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**Dr. S Jeyaganesh**

Assistant Professor, Dr. Sivanthi  
Aditanar College of Physical  
Education, Tiruchendur,  
Tamil Nadu, India

**S Ganesh**

Assistant Professor, Dr. Sivanthi  
Aditanar College of Physical  
Education, Tiruchendur,  
Tamil Nadu, India

## Comparative analysis of selected skill related physical fitness variables between kabaddi and kho-kho players

**Dr. S Jeyaganesh and S Ganesh**

### Abstract

The aim of the present study was to compare the skill related physical fitness variables of Kabaddi and Kho-Kho players. This study was delimited only sixty male inter collegiate players. This study was confined to thirty male subjects from each Kabaddi and Kho- Kho players. The kabaddi and kho-kho players from Kamaraj College, Thoothukudi, Aditanar Arts and Science College, Tiruchendur, V.O.C College, Thoothukudi and KGS Arts and Science College, Srivaikuntam were selected subjects. The age of the subjects ranged from 18 to 25 years. Kabaddi players 30 were selected Kho -Kho players 30 were selected Total subjects 60. To find out the difference in the skill related physical fitness variables compare Kabaddi and kho-kho players their agility, explosive power measurements were computed using standardized tools and equipment. For the statistical analysis T-test was used employed. The level of significance was set to 0.05.

**Results:** The results of the study mean value significant difference compare higher than kho-kho players on agility. The results of the study significant difference compare higher than kabaddi players on explosive power.

**Keywords:** Skill related physical fitness, kho-kho, kabaddi

### Introduction

The world of games and sports has crossed many milestones, as a result of different achievements in general and their application in the field of sports in particular. Scientific investigation into performance of sportsman has been playing an increasingly importance role to attain excellence of performance in different sports. The game demands agility, muscular coordination, breath holding capacity, quick responses and a great deal of presence of mind. Kabaddi was probably invented to develop defensive responses by an individual against group attacks and a group's responses to an individual attack. Kabaddi believes in the maximum of a strong mind in a strong body. This inexpensive game should be given the maximum encouragement since it is well suited for developing countries to realize the underlying spirit of sports, which is health for all.

Sport is a worldwide phenomenon today. In no period of the world history sports was so popular organized and important as today. Every country in the Universe has its own tradition, life style, food habit, language behaviour costumes art and culture. Each country differs from the other field of games is not on exception to this. Each country has its own national game and it will be an asset of the country. If we think of a thrilling sport which is a vigorous and fastest a healthy competitive spirit among the children and youths. In our country there are many national games including Kho Kho. Based on national principles of physical development. The game Kho Kho strikes to the mind first. It is purely an Indian game.

Agility is correlated with balance in sport. Sports are not linear, but rather require the ability to move in multiple directions and for a short distance. Athletes need agility to increase their speed of movement, manage injuries, improve, athleticism and to provide a long term performance enhancement effect.

The ability to expend energy in one explosive act or in a series of strong, sudden movements as in jumping, or projecting some object, as far as possible. The optimal combination of speed and strength to produce movement is to be explosive power. Explosive Power is an essential component for successful performance in many sports.

**Corresponding Author:**

**Dr. S Jeyaganesh**

Assistant Professor, Dr. Sivanthi  
Aditanar College of Physical  
Education, Tiruchendur,  
Tamil Nadu, India

Explosive power represents the amount of work a muscle can produce per unit of time an increased in power gives the athlete the possibility of improved performance in sports in which the improvement of the speed. Strength relationship in sought, explosive power, the ability to perform an explosive movement in the shortest time possible, result from the integration of maximum strength and speed.

### Methodology

This study was delimited only sixty male inter collegiate players. This study was confined to thirty male subjects from each Kabaddi and Kho Kho players. The kabaddi and kho-kho players from Kamaraj College, Thoothukudi, Aditanar Arts and Science College, Tiruchendur, V.O.C College, Thoothukudi and KGS Arts and Science College, Srivaikuntam were selected subjects. The age of the subjects ranged from 18 to 25 years. kabaddi players 30 were selected Kho -Kho players 30 were selected Total subjects 60. The selected skill related fitness variables namely agility, explosive power, and were selected as dependent variables. Shuttle run test was conducted agility, Sargent jump test was conducted explosive power.

### Result and Discussion

**Table 1:** Independent 't' test for kabaddi and kho-kho players on agility

Group	Number	Mean	Standard Deviation	't' – Value
Kabaddi	30	25.36	1.68	11.09*
Kho-Kho	30	29.18	0.84	

\*Significant at 0.05 level

Table 1 shows the mean values obtained for kabaddi and kho-kho players are 25.36 and 29.18 respectively and the 't' test value between the means is 11.09. Since the obtained't' test value of 11.09 is greater than the table value of 2.001 with df 58 at 0.05 level of confidence, it was concluded that the kabaddi and kho-kho players had significant difference on agility.

**Table 2:** Independent 't' test for kabaddi and kho-kho players on explosive power

Group	Number	Mean	Standard Deviation	't' – Value
Kabaddi	30	45.16	2.56	18.76*
Kho-Kho	30	32.37	2.72	

\*Significant at 0.05 level

Table 2 shows the mean values obtained for kabaddi and kho-kho players are 45.16 and 32.37 respectively and the't' test value between the means is 18.76. Since the obtained't' test value of 18.76 is greater than the table value of 2.001 with df 58 at 0.05 level of confidence, it was concluded that the kabaddi and kho-kho players had significant difference on explosive power.

### Discussion and findings

At the beginning of the study the investigator had formulated the first hypothesis that there may be significant difference on agility between kabaddi and kho-kho players. The findings of the study showed similar results. So the researcher's first hypothesis was accepted.

In the second hypothesis the investigator formulated that there may be significant difference on explosive power between kabaddi and kho-kho players. The findings of the study showed similar results. So the researcher's second hypothesis

was accepted.

### Conclusions

The following conclusions were drawn based on the findings of the study.

1. There was a significant difference between kabaddi and kho-kho players on agility.
2. There was a significant difference between kabaddi and kho-kho players on explosive power.

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