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A study on performance of Panjab university Kho Kho players (men) at national university games

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Abstract

The subject was choose entitled a study on performance of Panjab University Kho Kho players (Men) at national university games. In this study last five years (2015-2020) performance was calculated. The main objective this study is to analyze the performance of kho kho players of Panjab University at national university game. The interview and official records has been used for data collection on the subject and data have been analyzed. After that the researcher has found that the performance of kho kho players of Panjab University is satisfactory at different levels.

Keywords: Kho Kho players, national university games

Introduction

Today sports psychology has emerged as a field with a research tradition that provides a foundation for direct application with athletes. Success or failure on the field often depends on the mental factors as much as physical ones. As the role played by psychological variables in the performance and over well-being of athletes, development and social aspects of sports participation has become better understood, intervention has been designed to ably affect athlete behavior throughout their involvement in Sports and beyond.

Kho-Kho ranks as one of the most popular traditional sports in India. The origin of Kho-Kho is difficult to trace, but many historians believe, that it is a modified form of 'Run Chase', which in its simplest form involves chasing and touching a person. History of Kho-Kho in India goes back a long way, as it was first started in the state of Maharashtra. The game has been very popular in the Marathi speaking people. With its origins in Maharashtra, Kho-Kho in ancient times, was played on 'raths' or chariots, and was known as RATHERA.

Kho-Kho

The running or chasing side is decided by the toss. A team consists of 12 players in which two teams of 9 playing members play against each other alternately in four turns or quarters of 9 minute each. Chaser' team takes a sitting position in the cross lanes with opposite back in 8 squares and one player stand near the pole. Runner tram sends players for running. While other runners will wait for their turn in entry zone area. Chaser team attempts to catch the running players while passing on Kho from one player to another. Chaser player can only move in one direction without crossing the central lane. The points are awarded by the legal touch of chaser player to the running players. An additional inning shall be played in case of equal points where time is compared to make 1 player out.

Performance

Performance structure of any sport is complex in nature with a very high number of influencing variables. It is complex because some of its components are dependent and some others external; some of them can be controlled but some of them are beyond control of the athlete, some are physical and some are physiological. Kho-Kho is a game of speed, stamina, endurance, strength and skill. Dodging and controlled sprinting makes the game exciting. Kho-Kho is a game of the participants` physical fitness, strength, speed and stamina and dodging ability. As the level of performance increases the players attains high degree of physical fitness.

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Methodology

The study is entitled “A Study on Performance of Panjab University Kho Kho Players at National University Games” for this study the researcher collect the data from sports director office. Only five years (2015-2020) data was collected.

The researcher was collect the data through interview with Director Sports of same university with the help of selected questions of related to this study. After that collect the data from official record of particular office. Data was analyzed with the help of suitable process and converted in table as well as figure.

Data Analysis

Table 1: Show the performance of kho kho players at National University Games

S/N	Year	North Zone	All India/Inter Zone
1	2015-16	Participation	Nil
2	2016-17	1 st	Participation
3	2017-18	Participation	Nil
4	2018-19	3 rd	Participation
5	2019-20	Participation	Nil

According to above table showing performance data of kho kho players, as per table in session 2015-16, 2017-18 and 2019-20 the team was not achieved any position in north zone. In 2016-17 the team was achieved first position in north zone and participated in Inter zone, and in year 2018-19 team was achieved third position in north zone and participated in Inter zone It is concluded that the performance of kho kho players is not satisfactory in last five years.

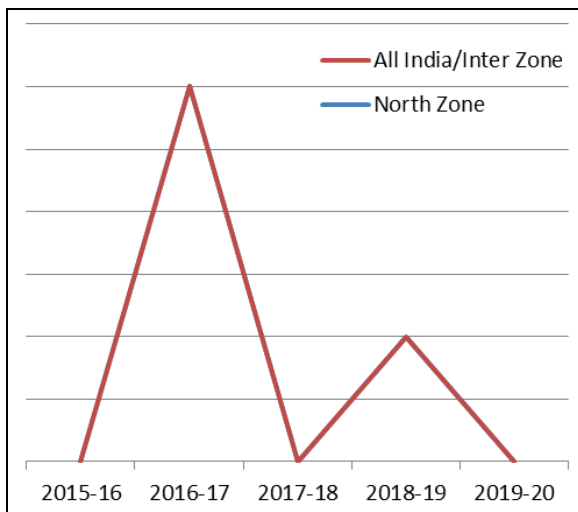


Fig1: Show the performance of kho kho players at National University Games

Summary

After the analysis of data there are more difference in performance of kho kho players in last five years (2015-20). In out of five years the team has been achieved first position in one time, third position one time and three time can participate in north zone inter university games.

According to the base of north zone inter university position, the team has been only two participate in inter zone compition and not achieved any position. So we can say that the performance of kho kho players in national university game has been not satisfactory.

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