



ISSN: 2456-0057  
IJPNPE 2018; 3(2): 1239-1240  
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www.journalofsports.com  
Received: 28-05-2018  
Accepted: 29-06-2018

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## An analytical study on performance of Punjabi university Kho Kho players (men) at national University games (2015-2020)

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### Abstract

The subject was choose entitled an analytical study on performance of Punjabi University Kho Kho players (Men) at national university games (2015 -2020). In this study only five years performance was calculated. The main objective this study is to analyze the performance of kho kho players of Punjabi 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 Punjabi university is satisfactory at different levels.

**Keywords:** analytical study, Kho Kho players, national University games

### Introduction

Indian culture is the oldest culture in this world. It has gifted many things to this world. Literature, arts, sports, philosophy, scientific theories and social, political and economic thoughts spread in the world are originated from Indian culture. The game Kho Kho had its origin in Maharashtra state and slowly spread throughout the length and breadth of India and subsequently to the neighboring countries, Nepal, Bangladesh, Shri lanka and Pakistan.

Like all Indian games, it is simple, inexpensive and enjoyable. It does, however, demand physical fitness, strength, speed and stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.

This game, for many years, was played in an informal ways! In order to make the game very popular, the Deccan Gymkhana club of Poona tried to formalize the game! The first edition of the rules, of Aryapatya Kho-Kho and Hu-Tu-Tu, was published in 1935, by the newly founded Akhil Maharashtra Shareerika Shikshan Mandal. In order to suite the playing condition some amendments have been made.

### Kho-Kho

Each team consists of twelve players, but only nine players take the field. A match consists of two innings with each inning consisting of chasing and running turns of 9 minutes each. One team sits on their knees in the middle of the court, in a row, with adjacent 8 members facing opposite directions. The runners play in the field, three at a time and the team that takes the shortest time to touch all the opponents in the field, wins. There is a pole on each end and the runner can go between two players who are sitting in zig-zag manner, but the chaser is not allowed to turn back while running and go between the players. However, the chaser can go to the pole and touch it and can go back or towards the other side.

### Performance

Performance structure is the specific make up of performance in general and sports performance in specific with all the constituent factors. Performance structure of any sport is complex in nature with a very high number of influencing variables. Kho-Kho is a game of the participants` physical fitness, strength, speed and stamina and dodging ability. As the level of

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performance increases the players attains high degree of physical fitness.

Peter and Haliski (1950) supported this view that the successful participation in any game is directly related to physical fitness. Bernard (1966) reported that physical fitness improves in those who take regular physical exercises. Regular participation in games significantly contributes to higher level of performance and greater degree of physical fitness amongst the players.

**Methodology**

The study is entitled “An Analytical Study on Performance of Punjabi University Kho Kho Players at National University Games (2015-2020)” for this study the researcher collect the data from Directorate Office of Sports. Only five years data was collected.

Firstly researcher was scheduled the interview with Director Sports of same university through the 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.

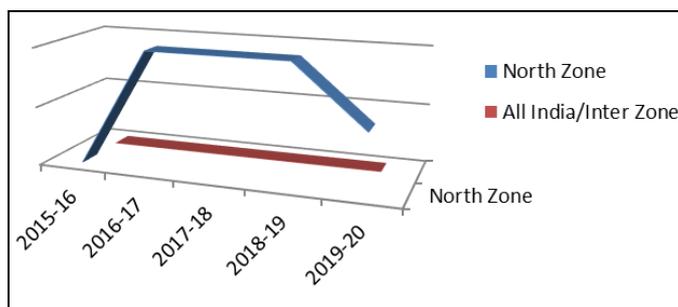
**Data Analysis**

**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	2 <sup>nd</sup>	Participation
3	2017-18	2 <sup>nd</sup>	Participation
4	2018-19	2 <sup>nd</sup>	Participation
5	2019-20	3 <sup>rd</sup>	Participation

According to above table showing performance data of kho kho players, as per table in session 2015-16, the team was not achieved any position in north zone and inter zone. In next three years the team was achieved second position in north zone and participated in Inter zone. But in session 2019-20 team gain third position in north zone and participation in inter zone.

It is concluded that the performance of kho kho players is satisfactory in last five years.



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

**Summary**

After the analysis of data there are not more difference in performance of kho kho players in last five years. In out of five years the team has been achieved second position in three time, third position one time and only one time cannot achieved any position in north zone inter university games.

According to the base of north zone inter university position, the team has been only participate in inter zone competition and not achieved any position. So we can say that the

performance of kho kho players in national university game has been satisfactory.

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