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Assessment analysis of speed among kho kho players and kabaddi players of Meerut district in Uttar Pradesh

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Abstract

The purpose of the study is to find the Speed among Kho Kho players and Kabaddi players of Meerut District in Uttar Pradesh. The Sample for the Study consists of 15 Male Kho Kho Players and 15 Male Kabaddi Players of Meerut District between the age group of 18-22 Years. To assess the speed the 50 M Run Test. Test is conducted by the Technical Officials. The results of the study shows that the Kabaddi Players are having good speed compare to Kho Kho players. It is recommended that this study is help to the coaches to prepare the condition program to improve the speed among Kho Kho and Kabaddi players.

Keywords: Explosive strength, speed, kho kho, kabaddi, players, etc.

Introduction

Kho-Kho is a traditional Indian sport, that is one of the oldest outdoor sports, dating back to ancient India. It is played by two teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (Chasing Team), and 3 extra (Defending Team) who try to avoid being touched by members of the other opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent, the other being Kabaddi. The sport is widely played across South Asia and has a strong presence in South Africa and England.

Kho-kho is a traditional Indian sport, that is one of the oldest outdoor sports, dating back to ancient India. It is played most often by school children in India and Pakistan and is a competitive game.

The origin of Kho-Kho is very difficult to trace, but many historians believe that it is a modified form of 'Tag'/'Catch', which in its simplest form involves chasing and touching a person. Originating in Maharashtra, Kho-Kho in ancient times was played on 'raths' or chariots and was known as RATHERA.

The present appearance of the game was an adoption from the time of World War I in 1914. But at that time, there were neither any dimensions of the playground nor the poles which demarcate the central line. The time factor was also missing.

The Deccan Gymkhana club of Pune, Maharashtra so named and baptized by the great Indian leader Lokmanya Tilak & Bhai Narorkar drafted the first-ever rules and regulations which symbolized the metamorphosis of the game soon to follow. This initial stage marked the limitation of the playground and yet sadly lacked the poles demarking the central line in the field. Instead, less experienced players were posted squatting at the ends of the latter and chasers ran around them to return to the midfield.

Kho kho was exhibited in Sweden and Denmark in the year 1949 but it didn't leave any effect on the spectators (foreigner). After coming back in 1949, the poles were featured in the game. Also, the 3 rounds at the beginning of the game were reduced to one round from pole to pole. In 1951, even the one round was eliminated. In the year 1955, Akhil Bharatiya Kho Kho Mandal was established and the first ever All India Kho Kho Championship was organized at Vijayawada, Andhra Pradesh in 1959-60 under the auspices of Kho Kho Federation of India. The years 1960-61 featured Women's Championship for the first time in Kohlapur, Maharashtra. Individual prizes were introduced in the year 1963. Vishwanath Mayekar won the first Man of the Tournament named "Ekalavya Award".

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The Woman of the Tournament "Rani Laxmibai Award" was claimed by Usha Anantham of Mysore.

In the year 1982, the Kho Kho Federation of India organized Men's and Women's Yearly Championship as Federation Cup. Kho Kho was featured in the Asian Games, 1982 for the first time in New Delhi. It was appreciated by Asian countries. After looking at its grand success Sports Authority of India and Ministry of Youth Affairs and Sports, Govt. of India deputed their coaches all over the country to develop the sport of Kho Kho scientifically at grass root level.

Looking back at its success, it was one of the main featured during 12th South Asian Games, 2016 held at Guwahati, Assam from 5 to 9 February 2016. It happened just because of the sincere efforts of Shri Rajeev Mehta, President, KKFI & Secretary General, IOA. The participating countries were Sri Lanka, Bangladesh, Pakistan, Nepal and host country India. This tournament was well organized under the leadership of Shri. M.S. Tyagi, Competition Director (Kho Kho). All the Asian countries appreciated and ensured of introducing the sport in their respective countries. 1st Asian Championship took place at Calcutta, West Bengal in 1996 followed by the 2nd Asian Championship in the year 2000 at Dhaka, Bangladesh. The 3rd Asian Championship was held in the month of April 2016 at Indore, Madhya Pradesh. The participating countries were Sri Lanka, Bangladesh, Pakistan, Nepal, Korea and host country India. The test series was played between India and England in January–February, 2017 at different venues in India namely Mumbai, Rajasthan and New Delhi.

In 1999, The Asian Kho Kho Federation was established during the 3rd edition of the South Asian Games. Member countries included India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives. The 1st Asian Championship was held at Kolkata in 1996 and the second championship at Dhaka, Bangladesh. India, Sri Lanka, Pakistan, Nepal, Japan, Thailand were participants of this championship.

