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Analysis on psychological aspects with rules and regulations of playing Indian traditional Kho Kho game

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Abstract

The popular traditional teamwork game known as "Kho Kho" is played all over the Indian subcontinent. They fall within the tag gaming category as well. The physiological requirements, basic methods, and requirement for suppleness in order to prevent injuries are also highlighted in the essay. During the course of a match, Kho Kho players display a heartbeat rate of 160 beats per minute, with an average pace of 8.64 seconds in 50 meters. The goal of the current study was to determine how Kho-Kho performing affected physiological alterations and skill-related physical fitness. Reduction in both resting and reach their highest heart rate, which enhances. According to this study, performing Kho-kho considerably increases one's speed, agility, and explosiveness. For this reason, trainers must create a customized training plan that focuses on developing each SRPF characteristic. Furthermore, from a physiological standpoint, playing Kho-Kho significantly enhances respiratory efficiency and, consequently, endurance. It also lowers peak heart rate and increases resting as well as maximum heart rate, which enhances cardiorespiratory health.

Keywords: Kho Kho, physiological demands, heart beats, endurance, running, flexibility, agility

Introduction

The most well-liked traditional label team game in the Indian subcontinent from ancient times is called Kho Kho ^[1]. The Kho Kho playing field is made out of a rectangular court with a central channel connecting the two poles at either end of the court. Three players from the opposing (defending) side sprint around the court in an attempt to avoid getting touched, while eight members of the pursuing team sit in the central lane ^[2]. Based on the natural principle of physical development, Kho-Kho is a game. It's a very fun and exciting game where players must have a lot of endurance and stamina to play three innings at the same rate as each other. The competitors must also be skilled at evading and diving, as well as controlled sprinting. The defender's quickness, zigzag sprinting, circular running, fake halting, upper body spinning, bending, and other moves during the game provide excellent psycho-muscular coordination, particularly in the stomach and spinal regions. Perceptual motor skills must be assessed and used on the field due to the game's rapid intensity. Great skillful accomplishment when chasing, engaged, feigning, diving, pole diving as well, attacking, and covering are highly valued by the Kho-Kho. Must be necessary for players of Kho-Kho. In addition, it requires superb vision, reflexivity, rapid thinking, and intellect based on the circumstances of the activity at hand. The rhythmic motions of Kho-Kho and zigzag running continued. Footwork, abrupt slow motion, and rapid fast motion can all result in injury.

A various exercise strategy must be employed for the future growth of the Kho-Kho players, and the coach should focus on developing the players' backs, abdomens, neck muscle groups, and strength in their legs to enable running as well as attempting to chase, among other things ^[3]. The study author reviewed the literature on the relationship between various neurological fitness components and Kho-Kho players' playing skill. After reviewing, it was discovered that not enough scientific research had been undertaken in this area. In light of this, and following expert consultation, research scholars have undertaken the current study with the aim of utilizing a motor fitness variable to predict the playing skill of both male and female intercollegiate Kho-Kho players. Playing the game Kho-Kho requires a great deal of ability,

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coordination, and conditioning ^[4]. Every player throughout the game aspires to run and chase as fast as they can while using all of their skills. Players of Kho Kho must meet the following requirements for their motor ability. High levels of physical abilities are necessary for Kho-Kho players to perform well. These skills include speed, endurance, agility, power, flexibility, balance, response time, neurological coordination, explosive strength, quickness of movement, and match preparation. It is the responsibility of the coach and the game specialist to help the Kho-Kho players acquire these skills by putting the different training methods into practice. More advancements in this game these days may be seen in the areas of physical fitness, improvement in abilities, teamwork, and player standards, all of which are rising daily ^[5].

Literature review

Minaxi M. Patel (2010) Health or fitness is the state of one's body as determined by age, dimensions, weight, and chest expansions. A person who is physically fit has full physical development, vigor, vitality, and radiant health. They also do not have any defects from disease, legally binding affections, or bodily infirmities. A multisystemic reaction to an alleged threat or danger is anxiety. It is a reflection of the patient's personal history and memories, their social standing, and changes in the body's biochemistry. To the best of our knowledge, anxiety is a distinctively human emotion. While anxiety is a feeling that is universal that everyone experiences occasionally, it is challenging to define precisely due to its wide range of complex possible origins and intensities.

