



A STUDY ON PHYSIOLOGICAL CHARACTERISTICS OF KABADDI PLAYERS

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ABSTRACT

Group cohesion is a dynamic process where a group tends to remain together and united in the pursuit of its goal. Cohesion is the total field of forces which act on members to remain in a particular group. People will usually refer to their team as cohesive if the members get along, are loyal and are united in the pursuit of its goals. There are many group dynamics that take place within a sporting team. One of the most important is cohesion. To establish cohesion, everyone needs to be on the same page when it comes to team goals. If everyone is striving towards the same thing this will help cohesion develop. Productivity must be established by setting challenging and specific goals. The traditional method for measuring cohesion is using straightforward questionnaires. On the other hand, more recent tools like the group environment questionnaire consider the multifaceted nature of group cohesion. There can be no hidden agendas by any of the members, their goals must coincide with team goals. What's good for the team has to be good for the individual and vice versa. The study had a clear purpose to investigate the level of inter university and national level style Kabaddi players.

KEYWORDS:dynamic, Group cohesion, Productivity, environment, multifaceted, nature, straightforward

INTRODUCTION

Kabaddi is a game that is played rapidly, with competitors having to move and think very fast. While playing the game you will have very little time to examine the scenario and the fact that you are not authorised to take a breath means that you will have to react rapidly. Over time, you will find yourself more becoming more faster in terms of your physical and mental abilities even outside the game, with quick reflexes and the capacity to immediately assess the pros and downsides of a circumstance and make snap judgments. In addition to all these health benefits, kabaddi is an easy and economical exercise to take up. Unlike other sports like cricket, football, tennis, squash, badminton or table tennis, which tend to require both equipment and space, kabaddi does not need either. All you need is a few mates, a green field and a little bit of extra time a few times a week.

Kabaddi is a contact sport that originated in Ancient India, practised by hundreds of people in cities and villages. The word Kabaddi is originated from a Tamil phrase Kai - pidi, literally meaning "(let's) Hold Hands", which is surely the main aspect of play. It is the state game of Tamil Nadu, Punjab and Andhra Pradesh in India. In Kabaddi, the specific fitness is necessary with reference to strength, speed and agility, which help the athlete to face the physiological and psychological challenges that come his way in his professional sports career.

Kabaddi involves great physical stamina, aerobic fitness, anaerobic fitness, dynamic balance, agility, individual competence, neuromuscular coordination, lung capacity, rapid reflexes, cognition and presence of mind on the part of both attackers and defenders. Kabaddi needs a small playing surface, 14 players (seven on each side) take part and no equipment is essential. The dimensions of the playing field are 12.5 x 10m (for adults) separated by a mid-line into two equal halves (each 6.25 x 10 m) (each 6.25 x 10 m) (each 6.25 x 10 m). The game is managed by a referee, two umpires and a scorer.

The team winning the toss has the option of sending its raiders first, or selecting a predetermined side. Without any further inspiration or motivation, a raider walks across the field and chants "Kabaddi" in an effort to touch a defensive player on the other side of the field. The defenders are trying to keep the raider in their zone while the raider is trying to go back to his own side without stopping the chant. After touching a defender, the raider must return to his area to earn a point for his team. The player who was touched is then eliminated from the game.

Like wrestling and rugby, kabaddi involves a great deal of physical contact between players. In addition to these features, it makes use of a number of football-inspired methods, such as kicking. In Kabaddi, players are often required to do manoeuvres such as stretching, twisting, and being struck down hard. India's national sport, Kabaddi, is so popular that it has been dubbed the "National Game." The roots of this low-cost, no-cost game may be found in every region of the country. There are a few sports in which the United States excels to a world-class level. In Kabaddi, India holds the title of world champion. Today, the word "power" has been applied to games and sports, transforming them into "power sports" and "power games."

There has been a dramatic decline in the aesthetic attraction of games and sports. Playing the game is a popular activity in underdeveloped countries since it requires no sophisticated equipment. However, despite the fact that the game is typically performed on a clay court, it is becoming more popular to play it on a synthetic surface inside. There is a five-minute pause in the middle of the game allowing the teams to switch positions. At 35 minutes, there is a five-minute break for women and sub-junior boys. The game involves agility, robust lung capacity, muscular co-ordination, presence of mind, and quick reflexes. In order for a single player to take on seven opponents, bravery and an ability to concentrate and anticipate the opponent's moves are required.

Kabaddi performance benefits greatly from the use of sports science. If you want to play Kabaddi at a high level you need to have the right combination of physical, psychological and anthropometric characteristics.

KABADDI IN MODERN INDIA

1918 saw Kabaddi attain its current position as a national sport in India. When it comes to raising the game to a national level, Maharashtra gets all the credit. In the same year, the standard set of rules and regulations for the game was formed. However, it was not until 1923 that the rules and regulations were first printed on paper. An All India Kabaddi Tournament was held in Baroda during the same year, and the competitors strictly followed the rules and regulations of the game. The game has gone a long way since then. The popularity of the game skyrocketed, and a number of national tournaments were held across the country. The game had its debut in the 1938 Indian Olympic Games in Calcutta, which made it a household name throughout the globe.