In 2013, the Kho Kho Federation of England was formed by Brij Haldania, who had played competitively for Rajasthan before settling down in United Kingdom. With the aim of developing the game to an international level, he built relationships with M.S Tyagi (Kho-Kho Federation of India), Sudhanshu Mittal (Asian KhoKho Federation) and Rajeev Mehta (Indian Olympic Association). With the collaborative efforts of these individuals, the sport has reached new heights. In 2018, the 'International Kho-Kho Federation' was formed to govern and guide the sport of Kho-Kho globally.

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, 8 in a row, with adjacent 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 at each end of the field and the runner is allowed to go between two sitting players, but the chaser is not allowed to turn back while running or go between the players i.e., the chaser must run in the same direction unless he chooses to touch either end pole and run in the opposite direction. He may cross over to the other side when he is reversing directions by going around the pole.

- The runner or the chaser is decided by toss.
- A match consists of two innings of chasing and defending turns, which is each of 9 minutes.
- The captain of chasing side may end the turn before allotted time.
- The side that scores more wins a match.

- When a defender is out, he should enter the sitting box from the lobby.

Incomplete match for unavoidable reasons should be played in the same session with the same players and officials. The score of the completed turn should be counted. For incomplete turn, the match will start afresh. The entire match should be replayed from the beginning if the incomplete match is not played in the same session.

A Kho Kho playing field is rectangular. It is 27 by 16 metres (89 ft × 52 ft) in length. In the middle of these two rectangles, there are two wooden poles. The central lane's dimensions are 24 m × 30 cm. There are eight cross lanes which lie across the central lane, whose dimensions are 16 m × 35 cm. It makes the small rectangles and each of them are 16 m × 2.3 m (the two rectangles of near by the wooden poles are 2.55 m wide), at right angles to the central lane and divided equally into two parts of 7.85 m (25.8 ft) each by the central lane. At the end of the central lane, the free zone tangent to the post-line, two smooth wooden posts are fixed, 120 cm to 125 cm high from the ground, and their circumference is 28.25 to 31.4 cm. The equipment used in kho kho are poles/post, strings, metallic measuring tape, lime powder, wire nails, two watches, types of rings having inner circumference of 28.25 and 31.4 cm, score shots (like a whistle, for instance), and equipment to record the results. However, for unofficial games, only lime powder (or any substitute) may be used as long as the cross lanes, centre lane and field boundaries are clearly distinguished. The strings, as well as the rings, are for the sole purpose of properly demarcating the same.

Kabaddi is a contact team sport. Played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, tag out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are tagged or tackled, but are brought back in for each point scored by their team from a tag or tackle.

It is popular in the Indian subcontinent and other surrounding Asian countries. Although accounts of kabaddi appear in the histories of ancient India, the game was popularised as a competitive sport in the 20th century. It is the national sport of Bangladesh. It is the state game of the Indian states of Andhra Pradesh, Bihar, Haryana, Karnataka, Kerala, Maharashtra, Odisha, Punjab, Tamil Nadu, Telangana, and Uttar Pradesh.

There are two major disciplines of kabaddi: "Punjabi kabaddi", also referred to as "circle style", comprises traditional forms of the sport that are played on a circular field outdoors, while the "standard style", played on a rectangular court indoors, is the discipline played in major professional leagues and international competitions such as the Asian Games.

The game is known by numerous names in different parts of the Indian subcontinent, such as: kabaddi or chedugudu in Andhra Pradesh and Telangana; kabaddi in Maharashtra, Karnataka and Kerala; kabadi or ha-du-du in Bangladesh; bhavatik in Maldives, kaudi or kabaddi in the Punjab region; hu-tu-tu in Western India, hu-do-do in Eastern India; chadakudu in South India; kapardi in Nepal; and kabadi or sadugudu in Tamil Nadu.

International Events

The following competitions are played in standard format, for that of circle style kabaddi, see Punjabi Kabaddi.

Kabaddi World Cup

The Kabaddi World Cup is an outdoor international standard style kabaddi competition conducted by the International Kabaddi Federation (IKF), contested by men's and women's national teams. The competition has been previously contested in 2004, 2007 and 2016. All the tournaments have been won by India. India defeated Iran by 38–29 in the final of the championship game to clinch the title of 2016.

