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## Comparative study on selected corporeal capability variables between kabaddi and badminton players

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### Abstract

The determination of the study is to relative the selected physical fitness variables of kabaddi and badminton players. To attain the purpose of the study 20 kabaddi and 20 badminton from Coimbatore district. Their age ranged from 20 to 25years. The subjects were randomly assigned to two equal groups. Group- I (n=20) underwent kabaddi players and Group – II (n=20) badminton players. The subsequent tests were performed to measure the physical fitness parameters: sit and reach test was used to measure the flexibility, stroke balance test was used to measure the balance. The data collected from the subjects were statistically analyzed using 't' test to find out whether significant mean difference existed at 0.05level of confidence. The result of the study was significant difference in the balance and flexibility between the kabaddi and badminton players. The flexibility level is better to the badminton players compare with the kabaddi. The balance level is better to the kabaddi players compare with the badminton players.

**Keywords:** Flexibility, balance, kabaddi and badminton players

### Introduction

#### Kabaddi

Kabaddi is a body contact game played between two teams of seven players, which call for acme of strength, speed, endurance, agility, flexibility, coordination, and balance. The players of the defensive side make effort to hold the raider individually or collectively and also escapes from being touched by him. Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponents court and touching as many defense players as possible without getting caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges into the opponent court and try to touch the opponent closest to him, while the seven opponents make maneuvers to catch the attacker. This is Kabaddi, the match of one against seven, known as the game of struggle. The players on the defensive side are called Antis while the player of the offence is called the Raider. The attack in Kabaddi is known as a Raid. On the contrary, raider attempts to touch the defensive players by extending his limbs to score a point and make effort to escape from the holds of defense players.

#### Badminton

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court. Each side may only strike the shuttlecock once before it passes over the net. Play ends once the shuttlecock has struck the floor or if a fault has been called by the umpire, service judge, or (in their absence) the opposing side. The shuttlecock is a feathered or (in informal matches) plastic projectile which flies differently from the balls used in many other sports. In particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly.

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Shuttlecocks also have a high top speed compared to the balls in other racquet sports. The flight of the shuttlecock gives the sport its distinctive nature. The game developed in British India from the earlier game of battledore and shuttlecock. European play came to be dominated by Denmark but the game has become very popular in Asia, with recent competitions dominated by China. Since 1992, badminton has been a Summer Olympic sport with four events: men's singles, women's singles, men's doubles, and women's doubles, with mixed doubles added four years later. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movements.

**Methodology**

To achieve the purpose of the study twenty (20) kabaddi players and twenty (20) badminton players were selected from Coimbatore district. The age of the subjects ranged between 20 and 25years. The following tests was performed to measure the physical fitness parameters:-To measure flexibility sit and reach test, to measure balance stroke balance test.

**Statistical Techniques**

The data was collected & statically examined to compare the physical fitness components variables of kabaddi and badminton players. The "t" ratio was calculated to find out the significance difference if any in all the cases to test significance of 0.05 level of confidence was used.

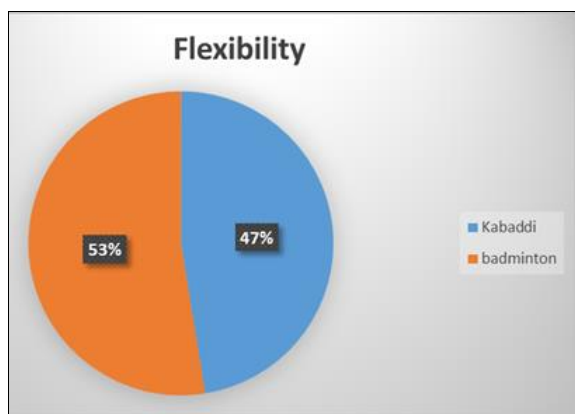
**Table 1:** Computation of 'T' ratio on flexibility between kabaddi and badminton players

Variable	Group	Mean	SD	't'
Flexibility	Kabaddi	21.5	2.42	6.057*
	Badminton	23.8	2.18	

\*Significant at 0.05 level 2.093(1, 19)

The table I reveals that the computation of 't' ratio on flexibility between kabaddi and badminton players. The mean value of kabaddi and badminton players were 23.80 and 21.50 sec respectively. The observed t value of flexibility 6.05 was greater than the table value of 2.093 for the degrees of freedom 1 and 19 at 0.05 level of confidence. Since, it was found to be statistically significant.

The result inferred that there is a significant difference over flexibility between kabaddi and badminton players.



**Fig 1:** Computation of 'T' ratio on flexibility between kabaddi and badminton players

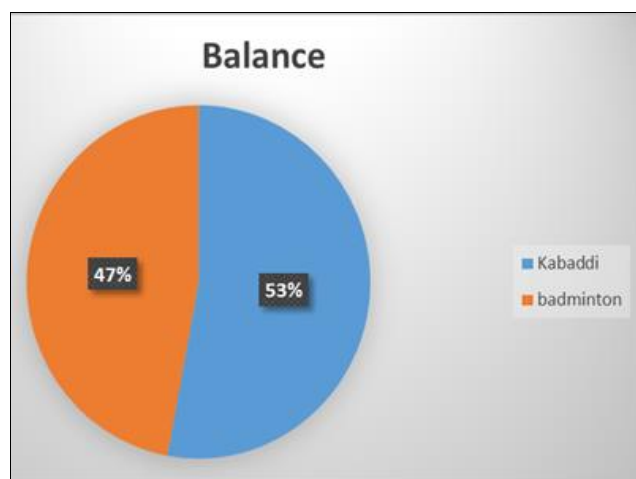
**Table 2:** Computation of 'T' ratio on balance between kabaddi and badminton players

Variable	Group	Mean	SD	't'
Balance	Kabaddi	29.01	8.78	3.86*
	Badminton	25.83	8.12	

\*Significant at 0.05 level 2.093(1, 19)

The table I reveals that the computation of 't' ratio on balance between kabaddi and badminton players. The mean value of kabaddi and badminton players were 25.83 and 29.01 sec respectively. The observed t value of balance 3.86 was greater than the table value of 2.093 for the degrees of freedom 1 and 19 at 0.05 level of confidence. Since, it was found to be statistically significant.

The result inferred that there is a significant difference over balance between kabaddi and badminton players.



**Fig 2:** Computation of 'T' ratio on balance between kabaddi and badminton players

**Discussions on findings**

The perseverance of the study was to compare the corporeal capability among kabaddi and badminton players. For the purpose of the study balance and flexibility were selected as variables. The results of the study indicated that there was a significant difference over selected physical fitness components balance and flexibility difference between kabaddi and badminton players. The findings of the present study had similarity with the findings of the investigations referred in this study.

Biswas *et al.*, (2015) [3] determine the differences, if any, between the two groups of players, the independent t-test was calculated. It is concluded from the result that no significant difference was observed between the women Kho-Kho and Kabaddi players.

Singh *et al.*, (2017) [2] Significant difference was found between badminton and basketball players in compare to explosive strength (t = 6.775, p<.05). Significant difference was found between badminton and basketball players in relation to grip strength (t = 5.567, p<.05).

The result of the present study indicates that badminton shows better performance on flexibility when compare to kabaddi players and kabaddi players shows better performance on balance when compare to badminton players.

**Conclusion**

From the results of this study, the following conclusions were drawn

1. It was concluded that there was a significant mean difference in balance between kabaddi and badminton players.
2. It was concluded that there was significant mean difference in flexibility between kabaddi and badminton players.
3. Further it was concluded that the badminton players possess better flexibility than kabaddi players.
4. Further it was concluded that the kabaddi players possess better balance than badminton players.

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