



A Relative Investigation on Chosen Set of Motor Fitness between Inter-university and Inter-college Male Kabaddi Players

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Abstract

Kabaddi is our indigenous sport which requires some special techniques, tactics, endurance strength Flexibility, Agility and other physical components the primary target of this study was to think about or investigate the selected motor fitness component i.e. Speed, flexibility, agility and strength of kabaddi men players. Methodology: In order to achieve the purpose of the study, and data was collected from 30 students (N=30) men inter-university and inter-college kabaddi players between the age group of 18 to 25 years from Guru Nanak college batala. The subjects were assigned in to two groups. Group A-inter-university (N1=15) and group B-Inter- college (N2=15). Three tests were administered and needed trials were given to establish the reliability. (1) 30 meter dash for speed, (2) standing broad jump for strength, (3) sit and reach for flexibility and (4) T- test for agility The level of significance for present study was 0.05, results also show that there is a significance difference between inter-university and inter-college kabaddi of Guru Nanak college batala, moreover results also show that inter-university and inter-college players had almost same flexibility.

Key words: Kabaddi, Motor fitness,inter-college, inter-university, strength, flexibility, speed.

Introduction

The Word 'Game' comes from the old French word called Desport which signifies "Recreation", to amuse oneself; yet this word has changed its implication with the progressing time. Presently sports are not generally accepted to be drilled uniquely in relaxation time. Today they are one of the significant boundaries to pass judgment on a nation's turn of events and development and are quick becoming incredible profession choices for the people in the future. (G, 2018)There is a need of a

constant attempt to achieve higher standard of performance in the sports. Technology has covered every aspect of human life. Now sports activities have also become highly scientific. In order to give the best possible performance at any of the competitions the assistance of scientific disciplines is sought. Induction of the basic principles of science, physical education and sports has become a subject of scientific research (Singh, 2019)

Kabaddi is basically a team combative sports," Kabaddi" is an exhausting open air game famous in the Indian subcontinent. It needs a little playing region, 14 players (7 on each side) partake at a time and need no gear at all. The field region required for this game is 13 m x 10 m for grown-up men; nonetheless, for ladies and youngsters, a more modest region is indicated. The field region is partitioned into equivalent parts (every one of 6.5 m x 10 m), one for the plunderers and one more for the safeguards. The plunderer takes the most extreme conceivable breath and afterward moves to the opposite side of the field, expressing a ceaseless word "Kabaddi" with no further inspiration, to attempt to contact one of the safeguarding players. The protectors or defender attempt to hold the raider inside their area furthermore raider tries to force his way back to his own side without discontinuing the chant. If the raider is able to come back to his area after touching a defender a point is credited to his group and the person touched is put out of the game. In actuality, the safeguarding bunch gets a point on the off chance that they can hold the raider who then has to drop out. Assuming a player is put out from one side, a player who had before been disposed of from the contrary gathering then re-joins his own side. An individual from each gathering on the other hand strikes the contrary side. These interactions go on until a group prevails to put out the whole other group. (Gupta & PANDA, 1982)

Purpose of the Study

The main objective of this study was to compare the explosive power, speed, agility and flexibility of kabaddi men players.