After the establishment of a new kabaddi organization named World Kabaddi Federation, a 2019 Kabaddi World Cup was held in April 2019 at Malacca, Malaysia. It was the largest world cup in kabaddi history, consisting of 32 men teams and 24 female teams.

Asian Games

Kabaddi was played as a demonstration event at the First Asian Games in 1951, and again in 1982, before becoming a medal event for the first time in 1990.

The Indian national team won every men's and women's Kabaddi competition in the Asian Games from 1990 through 2014. At the 2018 Asian Games, Iran became the first country other than India to win gold medals in kabaddi, with India's men's team winning bronze, and India's women's team being beaten by Iran to win silver.

Pro Kabaddi League

The Pro Kabaddi League was established in 2014. The league modeled its business upon that of the Indian Premier League of Twenty20 cricket, with a large focus on marketing, the backing of local broadcaster Star Sports, and changes to the sport's rules and its presentation to make it more suitable for a television audience. The Pro Kabaddi League quickly became a ratings success on Indian television; the 2014 season was watched by at least 435 million viewers over the course of the season, and the inaugural championship match was seen by 98.6 million viewers.

Additional rules are used in the Pro Kabaddi League to encourage scoring: when a defensive side has three or fewer players remaining, tags are worth two points instead of one. Furthermore, if a team performs two empty raids in a row, the next raider must score a point, or else they will be declared out and the opposing team will score a point.

Indo International Premier Kabaddi League

The Inaugural edition of the IIPKL was on 13 May at the Pune, India. The title for the inaugural season was won by the Bangalore Rhinos.

Super Kabaddi League

In May 2018, the Super Kabaddi League was first held in Pakistan, as part of a larger push to promote renewed interest in the sport in Pakistan.

Asian Kabaddi Championship

AKC's tenth season was played in Gorgan, Iran, in 2017 in which India won its tenth gold by defeating Pakistan in the finals.

Kabaddi Masters

The inaugural edition of the Kabaddi Masters was held in Dubai 22–30 June 2018. It was the first kabaddi tournament

to be held in the UAE. It featured 6 teams. India won the tournament by defeating Iran in the final with a score line of 44–26, with the Indian Defense outperforming the Iran Defense.

Junior World Kabaddi Championship

The inaugural Junior Kabaddi World Championship was held in Kish island, Iran, 11 –14 November 2019. It featured 13 teams. Iran won the tournament by defeating Kenya in the final, 42–22. Team India did not participate in this tournament.

European Kabaddi Championship

The first edition of European Kabaddi Championship was held in Scotland in 2019. The final match was between Poland and Holland, Poland won the tournament. Final score was Poland 47–27 Holland.

Methodology

The sample for the present study consists of 15 Male Kho Kho and 15 Male Kabaddi players of Meerut District of Uttar Pradesh between the age group of 18 to 22 Years. To assess the speed the 50 M Run Test is conducted by the Technical Officials.

50 M Run

Sprint or speed tests can be performed over varying distances, depending on the factors being tested and the relevance to the sport.

Purpose: The aim of this test is to determine acceleration and speed.

Equipment Required: Measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 70 meters.

Procedure: The test involves running a single maximum sprint over 50 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions "set" then "go". The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and the participant should be encouraged to not slow down before crossing the finish line.

Results

Two trials are allowed, and the best time is recorded to the nearest 2 decimal places. The timing starts from the first movement (if using a stopwatch) or when the timing system is triggered, and finishes when the chest crosses the finish line and/or the finishing timing gate is triggered

Results and Discussion

The results of the study shows that the Kabaddi players are good in speed compare to Kho Kho players.

Table 1: Showing Comparison of Speed among Kho Kho players and Kabaddi Players

Speed	N	Mean	Std. Deviation	t	Sig.
Kho Kho Players	15	8.64	0.702	1.39	0.174
Kabaddi Players	15	8.32	0.557		

In Table 1, the mean values of Kabaddi Players in 50 M Run is 8.32 and Kho Kho Players is 8.64. The Standard Deviation on Kabaddi Players is 0.557 and Kho Kho Players is 0.702 and t is 1.39 and significance is 0.174.

The Mean values of Kabaddi Players in 50 M Run is 8.23 and Kho Kho Players is 8.64 in 50 M Run. Hence the Kabaddi Players are having good speed compare to Kho Kho Players.

Conclusion

It is concluded that the Kabaddi Players are having good speed because they require good speed and agile to perform well.

Recommendations

Similar Studies can be conducted among females and in other Sports and games. This study is useful to the coaches to prepare the conditioning program to improve their skills in Kabaddi and Kho Kho.

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