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## A comparative study of endurance between kabaddi and kho-kho games players

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### Abstract

The present study has been designed to investigate the Endurance of kabaddi and kho-kho players. For accomplish the study total 50 players (25 kabaddi and 25 kho-kho) were randomly selected as sample. All samples were selected from the rohtak district. The age of the subjects was ranged from 16-19 years. To measure the endurance we used the 12 minute run and walk test in the study. The data was analyzed by applying 't' test in the order to determine the difference of endurance between kabaddi and kho-kho players. The level of significance was set at 0.05. A significant difference was observed between kabaddi and kho-kho players in their Endurance. We find out that kabaddi players having more endurance in comparison of kho-kho players.

**Keywords:** Endurance, kabaddi, kho-kho

### Introduction

Endurance fitness is the capacity to manage the important movement level for a particular aggressive game. It incorporates both cardiovascular and strong perseverance required for the game. Occasions or games more than 2-3 minutes change from brisk vitality (muscle glycogen) sources to an oxygen-based (high-impact) vitality source. A tolerably high to high VO<sub>2</sub> max is a basic part for achievement in high-impact occasions, and also neighborhood solid continuance. Marathon running requests an abnormal state of consistent, supported movement, as opposed to weight lifting. Most games utilize a blend of both oxygen consuming and anaerobic vitality frameworks, and quality speed-perseverance. Mentors must think about vitality necessities, muscle gatherings, congruity, and force of action, and also aptitude prerequisites, when planning preparing programs for their games.

### Objectives of the Study:

- To compare the Endurance between kabaddi and kho-kho players.

### Hypothesis of the Study

- There would be no significant difference in Endurance of kabaddi and kho-kho players.

### Research Process and Methodology

- The sample for the present study was 25-25 male players of kabaddi and kho-kho were randomly selected as sample from rohtak district.
- The age of the samples was ranged 16-19 years.

### Test Administration

12min. Run/Walk Test:

**Purpose:** To assess endurance

**Objective:** To run/walk as fast as possible for 12 minutes

**Equipment:** 400m /200m Athletics Track stop watch, track is used or another suitable running area measured so that exact distances are indicated. Distance covered in 12-minutes is then compared to the score.

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**Instructions:** This is a timed run to measure the heart and vascular system’s capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

**Procedure:** It is aerobic power test; the term “aerobics” was adopted from the term “aerobic” which refers to the type of metabolism utilizing oxygen in the production of energy for the body. The 12-minute run/walk test is used to determine the efficiency of the cardio-respiratory system.

**Scoring:** The total time taken for 12 minutes run/walk test was recorded as final score.

**Tool and Techniques**

- To measure the Endurance we used the 12 minute run and walk test in the study

**Statistical Method**

The obtained data were analyzed by applying t test in order to determine the Endurance between kabaddi and kho-kho players. The level of significance was set at 0.05. For obtaining reliable result special statistics software (spss) was used.

**Table 1:** Mean difference between kabaddi and kho-kho players in their endurance (N = total numbers of students)

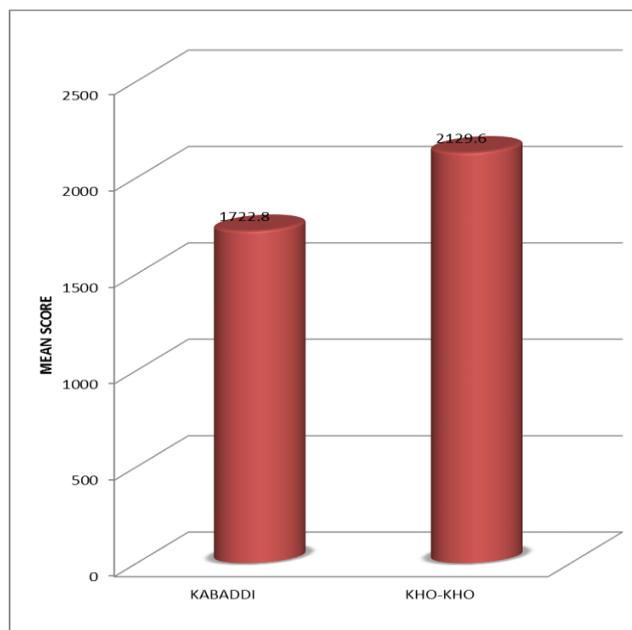
S. NO	Variables	Group	N	Mean Score	SD	MD	DF	t-value
1	KABADDI	MALE	25	1722.80	411.88	406.80	48	3.92*
2	KHO-KHO	MALE	25	2129.60	314.61			

Table value at 0.05 level 2.00 with df 48

\*Significant at 0.05 level

Table 1. Shows that ‘t’ value (3.92). The mean score of endurance between kabaddi and kho-kho players is higher than the table value 0.05. The mean score of kabaddi players

(1722.80) is lower than the kho-kho players (2129.60), which show the significant difference. It means that endurance of kabaddi players is higher than the kho-kho players.



**Fig 1:** mean difference between kabaddi and kho-kho players in their endurance

**Result**

A significant difference was observed between kabaddi and kho-kho players in their endurance. That is why hypothesis-1 “There would be no significant difference in endurance of kabaddi and kho-kho players” which was formulated earlier was rejected we observed that kabaddi players have more endurance in comparison of kho-kho players.

4. retrieved from <https://www.sports-training-adviser.com/endurancefitness.html>

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