Lynda B. Ransdell (2009). The goals of this study are to investigate the record-level accomplishments of masters athletes in running, swimming, and cycling, given the rise in the involvement of masters athletes in sports; Describe the age- finally gender-related performance decrease that occurs in various sports among masters competitors; elucidate the physiological, social, and psychological components that impact masters level with performance; and offer some advice for the masters athlete's ongoing healthy involvement. Plotting of the world and USA records (criteria and age-group) for master's athletes in running, swimming, and cycling was done by the athlete's age and gender.

Pattanamontri C (2010). This study set out to determine psychological toughness in Thai national athletes and Thai sportsmen in order to establish norms and to create a rating and meaning conversion system for the purpose of measuring mental toughness in Thai athletes. Now, Thai national athletes, Thai athletes, Thai national male and female athletes, as well as Thai male and female athletes were the six criteria used in the construction of norms and the symbolic conversion of score by assessing one's mental toughness.

Tongterm T & Suputtitada A (2010). In an effort to accurately assess physical fitness for a growing amount of participants, advancements in assessment staff, equipment, technology, and process have been made in physical fitness exams. Physical fitness test procedures need to be expedited and made easier while maintaining safety, validity, as well as dependability in order to meet increased demand. The development of an electronic flexibility testing apparatus and

a technique for measuring individuals who flexibility were the goals objective this study.

Tongterm T & Suputtitada A (2010) A single sport that requires certain levels of physical fitness includes handball. Through education direction and player level advancement, physiological factors play a significant part in improving the skill performance level. The player possessing high efficiency might execute numerous deft and well-thought-out moves during the game. The goal of the current investigation is to establish.

Amen M. A. (2010) discovered that physiological features and other personality variables have a significant influence on shooting effectiveness. They randomly selected twenty male competitors from the 1995–1996 Archery Championship to participate in the research effort. Performance score was defined as the official individual achievement score for the championship. The following factors were measured and tested: age, standing height, entire body weight, arm and leg lengths, positive breath holding times, resting pulse along with respiratory rates, resting diastolic and systolic pressures, lean body weight and fat percentages, arm and shoulder strength, grip strength in the right and left hands, and flexibility in the shoulders and wrists.

Kho Kho Game

There is a dearth of work on the physical needs of Kho Kho. In the game Kho-Kho, players must possess sprinting, agility, and rapid movements in order to dodge and elude their opponents during running motions, which call for a variety of running tactics ^[6]. The primary fitness requirement in the game is speed because it involves pursuing another player in order to tag or touch them rather than just running. In 50 M, Kho Kho participants have an average value of 8.64 seconds ^[7]. The game requires a high level of cardiovascular endurance and stamina because the goal is to continuously chase 9 minutes at a time at different speeds ^[8]. Athletes from traditional sports performed faster aerobically overall than those from more conventional international sports ^[9]. The top Kho Kho athletes are able to quickly modify their bodies to perform different sports. An essential element of Kho Kho and many other sports is flexibility, which is a crucial aspect of bio-motor ability. Important skills in Kho-Kho include heel taps, pole dives, and other moves that are visible. Chasers must possess an extensive amount of flexibility in order to reach out and offer "Kho" to their teammates in a timely manner. Failure to do so would hinder their ability to contact and communicate with their partners. Additionally, flexibility protects them from injuries sustained during play ^[10]. The Kho-Kho game demands a great deal of physical stamina and agility. The players' heart rates were high speed, with an average of 160 beats per minute. The competition also demands quick sprints and frequent orientation changes, which significantly tax the lower body muscles of the participants ^[11]. It was discovered that kho kho players had higher diastolic pressures than it players and ground measurement for seniors depicts in Figure 1. This could be because the physical demands of the game and activity requires a higher quantity of blood and a greater diastolic pressure ^[10].

