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## Comparative study of physical fitness component between male and female kho-kho players of Haryana

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### Abstract

The purpose of the study was to compare the physical fitness components between male and female kho-kho players of Haryana. Total one hundred kho-kho players (50 each) of 17-24 years age were randomly selected from different colleges of Haryana. Only selected physical fitness components i.e. the speed and explosive strength were measured by using respective techniques and equipments. The between-group differences were assessed by using 't' test. The level of  $p \leq 0.05$  was considered significant. The study revealed that the male kho-kho players had significantly higher in speed and explosive strength ( $p < 0.05$ ) than the female kho-kho players of Haryana.

**Keywords:** Physical fitness, Male, Female, Haryana, Kho-Kho

### Introduction

Sedentary lifestyle is the most important problem for individual health growth. Low level of physical activity and sedentary lifestyle among students develop some diseases such as (cardio respiratory disease, obesity, high blood pressure and diabetes (Eirini *et al.*, 2007). Many efforts are accomplished to emphasis on physical fitness, importance, physical activity and health index. There are many research about this subject, hence there are increased prevalence of sedentary lifestyle in the population. Regular physical activity is an effective function of physiological systems, body weight preservation, and reduces the risk of diseases and an overall better quality of life.

Human life is based upon the body he keeps. All the activities of life are done with the help of body. Nature has created humans to perform various activities efficiently. Today modernization has made human life easier, as most of the work is performed by the machines. The sedentary life style of man has reduced the efficiency of humans. The less working capacity of humans has caused many problems like weakness, illness, chronic diseases, etc. In past our ancestors were quite healthy and fit. The big reason was that, they had to perform a lot of hard physical activity, like running, walking, jumping etc. The environment in past was less polluted. Moreover, they had less stresses in their life. Today it is all opposite, i.e., physical activity is less, environment is polluted, unhygienic conditions exist all around, life is full of stresses, unbalanced diet etc. All these factors have reduced the efficiency of humans. Today, we desperately require physical fitness not only to improve our abilities but also to improve our health and wellness. This will also help to develop healthy environment around us along with community health, thus nation will be benefited. By die physical fitness programmes, we can improve our fitness, wellness and health (Kundra, 2009) [5].

Physical fitness is a required element for all the activities in our society. Physical fitness of an individual is mainly dependent on lifestyle related factors such as daily physical activity levels. Physical fitness is also considered as the degree of ability to execute a physical task under various ambient conditions (Basak & Dutta., 2016) [1].

The human body is created to function well when it is in active condition. Physical fitness avoids an individual from being infected or suffers from illness; stay healthy both mentally and physically throughout their lives. In the short term, they are able to perform daily chores easily and able to prevent chronic diseases such as heart attack, high blood pressure, cancer, diabetes, and osteoporosis (Omar-face *et al.*, 2010).

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Physical fitness is one of the main factors in an athlete’s success. It has been shown that a high level of the elements of physical fitness such as cardiovascular endurance, muscular strength, endurance, flexibility and speed are useful and effective in achieving success in a different sport. Nowadays before sending to competitions, teams are given a test for the evaluation of the physical status of their members (Zarl *et al.*, 2008) [9].

According to Thomas Kirt Cureton, Jr. Said, “Above the years, I have come to look upon Physical Fitness as a trunk of a tree that supports the many branches which represent all the activities and make life worth living: intellectual life, spiritual life, occupation, love life and social activities”.

According to Charles A. Bucher and Williams, E. Prentice, Fitness for College and Life, Fitness is a broad term denoting dynamic qualities that allow a person to satisfy his or her own needs as mental and emotional stability, social consciousness and adaptability, spiritual and moral figures and organic health consistence with person heredity. Fitness is that state which characterizes the degree to which a person is able to function efficiently. Fitness is an individual matter. It implies the ability of each person to live most effectively within his potentialities.

**Statement of the problem**

The problem is entitled as “Comparative study of physical fitness components between male and female kho-kho players of Haryana.

**Objective of the study**

The following objectives were formulated

1. To compare the Speed, one of the physical fitness component, between male and female kho-kho players of Haryana.
2. To compare the Explosive strength, one of the physical fitness component, between male and female kho-kho players of Haryana.

