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A comparative study on physical fitness among Kabaddi and Kho- Kho players

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Abstract

Physical fitness is a state of health, well being and more specifically, the ability to perform aspects of sports, occupations and daily activities. The purpose of the study was to find out the physical fitness among Kabaddi and Kho-Kho players of district Baramulla of Jammu and Kashmir. To achieve the purpose of the present study, 50 subjects were randomly selected from different colleges of Baramulla district of Jammu and Kashmir, in which 25 were Kabaddi and 25 were Kho-Kho players. The age of the subjects are ranging between 18 to 25 years. To measure the level of physical fitness among Kabaddi and Kho-Kho players AAHPER youth fitness test was used. The findings of the present study directs that the variable strength is significant ($p < 0.05$) among Kabaddi and Kho-Kho players and it was also found that the two variables speed and power are insignificant ($p > 0.05$) among Kabaddi and Kho-Kho players. The data was statistically analyzed by applying simple 't' test. The level of significance was fixed at 0.05. Further on conclusion it was found that the Kabaddi and Kho-Kho players significantly differ on the variable strength. However it was found that Kabaddi and Kho-Kho players show insignificant difference on the variables power and speed.

Keywords: Speed, power, strength, Kabaddi and Kho-Kho

Introduction

Physical activity and physical fitness these two are closely related with each other, although not entirely, determined by physical activity patterns over recent weeks or months. A Genetic contribution for fitness is important but probably account for less of the variation observed in fitness than is due to environmental factors, principally physical activity (Bouchard, 1994) [1]. Fitness means many things – Strength, Vigor, Capacity for work, Vitality etc, fitness is a very wide term to be viewed and to understand it in broad perspective. Fitness generally implies soundness and readiness for life, and its functions. There are many special kinds of fitness for certain behaviors (sport, exercise, play) which resulting in physical fitness referring to its specific nature and life situations. Physical fitness is the capacity to meet successfully the present and potential physical challenges of life.

Physical fitness is the body's ability to function comprehensively and perfectly in the day to day life to be healthy for the betterment of one's life and others. Life is precious and should be given the tonic of fitness. To be physically fit one should perform daily exercises and take proper diet. Physical fitness is a physiological state of well-being that provides the foundation for the tasks of daily living, the degree for the protection against chronic disease and a basis for participation in sport. In crux, physical fitness describes a set of attributes relating to how well one performs physical activity.

A sufficient level of physical fitness is necessary to carry out many jobs, to afford energy for recreational activities, and to help avoid some diseases (such as heart disease and osteoporosis). Health related physical fitness of a patient is dependent on both life style related factors such as daily physical activity levels, nutritional habits and genetic factors and an important indicator of health status (Takken, 2003) [9]. Although regular physical exercise has a positive influence on health, a high level of fitness-related health has a greater influence (Eriksson, 2001 & Myers, 2004) [4, 6]. Physical fitness is a state of well-being with low risk of pre-mature health problems and energy to participate in a variety of physical activities (Howley & Franks, 1997) [5].

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Methods

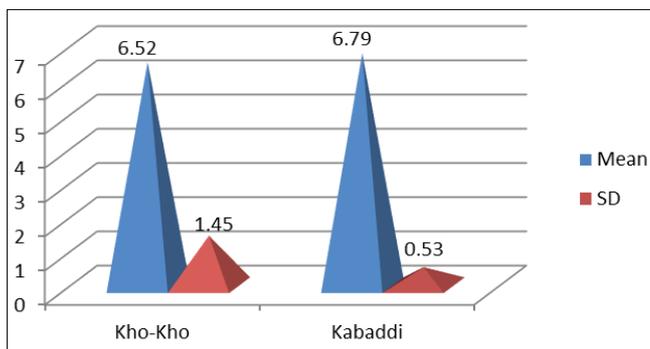
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Results

Table 1: Showing mean, SD and t- ratio of Kabaddi and Kho-Kho players on speed

Variable	Players	N	Mean	S.D	M.D	‘t’ ratio
Speed	Kho-kho	25	6.52	1.45	0.27	0.85
	Kabaddi	25	6.79	0.53		

