as to answer the trends should be traced in the research. Sports and games in the modern era occupy a very prominent and important place in the life of people and also in every sphere of life. Sport consists of physical activity carried out with a purpose for competition, for self-enjoyment, to attain excellence, for the development of a skill, or more often, some combination of these. Now-a-days we are very much aware of the scientific and technology advancements that have happened in the field of physical education too as in any other field of activity. Recent researches have revealed one most undeniable fact that not only the performance but the physical, psychological and anthropometrical conditions also play a prominent role in the overall performance of an individual sportsman. In sports psychology the theory of personality assumes a significant place. Since behavior is the product of personality gets high relevance in the analysis of sporting ability of an individual.

Kho-Kho is an indigenous game played in a small area and it involves indigenous skilled players. India has established its name and fame in this game. The game is popular at State and National levels but it is still to find access in the International level. An interesting and a very small illustration has been brought out by a Tamil poet in literature that Krishna, the famous Hindu God at the time of his play. He played with his

friends and enjoyed it very happily with full satisfaction. Sometimes he used to play with his loving and affectionate female friends in a round formation. In those days that was called 'rounders'. Gradually the game has earned its fame and was called by name Kho-Kho. The word "indigenous" is 'anything born in or native to the country'. This meaning is applicable to the field of sports and games as well. Any game or sport which a country has evolved for its own people or in other words, born and developed by its country of origin, is said to be the indigenous game or sport of that country. Obviously such games shall bear a traditional or hereditary form of that country (Mishra, 2011).

### METHODOLOGY

The purpose of the study was to correlate the playing ability in kho-kho from selected anthropometrical, psychological and physical fitness variables. To achieve the purpose four hundred and thirty five kho-kho players were randomly selected from various clubs in Karnataka state, India and their age ranged from 15 to 18 years. The subjects had past playing experience of at least three years in kho-kho and only those who represented their respective clubs were taken as subjects. As the performance is concerned, the anthropometrical, psychological and physical fitness variables play a vital role in overall performance. The criterion measure of overall playing ability was measured by a panel of experts consisting three persons. They were outstanding players at state level yester years

in the game of kho-kho and have been serving as renowned coaches for about a decade. The experts were asked to make a subjective assessment of the overall playing ability of the players using the 10 point scale. The inter - relationship among the selected

anthropometrical, psychological and physical variables and kho-kho playing ability, were computed by using Pearson' product-moment correlation coefficients.

## RESULTS

**TABLE – I**  
**DESCRIPTIVE STATISTICS OF SELECTED VARIABLES AMONG COLLEGE LEVEL KHO-KHO PLAYERS**

| S.No | Variables                     | Range  | Minimum | Maximum | Mean    | SD ( $\pm$ ) |
|------|-------------------------------|--------|---------|---------|---------|--------------|
| 1    | Playing Ability               | 35.00  | 58.00   | 93.00   | 73.63   | 7.08         |
| 2    | Standing Height               | 30.90  | 136.40  | 167.30  | 152.35  | 6.59         |
| 3    | Body Weight                   | 25.40  | 41.40   | 66.80   | 50.98   | 4.85         |
| 4    | Hand length                   | 12.60  | 66.20   | 78.80   | 72.80   | 3.72         |
| 5    | Leg Length                    | 16.90  | 70.00   | 86.90   | 78.41   | 4.74         |
| 6    | Percent Body Fat              | 1.09   | 12.97   | 14.06   | 13.52   | 0.31         |
| 7    | Sports achievement motivation | 16.00  | 20.00   | 36.00   | 28.15   | 4.35         |
| 8    | Aggression                    | 8.00   | 8.00    | 16.00   | 11.61   | 2.29         |
| 9    | Anxiety                       | 2.19   | 5.76    | 7.95    | 6.69    | 0.48         |
| 10   | Speed                         | 2.19   | 5.76    | 7.95    | 6.70    | 0.48         |
| 11   | Explosive Strength            | 0.38   | 1.18    | 1.56    | 1.38    | 0.10         |
| 12   | Cardio Vascular Endurance     | 163.00 | 2263.00 | 2426.00 | 2349.74 | 32.86        |
| 13   | Agility                       | 1.18   | 10.00   | 11.18   | 10.59   | 0.34         |
| 14   | Flexibility                   | 17.30  | 36.40   | 53.70   | 45.05   | 3.33         |

Table – I showed the descriptive statistics – range, minimum, maximum, mean and standard deviation of anthropometrical, psychological and physical fitness variables and playing ability of kho-kho Players. The present study attempted to link the coaches

rating as measure of playing ability with the anthropometrical, psychological and physical fitness variables of kho-kho players, pearson product moment correlation analysis was made and results were presented in table – II.

