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A comparative study on motor ability of kabaddi and badminton female players of national level

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Abstract

The purpose of the current study was to determine the difference in the selected physical fitness components of Kabaddi and Badminton players. The study aimed at the tenacity of the study, the present study had a sample size of, 20 female Kabaddi and 20 female Badminton Players were selected at random basis, and the subjects were divided according to their event and level of Performance wise, namely Kabaddi Players and Badminton Players, their chronological age was 20years to 25years. To difference in the selected physical fitness components, a "Battery physical fitness tests" was used. To determine the significant difference between the two groups the Independent Sample ('t') Test was applied. Their results of the study showed that kabaddi and badminton female players were found to have the same level in physical fitness.

Keywords: kabaddi, badminton, battery physical fitness tests and national level

Introduction

Physical fitness is your capability to convey out errands without undue fatigue. Study roughly the mechanisms of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance, flexibility and body composition and why they are imperative. Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. In a nutshell, fitness is defined as the state of being physically fit and healthy. "Fitness" is a broad term that means something different to each person, but it refers to your own optimal health and overall well-being. Being fit not only means physical health, but emotional and mental health, too. Physical fitness refers to maximum functional capacity of all system of the body. We are exercising whenever we move and keeping our body tuned and in a good running order. The body of human is framed in such a way that it can jump, climb, bend, stretch and do more tedious work. The human body becomes stronger as it exerts more and muscles involvement matters a lot in shaping it. Exercise helps in improving our health and builds up our energy and stamina. Physical fitness is related to work or task. It is a good physique. It is proper functioning of physiological system. The term physical fitness has wide meaning. It is more than the possession of strength, speed, endurance. The person who remains energetic, cheerful, and enthusiastic in doing his work is said to be physically fit. It's level vary from person to person depending upon the nature of work, size, shape, structure, sex and age of an individual.

"Each sports activity demands different types and levels of different motor abilities and when a sportsman possesses that he is said to have a specific physical fitness. It is the specific fitness which makes it possible for a player to perform unusual and extraordinary movements and to do so at a very high standard of efficiency. It is also termed as performance fitness". (Singh, 1984). The physical training for players must be based on the concept of specificity of exercise. For establishing training methods, a player must give importance to specific training which optimally adopts the specific factors involved in his/her game or event. The exercise mission must be specific to the training goal. For performance excellence, in any activity, Anthropometric measurements, Physical fitness and psychological profiles of sports participants are three important factors besides technical & tactical efficiency and intellectual soundness.

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It is a well-known fact that players, of one game differ from the players of other games in their body measurement, physical fitness levels and personality traits (Carrom, 1980) The numerous studies were conducted in relationship of performance on major games like basketball, football, hockey, volleyball, cricket, Kho-Kho, gymnastics etc. Kabaddi is an indigenous game and its popularity is less than other games. So the prediction of performance related studies in the game of Kabaddi is less. Therefore, research scholars are interested to conduct this type of study.

Purpose of the study

The purpose of the current study was to determine the difference in the selected physical fitness components of Kabaddi and Badminton male players of national level.

Methodology

The purpose of the study was to determine the difference in physical fitness components of Kabaddi and Badminton players. To achieve this purpose, 20 female Kabaddi and 20 female Badminton Players were selected at random, from the total Kabaddi and Badminton Players of Karnataka, to serve

as subjects for the study. The subjects thus selected were tested in the Battery physical fitness tests. These tests measure different components of physical fitness which include flexibility, endurance, agility, coordination, explosive strength and speed. The data collected were statistically analysed to find out the level of Kabaddi and Badminton Players in each elements of physical fitness which are nearly necessary to the performance. The following tests were used to measure the different elements of physical fitness.

1. Sit and Reach test to measure the flexibility.
2. 800 mts run test measure the cardio vascular endurance.
3. 6*10 mts run test measure Agility.
4. Medicine ball throw test measure arm explosive strength
5. 30mts dash measure speed
6. Standing Broad Jump measure leg explosive strength.
7. Sit ups measure core stability.
8. Push-ups to measure dynamic strength.

Results and Discussion

Results pertaining to the mean score of the subjects in the different physical fitness elements, their ranges and standard deviations are presented in table.

