



DIFFERENCES OF GENERAL MOTOR ABILITIES BETWEEN THE KABADDI AND KHO-KHO PLAYERS OF OSMANIA UNIVERSITY HYDERABAD

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Abstract:

The quality of Indian games is to make players light bodied, agile, ready-witted, supple and daring. The games Kabaddi and Kho-Kho are most popular in rural India. The objective of this study is to analyze general motor ability differences among kabaddi and kho-kho players of Vivekananda Govt. Degree College Vidyanagar, Hyderabad of Osmania University, Telangana state. The selected variables for this study were general motor ability: Agility, Cardiovascular Endurance and Reaction time. These variables were tested before and after 12 weeks of plyometric training. There was a significant difference in mean between kabaddi and kho-kho players on motor abilities, the significance was .000 at $p < 0.05$ level.

Keywords: Plyometric, Agility, Reaction time, cardiovascular endurance.

Introduction:

Physical education is an educational process that has its aim, the improvement of human performance and enhancement or human development through the medium of physical activities selected to realize this outcome. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health and well being the attainment of knowledge about physical activities and exercise, and the development of positive attitudes toward physical activity as means of improvement in human performance.

Kabaddi, Kho-kho, Yogasana, Malkhamb, Lathi, Phari-gadga, Atya-Patya, Langadi, Viti-dandu, are peculiar indigenous activities preserved and handed over to the present generation. The specialty of Indian games is to make players light bodied, agile, ready-witted, supple and daring. Kho-Kho is one of the most popular traditional sports in India. Kabaddi and kho-kho is an indigenous game. It is based on the natural principle of physical development. It is vigorous and fosters a healthy combative spirit among the youth. It is not merely running with speed but also a natural instinct to overtake, to pursue, to defence and offensive raids.

Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either out-doors or indoors with seven players on the ground in each side. Each side takes alternate chances at offence and defence. The basic idea of the game is to score points by raiding into the opponents' court and touching as many defence players as

possible without getting caught on a single breath. The individual who is physically fit has proportionate developed body and the posture i.e usually good. One performs the activities with a high degree of general motor proficiency. It is true that any kind of physical work in day today life improves physical fitness. It depends upon the intensity of the 'working does.

Kho-Kho is a chase and tag game. The chaser chases the runner (defender) to dismiss him from the activity. The game is called Kho-Kho because it is obligatory on the part of the active chaser to utter 'Kho' behind a seated chaser to hand over chase to the seated chaser for the progress of the game. Game of Kho-Kho demands optimum physical fitness for the match i.e. speed, endurance, strength, coordinative ability, flexibility and reaction time, which should go with skilled ability to enable players to withstand the strain of a long-time-bound activity.

In this research study the scholar had experimented with plyometric training on general motor abilities of kho-kho and kabaddi players. Plyometric exercises are great for increasing overall explosive strength and speed, giving you an acceleration and power advantage over the competition.

METHODOLOGY

Selection of Subjects:

The present study was conducted on forty (40) Vivekananda Govt .Degree Colleges Vidyanaagar, Hyderabad of Osmania University students ranging age between 18-22 years. The subjects were randomly

selected and training was conducted at Vivekananda Govt College, Vidyanagar, Hyderabad, Telangana, India. The subjects were divided into four equal groups namely: (1) First group was Kho-Kho

Experimental Group (N=10) (2) second one was Kho-Kho Control Group (N=10),(3) Third group was Kabaddi Experimental Group (N=10) and (4) fourth kabaddi control group(N=10).

Table No.1 Physical characteristics results between Experimental and Control groups

| Sl.No | Name of the group | Age(Yr) | Height(cm) | Weight(kg) |
|-------|----------------------------|---------|------------|------------|
| 1 | Kho-Kho Experimental Group | 20.70 | 166.80 | 56.10 |
| 2 | Kho-Kho Control Group | 22.10 | 165.30 | 63.20 |
| 3 | Kabaddi Experimental Group | 20.90 | 166.20 | 59.90 |
| 4 | Kabaddi Control Group | 20.70 | 166.80 | 57.10 |

Selection of Variables:

The research scholar experimented with plyometric training for the improvement of general motor abilities. The Administrating feasibility in terms of availability of instruments, time factor from point of view of subjects were considered for the collection of data. The following variables were selected. **The general motor ability variables:** Agility, Cardiovascular endurance and reaction time.

control group was not allowed to participate in any of the training programme except their daily routine practice. Measurements of motor ability variables were taken before and after treatment with the informed consent of all subjects. The training load was increased in a progressive manner, after every two weeks. The motor fitness data was collected by administering shuttle run for agility, Cooper 12 minutes run/walk for cardiovascular endurance and ruler drop test for reaction ability.