**TABLE - IV**  
**INTER-CORRELATION OF SELECTED VARIABLES WITH THE PLAYING ABILITY OF COLLEGE LEVEL KHO-KHO PLAYERS**

| S.No            | C.R     | X <sub>1</sub> | X <sub>2</sub> | X <sub>3</sub> | X <sub>4</sub> | X <sub>5</sub> | X <sub>6</sub> | X <sub>7</sub> | X <sub>8</sub> | X <sub>9</sub> | X <sub>10</sub> | X <sub>11</sub> | X <sub>12</sub> | X <sub>13</sub> |
|-----------------|---------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|
| X <sub>1</sub>  | 0.415** | 1              |                |                |                |                |                |                |                |                |                 |                 |                 |                 |
| X <sub>2</sub>  | 0.313** | 0.516**        | 1              |                |                |                |                |                |                |                |                 |                 |                 |                 |
| X <sub>3</sub>  | 0.244** | 0.102*         | 0.067          | 1              |                |                |                |                |                |                |                 |                 |                 |                 |
| X <sub>4</sub>  | 0.330** | 0.146**        | 0.045          | 0.795**        | 1              |                |                |                |                |                |                 |                 |                 |                 |
| X <sub>5</sub>  | 0.323** | 0.584**        | 0.599*         | 0.092          | 0.173**        | 1              |                |                |                |                |                 |                 |                 |                 |
| X <sub>6</sub>  | 0.389** | 0.600*         | 0.523**        | 0.082          | 0.180**        | 0.492**        | 1              |                |                |                |                 |                 |                 |                 |
| X <sub>7</sub>  | 0.118*  | 0.129**        | 0.071          | 0.154**        | 0.061          | 0.147**        | 0.277**        | 1              |                |                |                 |                 |                 |                 |
| X <sub>8</sub>  | 0.008   | 0.073          | 0.071          | 0.131**        | 0.063          | 0.081          | 0.158**        | 0.745**        | 1              |                |                 |                 |                 |                 |
| X <sub>9</sub>  | 0.574** | 0.547**        | 0.630**        | 0.059          | 0.163**        | 0.535**        | 0.562**        | 0.197**        | 0.039          | 1              |                 |                 |                 |                 |
| X <sub>10</sub> | 0.410** | 0.634**        | 0.709**        | 0.111*         | 0.187**        | 0.615**        | 0.598**        | 0.022          | 0.103*         | 0.650**        | 1               |                 |                 |                 |
| X <sub>11</sub> | 0.546** | 0.642**        | 0.648**        | 0.116*         | 0.210**        | 0.601**        | 0.618**        | 0.233**        | 0.019          | 0.710**        | 0.648**         | 1               |                 |                 |
| X <sub>12</sub> | 0.443** | 0.573**        | 0.568**        | 0.049          | 0.091          | 0.523**        | 0.620**        | 0.127**        | 0.023          | 0.544**        | 0.645**         | 0.601**         | 1               |                 |
| X <sub>13</sub> | 0.018   | 0.173**        | 0.181**        | 0.071          | 0.30           | 0.081          | 0.241**        | 0.063          | 0.034          | 0.148**        | 0.186*          | 0.095*          | 0.188**         | 1               |

|                |                               |                 |                           |
|----------------|-------------------------------|-----------------|---------------------------|
| C.R            | Playing ability               | X <sub>7</sub>  | Aggression                |
| X <sub>1</sub> | Standing Height               | X <sub>8</sub>  | Anxiety                   |
| X <sub>2</sub> | Body Weight                   | X <sub>9</sub>  | Speed                     |
| X <sub>3</sub> | Hand length                   | X <sub>10</sub> | Explosive Strength        |
| X <sub>4</sub> | Leg Length                    | X <sub>11</sub> | Cardio Vascular Endurance |
| X <sub>5</sub> | Percent Body Fat              | X <sub>12</sub> | Agility                   |
| X <sub>6</sub> | Sports achievement motivation | X <sub>13</sub> | Flexibility               |

It was evident from the Table – I that there was significant relationship between Kho-kho playing ability (CR) and standing height (X<sub>1</sub>), body weight (X<sub>2</sub>), hand length (X<sub>3</sub>), leg length (X<sub>4</sub>), percent body fat (X<sub>5</sub>), sports achievement motivation (X<sub>6</sub>), aggression (X<sub>7</sub>), speed (X<sub>9</sub>), explosive strength (X<sub>10</sub>), cardiovascular endurance (X<sub>11</sub>) and agility (X<sub>12</sub>) in each variables separately.

The result proved that the selected variables standing height ( $r = 0.415$ ), body weight ( $r = 0.313$ ), hand length ( $r = 0.244$ ), leg length ( $r = 0.330$ ), percent body fat ( $r = 0.323$ ), sports achievement motivation ( $r = 0.389$ ), aggression ( $r = 0.118$ ), speed ( $r = 0.574$ ), explosive strength ( $r = 0.410$ ), cardiovascular endurance ( $r = 0.546$ ) and agility ( $r = 0.443$ ) were significantly correlated with the kho-kho playing ability were greater than the required table 'r' value of 0.10 to be significant at 0.05 level. And there was no significant relationship between kho-kho playing ability and anxiety ( $r = 0.09$ ) and flexibility ( $r = 0.018$ ).

## CONCLUSION

1. The results revealed that an Inter – relationship exists significantly between the anthropometrical, psychological and physical fitness variables among male kho-kho players.

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