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**A REPORT ON THE LEVEL OF STRENGTH OF KHO KHO  
PLAYERS PRIOR TO THE FOUR WEEKS PRACTICE OF YOGIC  
ASANA AND PRANAYAMA**

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**ABSTRACT**

Modern Life style effects negatively to the health of the human being. The percentage of physical activities is deteriorating and leading to the health issues such as obesity, respiratory problem, and other serious health issues. The current approach towards life, restrict the bodily activities, especially in the case of people living in the urban area, an increase in cardiovascular illness, disease of the intestines, an increase in body mass, an increase in body fat and the towering of obesity is one of the most severe health risk issue. The intent of the current investigation was to assess strength of state level Kho Kho players under the age group of 19 to 23 years. The strength was calculated by pushups per minute and the results were recorded. The selected tests were administered to the subjects. On the basis of the results and within the limitations of the study it was concluded that most of the player's participation in physical activities is very less.

Key words: Height, Healthy, pushup, Kho Kho players, obesity.

**INTRODUCTION**

Modern life styles adversely affect health of human beings. One who is not anxious in physical work out has weakening physical capability, causing severe threat to personal health. Individual is very important to lead happy life in the society. Physical Movement and Physical activity is most important thing for individual to grow, develop and improve health. Negative life style habits are the serious obstacles to the individual Health.

Health related Physical fitness is used as a way to measure Individuals fitness. Health related physical fitness can be useful in maintaining physical fitness in day to day life. There are five components of health related fitness, Cardiovascular Endurance which is the fuel for the spontaneous physical activity which delivers oxygen to the blood to perform any activity without undue fatigue, Muscular Endurance the force exerted by the muscle for a period of time. It postpones the outburst of fatigue and the activity may be prolonged for a longer period, Body Composition is the fat per centage in bones and body mass, Muscular Strength is the activity that produces high force or insanities for short intervals which exert or resist force and Flexibility extends between specified sequences of joints that have movement.

The current approach towards life, restrict the bodily activities, especially in the case of people living in the urban area, an increase in cardiovascular illness, disease of the intestines, an increase in body mass, an increase in body fat and the towering of obesity is one of the most severe health risk issue.

An activity that produces muscular movement, especially with the help of skeletal muscles and the muscle requires energy in forms of nutrition's. The leading risk in these generations is physical inactivity which leads to 6% of death globally. 30% of health burden due to heart related diseases and 27% because of Diabetes. Individual who are not occupied in leisure time work outs have diminishing bodily abilities, reasoning grave consequence to their physical condition and the quality of life.

There is plentiful aspect for the extreme decrease of bodily potential in recent society. In the new method life exists: sitting in a car, at work, in front of the TV or a computer. The results of studies throughout the world show that about 80% of the population is insufficiently physically active.

According to the World Health Organization (WHO, 2000) statistics, there are about 1.6 billion obese adults with a body accumulation indicator above  $25 \text{ kg/m}^2$ . At least 400 million of them are overweight, with a BMI above  $30 \text{ kg/m}^2$ . Body fat proportion, as well as BMI, is among the factors accountable for the reduced bodily health, as confirmed by examiners who have examined on young populations.

Physical activities should be the part of an active lifestyle of Individual. Physical activities are misunderstood as physical exercises but it includes routine activities such as exercise, playing, working, sitting, sleeping and other physical movements.

## **OBJECTIVE OF THE STUDY**

The purpose of the in progress investigation was to assess the strength of male Kho Kho players, age group between 19 to 23 years.

## **METHODOLOGY**

The recent scrutiny was to assess the strength of male kho kho players are recorded, a push up will start with the hands and toes of the leg touching the floor, leg and body will be in straight line, both the arms spreads to the shoulder width extension and at the ninety degree angle of the body. Subjects should keep themselves straight in terms of their back

and the knees should be straight, the participants should lower their body to the point where they have to reach until the elbow coming to the angle of ninety degree. And in the same position the subject should return to the same position where they have started with arms straight and extended. Repeat the same action until the stop signal or until the exhaustion. For every single push up the score will be recorded.

## FINDINGS

The selected tests were administered to the subjects and were made known and the subjects were informed to assemble in ground. The investigator herself explained the objectives of the study briefly. Written consent was taken from school authority in order to ascertain their voluntary willingness to participate in the experiment.

Table 1 Provides information on strength status of male Kho Kho players as observed available population matched norms in the present investigation.