**Delimitations of the study**

1. The study was delimited to male and female Kho-Kho players of Haryana.
2. The sample was delimited to 100 (50 each) kho-kho players.
3. Only two components of physical fitness will be measured through physical fitness tests. (Speed and Explosive strength).
4. The study was ranged from 17-24 years.

**Methodology**

Total one hundred kho-kho players (50 each) of 17-24 years age were randomly selected from different colleges of Haryana. Only selected physical fitness components i.e. the speed and explosive strength were measured by using respective techniques and equipments. The between-group differences were assessed by using ‘t’ test. The level of  $p \leq 0.05$  was considered significant.

**Result and Interpretation**

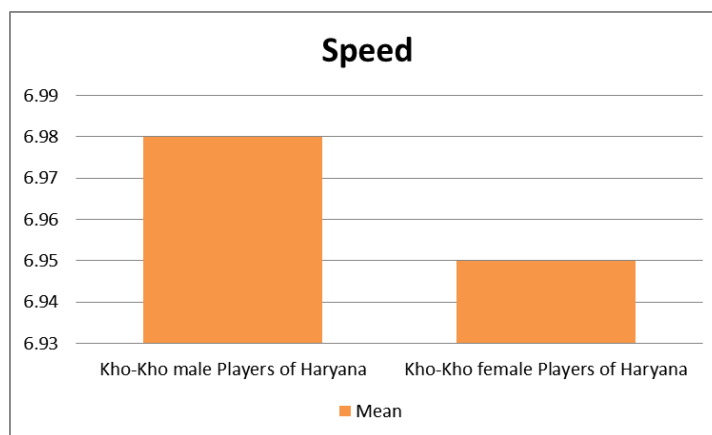
**Table 1:** Comparison of speed (50 mt. dash) between male and female kho-kho players of Haryana

Group	N	Mean	S.D	‘t’ Ratio
Kho-Kho male Players of Haryana	50	6.98	0.40	1.32
Kho-Kho female Players of Haryana	50	6.95	0.59	

Significant at 0.05 level,  $t_{0.05} = 1.96$

Table-1 explains about the comparison between male and female kho-kho players of Haryana on speed. The mean score 6.98 of the speed of male kho-kho players is higher than the mean score 6.95 of female kho-kho players which shows the non significant difference between the mean score of both the

groups. Here table value (1.32) is lesser than the calculated value (1.96). So it can be concluded that male kho-kho players were better in speed than the female kho-kho players of Haryana.



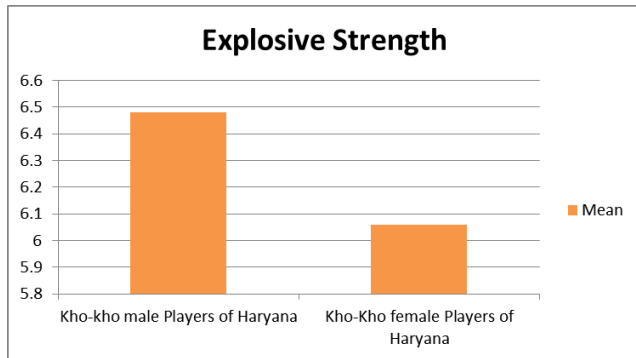
**Graph 1:** Graphical representation of speed between male and female kho-kho players of Haryana

**Table 2:** Comparison of explosive strength between male and female kho-kho players of Haryana

Group	N	Mean	S.D	‘t’ Ratio
Kho-kho male Players of Haryana	50	6.48	0.63	4.52*
Kho-Kho female Players of Haryana	50	6.06	0.27	

Significant at 0.05 level,  $t_{0.05} = 1.96$

Table-2 explains about the comparison between kho-kho male and female kho-kho players of Haryana on explosive strength. The mean score 6.48 of the explosive strength of kho-kho male players is higher than the mean score 6.06 of female kho-kho of Haryana. This shows the significant difference between the mean score of both the groups. Here table value (4.52) is greater than the calculated value (1.96). The magnitude of mean difference being higher in kho-kho male players of Haryana, so it can be concluded that they were better in explosive strength than the female kho-kho players of Haryana.



**Graph 2:** Graphical representation of explosive strength between male and female kho-kho players of Haryana

### Conclusion of the study

On the basis of the findings of the present study, the following conclusions have been drawn:

- Male kho-kho players were better in speed than the female kho-kho players of Haryana.
- Male kho-kho players were better in explosive strength than the female kho-kho players of Haryana.

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