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## A comparative study of flexibility between Kabaddi and Kho-Kho male players

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### Abstract

The purpose of this study was to compare physical fitness variable flexibility of Kabaddi and Kho-Kho Players. To fulfil the objective of the study, 15 Kabaddi and 15 Kho-Kho male players were selected as subject from Govt First Grade College bagalakot. Who have participated at university level and did not participate in any other special training or the coaching programme. The subject age ranged from 20 to 25 years. The component of physical fitness which was selected for the present study measured by sit and reach test. Measure scale was in inch. In order to analyze the data t-test was used. Investigator observed the significant different between Kabaddi and Kho-Kho players. The result shows that Kabaddi players were having more flexibility than Kho- Kho players.

**Keywords:** Kho-Kho, Kabaddi, physical fitness, flexibility

### Introduction

Fitness means the ability of an individual to live a happy and well balanced life. It involves not only physical but intellectual, emotional, social and spiritual aspects of an individual. Interaction and interdependence of these phases of a man's health are such that any deviation from normal in any aspect of these components of fitness will make a man unable to meet the demands placed on him by his work or way of life. Physical fitness is the capability of the heart, blood vessels, lungs and muscles to function an optimal efficiency (Getchell, 1965) [4].

Physical fitness is the fundamental necessity for any sporting activity. Motor qualities such as speed, strength, endurance, and flexibility along with physical fitness are essential for excellence in sports. Sports trainers and coaches are emphasizing on improving the physical fitness and motor qualities of the players, which is also known as conditioning. A good conditioning program is the backbone of the over-all training of the sportsperson.

In Kabaddi, the specific fitness is with reference to strength, speed and co-ordination. Fitness training equips the sportsperson to face the physiological and psychological challenges that come his way in his competitive sports career. Specific fitness enables the player to perform the unusual movements required by the concerned sport, which the non-sportsman does not perform in his everyday routine. Specific fitness however depends a lot on general fitness and this is the reason why the sportsperson has to give equal importance to both general as well as specific fitness, to succeed.

A sport is an indoor or outdoor activity involving physical and mental effort and skill, a game where people compete with each other according to fixed rules. It is an activity people take up during their free time, usually for fun, amusement, recreation or entertainment. It is used to be considered, a peripheral activity, a part time and an appendage to the core of life which life can do without a refuge for the escapist. But such a definition of sports has undergone a sea change in the modern days when sports have become indispensable for life to be meaningful and wholesome, both playing (sports) and watching sports. (Bucher 1964)

### Objective of the Study

The purpose of this study was to compare the selected physical fitness variable flexibility between Kho-Kho and Kabaddi male players of Govt First Grade College bagalakot.

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**Methodology**

**Selection of Subjects**

For the purpose of present study 30 university level male players (15 Kabaddi and 15 Kho –Kho players) were selected from Govt. First Grade College Bagalakot as subjects. Who did not participate in any of the special training or the coaching programme? However they were allowed to participate in their regular as per their curriculum. The subjects age between 20 and 25 years. For the study the physical fitness variable was flexibility.

**Table 1:** Details of the Subjects Distribution with regard to Kabaddi and Kho – Kho Players

Selected Variable	Game	Player
Flexibility	Kabaddi Players	15
	Kho – Kho Players	15

**Criterion Measures**

The components of physical fitness which were selected for the present study and were measured by sit and reach test. Measure scale is in inch.

**Statistical Analysis**

Single group design was used for the study. The following statistical procedures were used to analyze the obtained data. To find out whether there was any significant difference between Kho-Kho and Kabaddi players, the dependent ‘t’ ratio

was used. To test the level of significance of difference between the means 0.05 level of confidence was fixed. Numeral processing of data was evaluated using statistical programmes Microsoft Excel and SPSS 16.0.

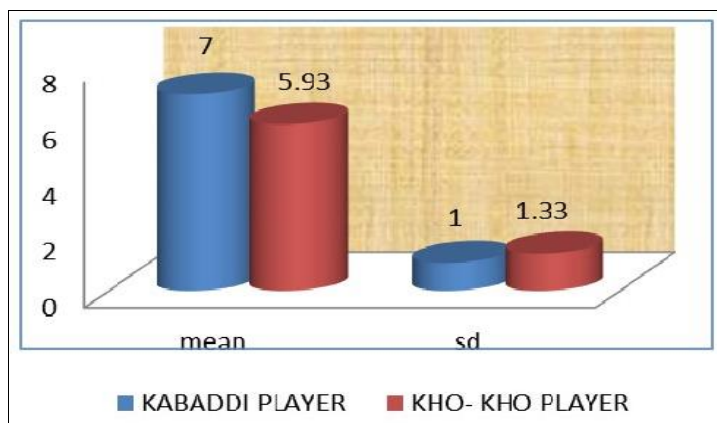
**Result and Findings of the Study**

**Table 2:** Mean, Standard deviations and ‘t’ value of Flexibility of Kabaddi and Kho- Kho intervarsity Players

Group	Number	Mean	S.D	Obtained ‘t’ Ratio	Sig.
Kabaddi Players	15	7.0000	1.0000	2.477*	.02
Kho-Kho Players	15	5.9333	1.0000		

\*Significance at 0.05 level, t (0.5) 28 = 2.048\*

Table 2: The analysis of data in Table II revealed that the mean flexibility Kabaddi and Kho-Kho male were 7.0000 and 5.9333 respectively. The standard deviation of Kabaddi players was 1.0000 and Kho-Kho players were 1.0000. The obtained ‘t’ ratio in flexibility was 2.477. The obtained ‘t’ value of 2.47+7 was greater than the required table value of 2.05 at 0.05 level of confidence with 28 degree of freedom. It was found to be statistically significant. Therefore the table reveals that t-value (2.477) for the mean scores of flexibility between Kabaddi and Kho-Kho players which is significant at 0.05 level.



**Fig I:** Bar diagram showing mean and sd. (in inch) of flexibility performance of Kabaddi and Kho-Kho male players of GGV.

**Conclusion and Discussion**

On the basis of the analysis of data the Kabaddi players were having better mean values among flexibility than Kho- Kho male players. The analysis of data revealed that two experimental group strained by flexibility training exercises, showed significant gains in Kabaddi players. The mean gain achieved by Kabaddi players was higher as compared to Kho – Kho players group. The results of the study confirm the notion that any kind of flexibility training programme, particularly improves flexibility, when administered according to the set principles of training in a progressive manner.

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