Statistical Technique

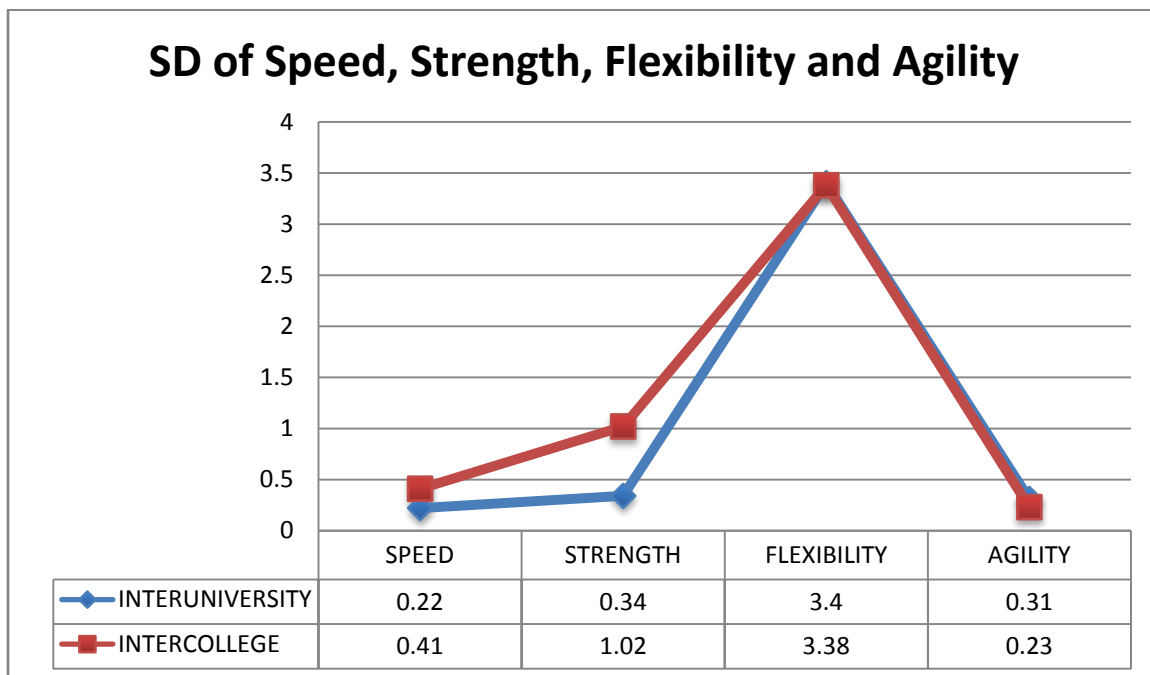
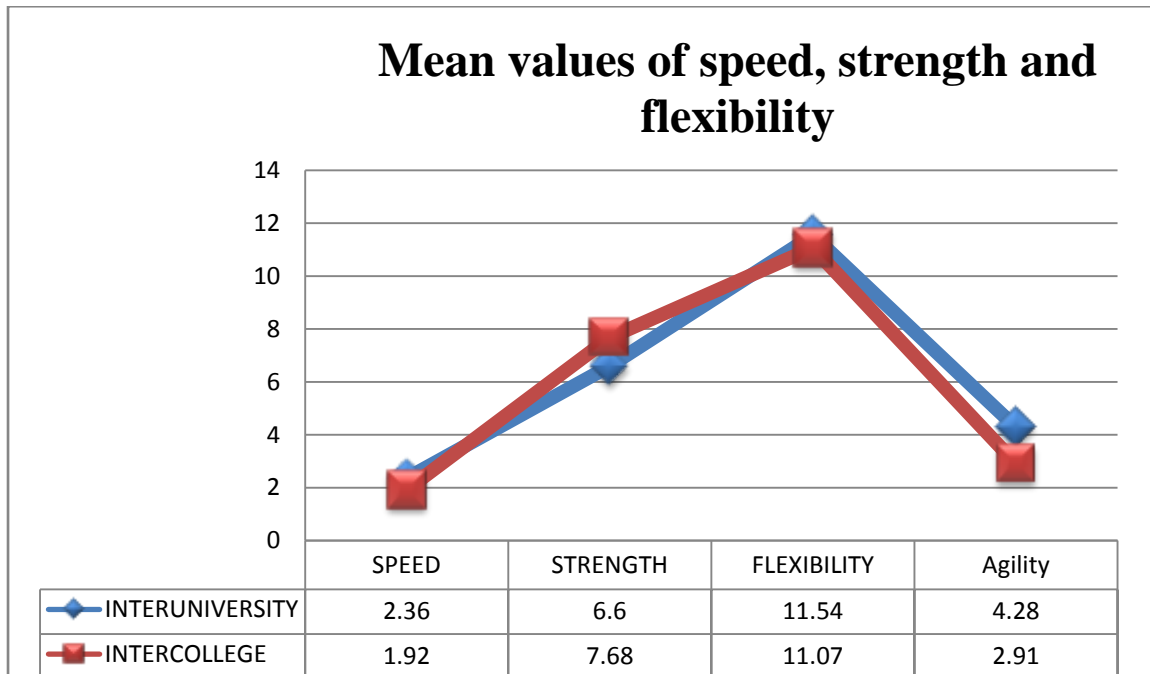
The collected data was analysed by using statistical technique with the help of SPSS 22 version.

MATERIAL AND METHOD

The purpose of this study was to compare the selected motor fitness components of inter-university and intercollege-male kabaddi players. The subjects were thirty male players. The age ranging between 18-26 years. The subjects were divided into two groups one group had participated in inter-university championship named as Group-A (N-15) and other had participated in inter-college only named as Group-B (N-15). Three tests were administrated and needed trails were given to establish the reliability. The tests i.e. (1) 30 meter dash for the assessment of speed,(2) Standing Broad Jump for the assessment of strength and (3) Sit and reach test for the assessment of flexibility. (4)T test for assessment of agility the mean, standard deviation and interdependent student' were used as statistical tools. The data collected on all the test were taken statistically analysed using 't' ratio at 0.05 level of confidence. The data was analyzed with the help of IBM SPSS statically software version 22.

MAJOR FINDING

The tests were selected keeping in mind the administrative feasibility, availability and suitability with regard to the subjects to be employed for this study. The mean and standard deviation of inter-university group and inter-college group in selected motor fitness components are given.



Speed

The Mean and SD values of inter-university the sub-variable speed as 2.26 and 0.22 respectively. However inter-college had Mean and SD values as 1.92 and 0.41 respectively. The (t) value 2.96* as shown in the graph above was found statistically significant, but while comparing the mean values of

both the groups it has been observed that inter-university kabaddi men players have demonstrate better Speed then the inter-college kabaddi men players

Strength

The Mean and SD values of inter-university the sub –variable Strength as 6.60 and 0.34 respectively. However inter-college had Mean and SD values as 7.68 an1.02respectively. The (t) value 3.89*

Flexibility

The Mean and SD values of inter-university the sub-variable flexibility as 11.54 and 3.40 respectively. However inter-college had Mean and SD values as 11.07 and 3.38respectively. The (t) value 0.376

Agility

The Mean and SD values of inter-university the sub –variable Agility as 4.28 and 0.31 respectively. However inter-college had Mean and SD values as 2.91 and 0.23respectively. The (t) value 2.92*.

Conclusion

The results show that there is a significant difference in speed, strength and agility between inter-university and inter-college players of Guru Nanak college batala male kabaddi players, it was found that inter-university kabaddi players were more physical fit than inter-college kabaddi players but both groups have almost same flexibility.

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