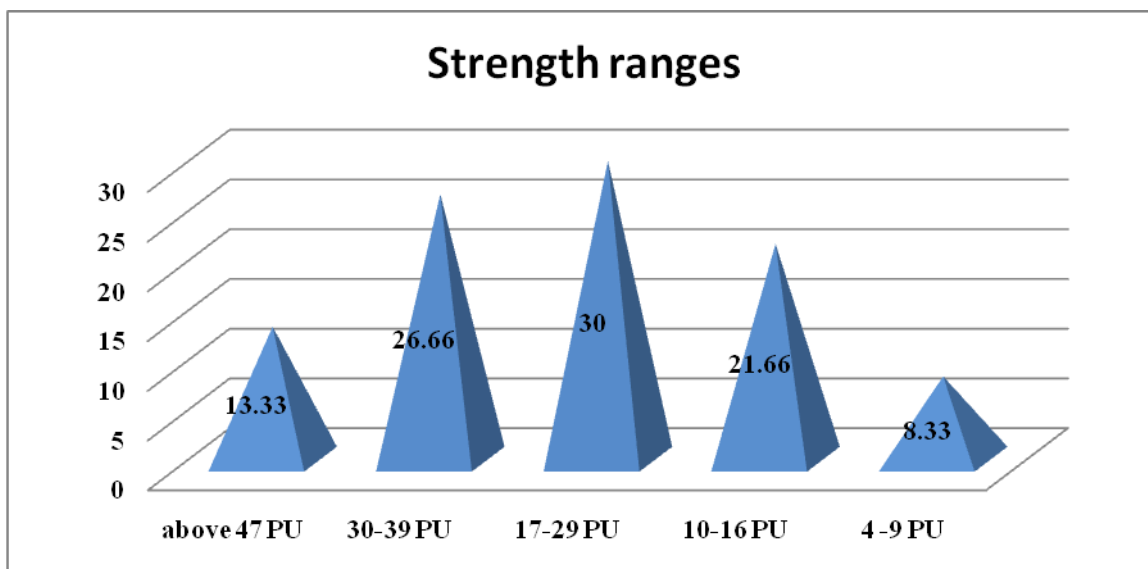
**Table 1 Norms based expression of strength of male kho kho players**

<b>Strength ranges</b> <b>Push ups</b>	<b>Number of subjects</b>	<b>Percentage</b>	<b>Normative category</b>
Above 47	08	13.33	Excellent
39 to 47	16	26.66	Good
30 to 39	18	30	Above average
17 to 29	13	21.66	Average
10 to 16	05	8.33	Below average
4 to 9	00	00	Poor
Below 4	00	00	Very Poor

From table 1 it becomes clear that 13.33% of the Kho Kho players are 'Excellent' in strength; 26.66 % Kho Kho players are 'Good' in strength; and 30% of the Kho Kho players are 'Above average'. 21.66% Kho Kho players are 'Average' and 8.33 % Kho Kho players are 'below average'. On the basis of the results and within the limitations of the study it was concluded that most of the player's participation in physical activities is very less. The above results are graphically displayed in figure 2.

**Figure 2 Graphical illustration of norms based classification of Kho Kho Players on strength**

**(PU- Pushups)**



### **DISCUSSION ON FINDINGS**

The above figure it was understood that 13.33% of the Kho-Kho players are 'Excellent' in strength; 26.66 % Kho-Kho players are 'Good' in strength; and 30% of the Kho-Kho players are 'Above average'. 21.66% Kho-Kho players are 'Average' and 8.33 % Kho-Kho players are 'below average'. On the basis of the results and within the limitations of the study it was concluded that most of the player's participation in physical activities is very less, and practice of strengthening exercises are mostly very less.

### **CONCLUSION**

On the basis of the results and within the limitations of the study it was concluded that most of the player's participation in physical activities is very less. The players have less consciousness regarding to the muscular strength and its effect. A food habit of the players is hasty. They prefer more junk food and fast food. Intake of nutritious food is uncared for by the players these days. Leisure time activity has been converted to static video game.

The commitment concerning to physical activity time is the slightest. Involvement in social networking like facebook, twitter, instagram, and whats app is added to the maximum level. Morning exercise and routine activity is ignored by the players. Insecurity about future whether they suit to the present job oriented environment, anxiety related to career enhancement is the problem pertaining to the health of the players.

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A Monthly Double-Blind Peer Reviewed Refereed Open Access International e-Journal - Included in the International Serial Directories.

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