Table 1: Mean and Standard Deviation of Physical Fitness Variables of Kabaddi and Badminton Female Players of National Level

Sl. no	Fitness Variables	Group	Mean Score	Std. Deviation	Std. Error Mean
1	Flexibility	Kabaddi	.59	.25	.05
		Badminton	.63	.27	.06
2	Endurance	Kabaddi	9.10	1.22	.64
		Badminton	9.15	1.30	.29
3	Agility	Kabaddi	1.13	.37	.08
		Badminton	1.22	.48	.10
4	Speed	Kabaddi	8.39	2.18	.488
		Badminton	8.62	1.82	.40
5	Explosive Strength of Upper Extremities	Kabaddi	24.05	4.24	.95
		Badminton	21.26	6.30	1.41
6	Explosive Strength of Lower Extremities	Kabaddi	1.69	.19	.05
		Badminton	1.72	.18	.04
7	Core Stability	Kabaddi	49.05	8.98	2.00
		Badminton	40.65	12.58	2.81
8	Dynamic Strength	Kabaddi	16.35	3.63	.81
		Badminton	16.00	4.71	1.05

T-Test

Table 2: Independent Samples Test for fitness of Kabaddi and Badminton Female Players of National Level.

Variables		Levene's Test for Equality of Variances		t-test for Equality of Means		df	Sig. (2-tailed)	Mean Diff.	Std. Error Diff.	95% Confidence Interval of the Difference	
		F	Sig.	t						Lower	Upper
Flexibility	Equal variances assumed	0.16	0.68	-0.47	38	0.63	-0.04	0.08	-0.21	0.12	
	Equal variances not assumed			-0.47	37.8	0.63	-0.04	0.08	-0.21	0.13	
Endurance	Equal variances assumed	4.36	0.04	-0.78	38	0.43	-0.55	0.7	-1.98	0.88	
	Equal variances not assumed			-0.78	26.6	0.44	-0.55	0.7	-0.2	0.9	
Agility	Equal variances assumed	4.06	0.05	-0.61	38	0.54	-0.08	0.14	-0.36	0.19	
	Equal variances not assumed			-0.61	35.8	0.54	-0.08	0.14	-0.36	0.19	
Speed	Equal variances assumed	0.3	0.58	-0.1	38	0.91	-0.07	0.64	-1.36	1.22	
	Equal variances not assumed			0.1	36.9	0.91	-0.07	0.64	-1.36	1.22	
ESUE	Equal variances assumed	1.77	0.19	1.63	38	0.1	2.786	1.7	-0.66	6.23	
	Equal variances not assumed			1.63	33.3	0.11	2.786	1.7	-0.67	6.24	
ESLE	Equal variances assumed	0.013	0.9	-0.37	38	0.7	-0.02	0.06	-0.14	0.1	
	Equal variances not assumed			-0.37	37.7	0.7	-0.02	0.06	-0.14	0.1	
core	Equal variances assumed	2.03	0.16	2.42	38	0.01	8.4	3.46	1.402	15.4	
	Equal variances not assumed			2.42	34.4	0.02	8.4	3.46	1.377	15.4	
dynamic	Equal variances assumed	0.84	0.36	-0.26	38	0.79	-0.35	1.33	-3.04	2.34	
	Equal variances not assumed			-0.26	35.7	0.79	-0.35	1.33	-3.05	2.35	

N=40 't' - 0.5

Table two shows that there was no significant difference found in fitness of kabaddi and badminton female players of national level

Discussion

The results of this study showed that, there was no any significant difference of physical fitness rudiments of physical fitness among Kabaddi and Badminton Players. Though this domino effect cannot be dignified as unbiased as the groove in varied physical fitness principles were not likened with a collective locus point, it can be factual. This supposition may be satisfactory on the basis that involvement in competitions assessments the muscular systems of the players Play with Power of this sort is consequently very much desirable to perform in both Games.

All physical fitness are essential, to execute the skills in both games. Accordingly, this physical fitness components are extremely mandatory to all games, the adequacy of which may cause poor depiction in playing. It may be said that the governance of altered fitness factors disagrees from both game Players depending on their ability and their target of the achievement during the period of their sports carrier.

Conclusions

On the basis of findings of study it was concluded that, fitness level of Kabaddi players was found to be equal to Badminton players. Hence, there was no any significant difference among national level Kabaddi and Badminton female Players of national level. The kabaddi players abilities like, core stability, Dynamic strength and Arm explosive strength, were shown bantam higher in quality than other variables selected for the study, and these variables are also in great demand for a better performance in Kabaddi. It was also recommended that, badminton players had tiny better than kabaddi players in explosive strength of lower extremities, Flexibility, Agility, cardio vascular endurance and speed. These abilities also the expected qualities of Kabaddi game.

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