

## COMPARATIVE STUDY ON SPORTS PERFORMACE OF KABADDI AND KHO KHO PLAYERS OF GULBARGA UNIVERSITY

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### **ABSTRACT**

*The sports performance depends on the motor fitness of the players of kabaddi and kho kho games. The present study focused on the fitness levels of sports players, the major objectives of the study – to measure the fitness levels of the kabaddi and kho kho players, to compare the fitness among kabaddi and kho kho players. The hypothesis of the study – there would be difference in the motor fitness between kabaddi and kho kho players of Gulbarga university. Tool s – the AAHPER motor fitness test was used in the study to measure the fitness levels of the kabaddi and kho kho players. tests like speed, endurance , agility, flexibility and strength were measure in scientific method. Sample – fifty kabaddi and fifty kho kho players were selected randomly for the study, both the sample groups voluntarily involved in the motor fitness tests. All the needful instructions were given by the researcher to the sample groups. Statistical tools - the mean, SD, t tests were used to measure the motor fitness and compare the data with each other to know the motor fitness among sample groups.*

*Key words – motor fitness, sports players.*

### **INTRODUCTION**

#### **Concept of performance**

The nature of sports performance has been insufficiently explored because sports performance is a complicated multidimensional process of taking a sports task. Its exploration further needs an integrated effort on the part of various training science disciplines and theory and methods of specific sports. Human movement, human performance is a subject for such varied sciences as exercise, physiology, neuro-physiology, biomechanics, psychology, human cybernetics etc. (Brook and Whiting, 1975).

The sports performance is a process- the process of taking a given motor task. The degree, to which this task has been fulfilled, is the result of the process of tackling the motor task. Therefore, the concept of sports performance should include the actual process of tackling the task.

The sports performance is defined as, “unity of execution and result of sports action or a complex sequence of sports actions measured or evaluated according to agreed and socially determined names” (Schanbel, 1987).

The actual performance is the psycho-socio-biological process. The nature of sports performance can be understood completely only by studying this process. The study of this process will field variable information about the structure of performance thereby giving valuable information having implications about training. Therefore, it is of utmost importance to understand the sports performance as a unity of movement and its result.

The concept of sports performance and its various aspects have been developed by Schnabel (1981). The sports performance is the result of the interpreted action of various control and regulatory process, taking place at various levels of the central nervous system and consciousness. These processes determine the level of motor co-ordination and find expression in the movement structure and in various qualities and characteristics if sports movement.

The general performance structure of sports activities can be represented in the form of a model which is a highly simplified illustration of the real performance structure. Cratty (1987), Gundlach (1967), Letzeller (1979) have tried to illustrate the performance factors distributed in groups at various levels, each higher level consisting of factors which are more specific for performance as compared to those of the lower level. Such a model does not include some factors (e.g., external factors) which influence the performance during the central competition.

## **METHOD**

The present study based on the comparative method, the motor fitness among the kabaddi and kho kho players of the Gulbarga University. The influence of playing games on the motor fitness of the players.

### **Objectives of the study –**

- ❖ To measure the motor fitness levels of the kabaddi and kho kho players,
- ❖ To compare the motor fitness among kabaddi and kho kho players.

**The hypothesis of the study –**

- ❖ There would be difference in the motor fitness between kabaddi and kho kho players of Gulbarga university.

**Tools –**

The AAHPER motor fitness test was used in the study to measure the fitness levels of the kabaddi and kho kho players. tests like speed, endurance , agility, flexibility and strength were measure in scientific method. Stop watch, Flexibility scale, measuring tape etc.

Sl. No.	Motor Ability Tests (AAHPER)	Tests	Unit of Measurement
1	Speed	50 yard dash	Time
2	Endurance	12 min. Run & Walk	Distance
3	Flexibility	Sit & Reach test	Inches
4	Agility	Shuttle run 10x4 yards	Time
5	Strength	Pull ups	Score

**Sample** – fifty kabaddi and fifty kho kho players were selected randomly for the study, both the sample groups voluntarily involved in the motor fitness tests. All the needful instructions were given by the researcher to the sample groups.

**Statistical tools** - the mean, SD, t tests were used to measure the motor fitness and compare the data with each other to know the motor fitness among sample groups.

## ANALYSIS AND INTERPRETATION OF DATA

Table showing the motor fitness between kabaddi and kho kho players of Gulbarga University

Sample	N		Speed	Endurance	Agility	Flexibility	Strength
<b>Kabaddi</b>	50	Mean	7.28	1922.72	12.44	1.68	12.78
		SD	1.49	297.87	1.49	1.26	1.68
<b>Kho kho</b>	50	Mean	6.15	2114.98	11.95	3.14	14.55
		SD	1.25	198.13	0.97	1,01	1.52
		<b>t values</b>	<b>4.10**</b>	<b>3.96**</b>	<b>1.43*</b>	<b>6.28**</b>	<b>8.61**</b>

Significant at 0.01\*\* & 0.05\* levels

The table showing the difference between kabaddi and kho kho players, in speed, endurance flexibility and strength the t values are significant at 0.01 level. In agility the means are different but not significant difference. The kho kho players are having the better motor fitness than the kabaddi players of Gulbarga University.

## CONCLUSION

The results are showing that the kho kho players are having better sports performance than the kabaddi players. the playing games also having the influence on the motor fitness of the players.

- ❖ Kho kho players are better in speed, endurance, flexibility and strength than the kabaddi players of Gulbarga University.
- ❖ There is no significant difference in agility test among the kabaddi and kho kho players of the Gulbarga University.

## REFERENCES

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