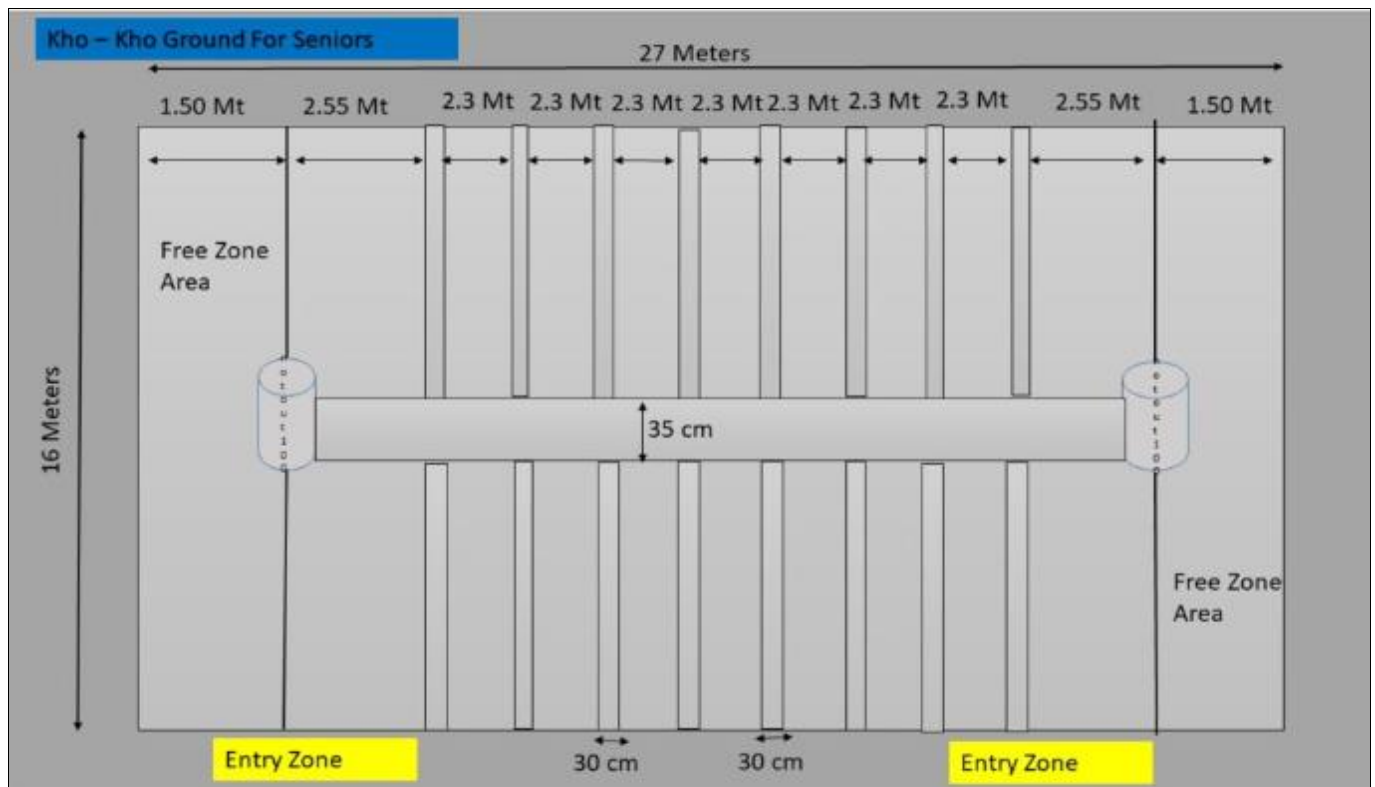


Fig 1: Kho Kho ground measurement for seniors

To determine the Runner along with Chaser, a toss will have to be held. The Chaser will be seated inside the 30 x 30 centimeter Chaser Block while the Runner are running for their lives.

Rules and Regulations

Kho Kho is a traditional Indian sport that has specific rules and regulations to ensure fair play and safety. Below are the basic rules and regulations for a standard game of Kho Kho:

- Each team consists of 12 players, but only 9 players take the field during a match.
- The game is played between two teams, and each team alternates between chasing and defending.