AIKF and AKFI

Since Kabaddi was becoming more popular in the country, the All India Kabaddi Federation (AIKF) was established. Since its inception, the AIKF has worked tirelessly to raise the game's standards. National Kabaddi championships have been place on a regular basis since 1952 in line with the game's established rules and regulations. A men's national championship was held in Madras that year, while a women's national championship was held in Calcutta. In 1973, the Amateur Kabaddi Federation of India (AKFI) was formed in order to spread the sport among India's neighbouring countries and host national competitions.

INCLUSION OF KABADDI IN CURRICULUM

It wasn't until 1961 that the Indian University Sports Control Board (IUSCB) made Kabaddi a mandatory part of its curriculum. As a result, Kabaddi gained notoriety in India. In 1962, the School Games Federation of India (SGFI) designated the game as one of the school's most important games. The SGFI's decision to allow schoolchildren to participate in state and national championships for the game had a significant impact on their motivation to participate. In 1971, the National Institute of Sports (NIS) included Kabaddi in the curriculum of Regular Diploma courses, marking yet another milestone in the history of Kabaddi in India.

PRESENT DAY SCENARIO OF KABADDI

From a rural Indian game to a recognised national sport, Kabaddi's popularity has grown steadily over the years. The Indian national Kabaddi team has performed very well in a number of events, both domestic and international. In terms of kabaddi in India, the introduction of Federation Cup Kabaddi matches in 1981 was a watershed moment. In 2004, India hosted the first-ever Kabaddi World Cup in Mumbai, marking another another significant milestone for the country. The country also triumphed in the World Cup. India has produced a number of exceptional Kabaddi players, so far, who have achieved international renown and brought laurels to the country.

Physical Characteristics and Kabaddi

Physical conditioning is a major focus in performance and high-performance sports. In truth, it's an effort by every part of the body to help the athlete's body adapt to ever-increasing physical and mental demands. With its high-intensity motor activity, the present Kabaddi game demands a wide variety of abilities from participants. There isn't a single skill or personality quirk that doesn't play a role in a Kabaddi player's game. Athleticism and cardio-respiratory abilities, including explosive power, are essential at the centre line. Besides agility and speed, which are essential for dealing with game situations. Anaerobic capacity offers endurance in high-intensity, repetitive jobs whereas aerobic capacity delays exhaustion and aids recovery.

Kabaddi is an intermittent game that requires a high level of aerobic and anaerobic ability from players. Running, jumping, flexibility, and throwing velocity are all measures of a player's ability to do physical tasks that are seen as essential to the game and to the team's overall success. The ability to sprint at a high rate of speed is essential to a successful performance.

An essential need in playing the game of Kabaddi is the ability of the players to maintain a high level of cardiovascular and anaerobic fitness throughout the game. Kabaddi, on the other hand, is a sport that relies heavily on anaerobic metabolism, according to some authors. Because of this, it is reasonable to say that the motor capabilities strength and velocity as well as their ways of expression are important, as technical and tactical skills may be continually improved when Kabaddi players demonstrate high levels of adaptation to the anaerobic metabolism. In Kabaddi, you have to keep going for a long period of time. The player must have endurance in order to succeed, but he or she must also have the other attributes, such as speed, agility, flexibility, and so on. These days, the vast majority of players are capable of coping with the demands of the game when they have a height advantage. Physical traits are critical to Kabaddi's success since players cannot attain their goals without them.

Physiological Characteristics And Kabaddi

In Kabaddi, the variety and amount of movements, ball manipulations, as well as connections with other athletes, establish it as a full collective sports mode. Kabaddi has undergone a series

of evolutionary processes that have necessitated larger physiological adaptations and other aspects from the athlete in order to achieve more dynamic and objectivity. A high-level Kabaddi player's income is closely linked to a number of factors. Performing a performance evaluation necessitates identifying and describing each component's specific level, whether it be in terms of a sporting event or a physical condition.

In order to properly evaluate an athlete's performance, it is essential to take into account all of the aspects involved. However, despite that significance, there is currently a dearth of research that uses direct measures to evaluate and analyse an athlete's maximal aerobic and anaerobic potency, as well as the anaerobic threshold and lactate sensitivity in female Kabaddi players.

To ensure our nation's success in sports, it is imperative that we identify our representative athletes far sooner. The technical, tactical, aptitude, and physical condition of a team are critical in Kabaddi, as they are in any sport. Terminological disagreements seem to be at the heart of this argument. Age, height, weight, and position in the Kabaddi sport branch were all taken into consideration. Because Kabaddi players are chosen at a young age, it is important to know a person's physiological characteristics and physical profile. There were a number of physical profile-defining variables to be found. Respiratory parameters, blood pressure, and aerobic and anaerobic capacity were all measured. Oxygen consumption is a primary function of aerobic exercise.