Research Design:

The experimental groups were administered 12weeks duration with different types of Plyometric exercise program for the improvement of motor abilities among the Kabaddi and kho-kho players of Vivekananda government Degree College Vidyanagar, Hyderabad trainees, A proper warming-up period of 10 minutes duration was given before training sessions (3 days per week). The

Statistical Technique:

After the data collected, they will be processed and critically analyzed to draw exact conclusions. In the present study, the collected data were analyzed using paired t ratio to find the mean differences in means and ANOVA was used to test the variance among groups. The significance was set at 0.05 levels.

Results

Table No.2 Mean values of research variables between Experimental and Control groups.

| | | Kho-Kho Players | | | | | | Kabaddi Players | | | | | |
|-------|------|-----------------|------|-----------------|---------|-----------------|------|-----------------|------|-----------------|---------|-----------------|------|
| Group | | Shuttle run | | Cooper 12 m run | | Ruler drop test | | Shuttle run | | Cooper 12 m run | | Ruler drop test | |
| | | Pre | Post | Pre | Post | Pre | Post | Pre | Post | Pre | Post | Pre | Post |
| Exp. | Mean | 9.67 | 9.42 | 2529.5 | 2556.33 | 0.14 | 0.13 | 9.96 | 9.81 | 2577.33 | 2592 | 0.17 | 0.16 |
| | M.I% | 2.58% | | 1.06% | | 7.14% | | 1.50% | | 0.57% | | 5.88% | |
| Cont. | Mean | 9.98 | 10 | 2570.33 | 2568 | 0.17 | 0.17 | 9.67 | 9.68 | 2529.5 | 2527.83 | 0.14 | 0.14 |
| | M.I% | -0.20% | | -0.09% | | 0% | | -0.10% | | -0.06% | | 0% | |

Above table shows the mean and Magnitude of increase(M.I) values of motor ability variables between pre-test and post-test of plyometric training and control groups. The experimental subjects were treated with plyometric exercises for twelve weeks training and control group subjects did not treat any specific training except regular respective game activities.

After post test experimental subjects’ motor abilities efficiency increased than control group. The magnitude of increase in agility (2.58%), cardiovascular endurance (1.06%) and reaction ability (7.14%) was high in Kho-Kho players than kabaddi. however the control groups motor abilities efficiency was not improved from pre to post test results.

Table No.3 Statistical results between experimental and control group.

| Groups | Shuttle run | | F | Cooper 12 minutes run | | F | Ruler drop test | | |
|----------------------|-------------|------|--------------|-----------------------|------|--------------|-----------------|------|---------------|
| | t | sig | | t | sig | | t | sig | F |
| Kho-Kho Experimental | 11.66 | .000 | 8.89 .000 | -25.35 | .000 | .300 .825 | 8.97 | .000 | 15.13 .000 |
| Kho-Kho Control | -5.57 | .000 | | .306 | .761 | | 4.41 | .000 | |
| Kabaddi Experimental | 9.169 | .000 | | -17.71 | .000 | | 21.7 | .000 | |
| Kabaddi Control | -3.37 | .002 | | 1.62 | .115 | | 17.85 | .000 | |

Above table shows the statistical significance between pre test and post test on motor abilities between experimental and control groups. The significant difference was found between pre test and post test among kho-kho and kabaddi players in agility, cardiovascular endurance and reaction time but scholar found negative and positive results in both control groups. Statistical significance was .000, p<0.05 level. ANOVA test results showed that there was a significant difference found among groups in agility and reaction time however no significant difference was found in cardiovascular endurance.

Conclusions: the following conclusions are drawn from the present research work.

The analysis explains through statistical interpretations were:

1. Cardiovascular endurance was significantly improved in kho-kho players than kabaddi players through plyometric exercise.
2. Agility also improved in kho-kho players than kabaddi players with training.
3. Remarkable improvement in reaction ability was found in kho-kho players than kabaddi players.

Recommendations:

- 1) Same type of research may be conducted for female kho-kho and kabaddi players.
- 2) The scholar also recommended that research may be conducted

on psychological factors between kho-kho and kabaddi players.

- 3) The scholar further recommends that there is a correlation study between motor abilities and playing abilities of kho-kho and kabaddi.

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