1. **Field:** A rectangular field is divided into two halves by a line in the center. The length of the field is 29 meters, and the width is 16 meters. There are two rectangles at the end of each half, known as the 'boxes,' where the chasers and defenders position themselves [8].
2. **Players' Positions:** Chasers: The team that chases first is called the chasing team. Chasers try to tag the members of the defending team. Defenders: The team that defends first is called the defending team. Defenders try to avoid getting tagged by the chasers [9].
3. **Chasing and Defending:** The chasing team sends out 3 players (chasers) onto the field, and the defending team positions 9 players within their half. Chasers aim to tag the defenders by running across the field. Defenders try to avoid being tagged and can only move within their half of the field. Once a defender is tagged, they leave the field, and the next defender replaces them.
4. **Tagging and Escape:** A chaser tags a defender by touching any part of their body. To avoid being tagged, defenders can use speed, agility, and teamwork to escape the chasers. If a defender crosses the center line, they are considered safe and cannot be tagged until they return to their half [10].

5. **Duration of the Game:** The game is typically played in two innings, each lasting a certain time (Usually 7 minutes per inning). Teams switch roles (chasing and defending) after the completion of an inning.
6. **Winning the Game:** The team that tags the most defenders in the given time or eliminates all the defenders wins the game. If both teams have an equal number of points, the team that finishes faster is declared the winner.
7. **Fouls:** Players must not indulge in rough play, and physical contact is limited to tagging. Players who commit fouls may be penalized.

Psychological aspects of playing Kho Kho

Psychological aspects of playing Kho Kho can explore potential psychological benefits and considerations associated with participation in this traditional sport [11]. Keep in mind that the following points are general and based on the broader principles of sports psychology:

Teamwork and Social Interaction

Kho Kho involves team play, fostering cooperation and communication among players. Team sports like Kho Kho provide opportunities for individuals to develop social skills, build relationships, and experience a sense of belonging.

Stress Reduction and Mental Well-being

Engaging in physical activity, including sports like Kho Kho, can contribute to stress reduction and improved mental well-being.

Physical exercise releases endorphins, which are known to enhance mood and reduce symptoms of anxiety and depression [10].

Enhanced Concentration and Focus

Playing Kho Kho requires quick decision-making, agility, and

strategic thinking, contributing to improved concentration and focus.

Athletes learn to stay focused on the game, anticipate opponents' moves, and react swiftly.

Goal Setting and Achievement

Participation in Kho Kho involves setting team and individual goals, fostering a sense of purpose and motivation^[9].

Achieving goals in sports can contribute to increased self-esteem and a sense of accomplishment.

Emotional Regulation

In the competitive environment of Kho Kho, players learn to manage emotions such as frustration, disappointment, and excitement.

Sports provide a platform for individuals to practice emotional regulation and resilience.

Self-Discipline and Time Management

Regular practice and participation in Kho Kho require commitment, contributing to the development of self-discipline and time management skills.

Athletes learn to balance sports activities with other life responsibilities^[8].

Cognitive Skills and Decision Making

Kho Kho involves rapid decision-making, strategic planning, and quick responses to opponents' actions, enhancing cognitive skills.

Players develop the ability to analyze situations on the field and make effective decisions.

Sense of Identity and Purpose

Involvement in sports, including Kho Kho, can contribute to the development of a positive sense of identity and purpose.

Athletes often derive a sense of pride and accomplishment from their participation and achievements in sports.

While these points provide a general overview, more in-depth research specific to the psychological aspects of playing Kho Kho would offer a more comprehensive understanding of the topic. It's recommended to explore academic journals, sports psychology literature, or consult experts in the field for more detailed insights.

Conclusion

The current study concludes that playing Kho-Kho considerably improves speed, agility, especially explosive strength. As a result, coaches must create a customized training program that focuses on the development of the relevant SRPF components. In light of the above mentioned characteristics, it might also be a crucial factor in the player selection process. Furthermore, from a physiological point of view, playing Kho Kho significantly enhances respiratory efficiency and, consequently, persistence. It also lowers maximum heart rate and decreases resting heart rate, which enhances aerobic capacity. In conclusion, playing Kho Kho goes beyond physical fitness and skill development; it provides a holistic experience that positively influences various aspects of psychological well-being. As individuals engage in this traditional sport, they not only contribute to their physical health but also nurture essential life skills and a positive mindset.

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