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A comparative study of strength between kabaddi and kho-kho games players

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Abstract

The present study has been designed to investigate the standing broad jump 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 access the strength of kabaddi and kho-kho players standing broad jump test was used. The data was analyzed by applying 't' test in the order to determine the difference of strength 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 standing broad jump. We find out that kabaddi players having more strength in comparison of kho-kho players.

Keywords: SBJ, kabaddi, kho-kho

Introduction

Strength is the maximal power you can apply against a heap. Preparing to enhance muscle quality incorporates lifting weights or generally expanding the protection against which you work. Quality is one of the fundamental wellness segments, imperative for achievement in numerous games. Certain games, for example, weight lifting, wrestling and weight lifting; it is the most vital physical characteristic. In numerous different games, including group activities like rugby, great quality are additionally vital as a feature of the general wellness profile. A vote of the best games requiring quality has the undeniable game of weightlifting positioned most elevated. See likewise another rundown positioning game in which quality is vital.

Objectives of the Study

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

Hypothesis of the Study

- There would be no significant difference in strength 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

Standing Broad Jump:

Purpose: To measure Explosive power

Equipment: Measuring tape and jumping pit.

Procedure: The subject stood behind the takeoff line. He/she were asked to bend his / her backward before the execution of jump. Then he/she jumped forward by extending his/her knees and swings his/her arms forward and upward simultaneously. Measurement was taken from the heel impression closest to the takeoff line to the inner edge of the takeoff line. He/she executed take off from both the feet and jumped as ahead as possible and landed on both the feet. Three trials were permitted.

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Scoring: The score was the best of the three distances recorded in feet and inches.

Tool and Techniques

- For measuring the strength of kabaddi and kho-kho players standing broad jump test was used.

Statistical Method

The obtained data were analyzed by applying t test in order to determine the standing broad jump 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 strength (N = total numbers of students)

S. No	Variables	Group	N	Mean Score	SD	MD	DF	T-value
1	KABADDI	MALE	25	2.11	.339	.28	48	2.74*
2	KHO-KHO	MALE	25	1.83	.382			

Table value at 0.05 level 2.00 with df 48

*Significant at 0.05 level

Table 1. Shows that ‘t’ value (2.74). The mean score of strength between kabaddi and kho-kho players is higher than the table value 0.05. The mean score of kabaddi players (2.11)

is higher than the kho-kho players (1.83), which show the significant difference. It means that strength of kabaddi players is higher than the kho-kho players.

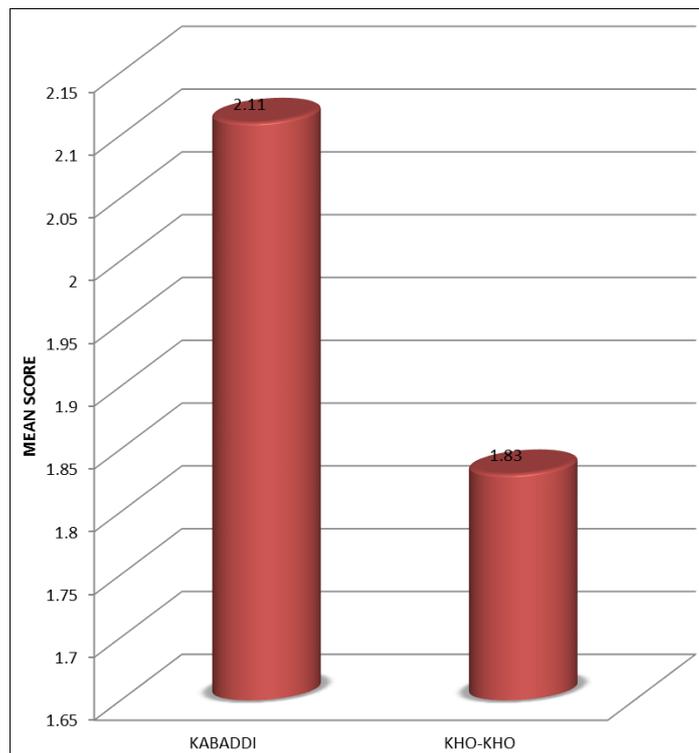


Fig 1: Mean difference between kabaddi and kho-kho players in their strength

Result

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

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