*Significant at 0.05 level

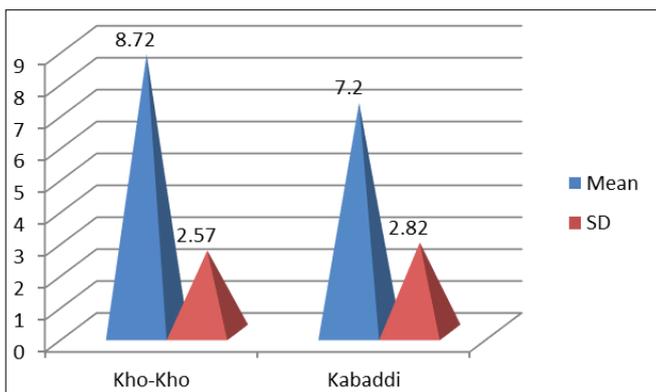


Graph 1: shows mean and SD scores of speed among Kabaddi and Kho-Kho players.

Table 2: Showing mean, SD and t- ratio of Kabaddi and Kho-Kho players on strength

Variable	Players	N	Mean	S.D	M.D	‘t’ ratio
Strength	Kho-kho	25	8.72	2.57	1.52	1.98*
	Kabaddi	25	7.20	2.82		

*Significant at 0.05 level

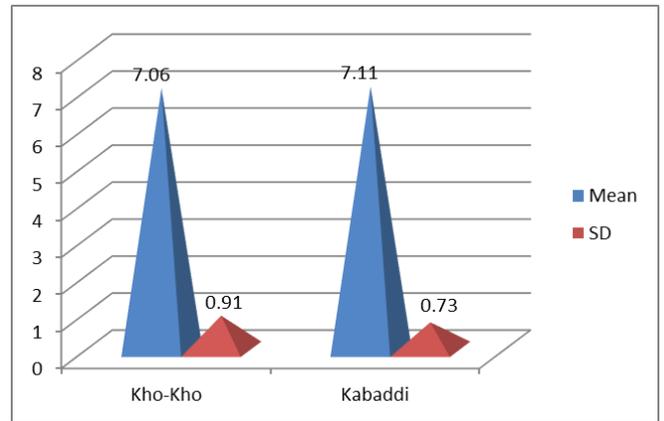


Graph 2: show mean and SD scores of strength among Kabaddi and Kho-Kho players.

Table 3: Showing mean, SD and t- ratio of Kabaddi and Kho-Kho players on power.

Variable	Players	N	Mean	S.D	M.D	‘t’ ratio
Power	Kho-kho	25	7.06	0.91	1.52	-0.20
	Kabaddi	25	7.11	0.73		

*Significant at 0.05 level



Graph 3: show mean and SD scores of power among Kabaddi and Kho-Kho players.

Discussion

Speed, strength and power are the three main variables which the researcher has made to check the difference on the physical fitness of Kho-Kho and Kabaddi players. In this study, speed and power the two variables shows the same result, but only the variable strength Kho-Kho player’s take lead against the Kabaddi players. This may be because of that the Kho-Kho players need to have strength while to perform and have to pass time while defending, and Kabaddi players are against of that. They need not to run or make such kind of defending process as we know that the Kabaddi court and Kho-Kho court are totally different another big difference between the two games is that the Kho-Kho is the game depends on the time duration. This study also support (Donald, 1973) [3] the sensible organic ingredient of physical fitness, includes muscular strength, muscular endurance, muscular flexibility, cardiovascular fitness and neuromuscular co-ordination. Kho-Kho players had better in speed in comparison with Kabaddi players and speed plays an important role in performance of the Kho-Kho players (Kumari, 2015) [7]. (Samuel, 2015) [8], analyzed that the physical fitness of Kabaddi players shows good performance than Kho-Kho players in agility and flexibility.

Conclusion

It is concluded that Kabaddi players have greater strength than kho-kho players but are same in power and speed. This study gives relevant information about the physical fitness of Kabaddi and Kho-Kho players of various colleges of district Baramulla, Kashmir region.

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