It's done by training large muscle groups in plenty of oxygen for at least 12 minutes or a prolonged period of time at 60% to 80% of their maximum pulse. Here, the proposed length of 12 minutes is fairly crucial. Because the body's fat-burning enzymes are formed towards the end of this period.

Aerobic exercise also increases the amount of oxygen taken in by the body, allowing the heart and lungs to better use the oxygen they are receiving. Anaerobic means "without oxygen," and the muscles in question are unable to function without it. The sugar-eating enzymes are also activated in this setting. More energy is taken in this activation than the body can produce by metabolizing oxygen.

FITNESS

Motor Fitness tests evaluate a person's ability to participate in a variety of sports immediately. Having a high score on a motor ability test indicates that a person is now capable of participating in a wide range of sports. Pole vaulting, delivering powerful punches in boxing, and performing rhythmic gymnastics all need a high level of skill and training.

As a whole, a movement is more effective when it is executed using a variety of different skills and abilities. The ability to play well in any sport depends on a variety of factors. A sport or game's specific movements are the result of extensive training and experience. When it comes to athletic ability, only a person's exceptional motor skills can be attributed to their success. Individual and interdependent components of motor ability are necessary for the efficient execution of a skill.

All sports demand a high level of motor fitness, including strength, endurance, speed, flexibility, agility, and coordination. In sports training, it's critical to maintain and strengthen these skills. There is strong evidence that good competitors in numerous sports have a unique combination of physical attributes that include strength, endurance, speed, flexibility, and agility. As a result, the influence they have on a sport's performance varies.

Players in the Kabaddi sport need to be physically and mentally fit to compete at their best. It's possible, however, that some motor and coordination skills will outweigh the others. The coach may benefit from this dynamic knowledge by paying greater attention while not overlooking other skills. Kabaddi is a sport in which players must use physical processes including speed, power, cardiovascular endurance, strength endurance, agility, and flexibility to perform complex tasks. The goal of the game is to improve the players' physiological attributes.

TRAINING

People used to be taught in a systematic way, but in recent years, athletes have learned to train themselves to achieve a specific objective and to improve their physiological state in order to perform better. Training aims to improve athletes' work and technical abilities, as well as their

mental toughness. Training is a long-term, systematic athletic activity that is assessed on an individual basis. All of the changes that occur as a result of regular exercise are called training adaptations. Since ancient times, humans have used the word 'training.' You might think of it as a way to describe the process of getting ready for a new job. The duration of this treatment might range from a few days to months or even years. However, there is much debate over the genuine meaning of this word among sports coaches and even sports scientists.

Professionals in the field of sports medicine, for example, see sports training as nothing more than a series of physical exercises. Recent improvements in team and duel sport performance may be traced to improved technique and tactical execution, increased speed and power, and a faster pace of play combined with an appropriate physical makeup, according to an in-depth examination. To compete at a national or international level, one must be exceptionally fit and in peak physical condition. Athletic performance is regulated by a well-defined training management plan, and it is essential that these elements be leveraged as a positive force in order to improve performance.

Because training improves one's ability for generating energy, coping with physical stress, and exercise performance, it may be considered a beneficial stress. During the first six to ten weeks of training, the most significant physical changes occur. Longer, moderate-intensity endurance exercises improve aerobic capacity. Analysis of the ergogenesis of a sport's anaerobic and aerobic components is the best strategy for increasing specific endurance for any activity. In the past, there was a lot of focus on setting new records in athletics. Take note of the precipitous decline in records.

Improvements in training methods and tactics, such as interval training, have undoubtedly had a role in this development. Athletes have benefited from this method more than any other. There are two key reasons for the need of training: to pass on the necessary knowledge and skills to effectively use the performance evaluation technique. Nearly every athlete need some level of cardiovascular endurance, if only to allow for recovery time in between times of intense effort. Long, progressive distance training at 70-80% of one's maximal heart rate has long been the go-to for trainers.

CONCLUSION

This paper consisted of two groups, Group I underwent National kabaddi players, Group II underwent Inter University kabaddi players. All the participants was tested prior to and after the experimentation on Physical fitness components. The programme carried out in K.D. Singh Babu Stadium, Hazaratganj, Lucknow district of Uttar Pradesh. The subject underwent the respective programmes as per the schedules under the supervision of the investigator. Prior to every training session both the group had ten minutes warm up exercise The entire subject involving in the testing programme was questioned about their stature throughout the training period. By reviewing the literature and consultation with experts, the research scholars carried out an intensive study and selected physical and physiological variables (speed, agility, flexibility, explosive power, cardiovascular endurance Body fat percentage, Breathe hold capacity, Resting respiratory rate, Heart rate, Vital capacity and Body mass index). Before and after training programme data were collected. The criterion measure adopted for this study were for speed was measured by 50 mts Dash, for agility 4x10 mts shuttle run, for flexibility sit and reach test, for leg strength standing broad jump, for cardiovascular endurance 600 yard run/walk test and for Body fat percentage, Breathe hold capacity, Resting respiratory rate, Heart rate, Vital capacity and Body mass index, the test re-test method was used to establish the reliability.

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