

## **The Comparative Study of Motor Fitness Components between Kho-Kho and Kabaddi Players**

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*For the Kabaddi and Kho-Kho player's the Agility, Speed, Strength and Endurance are the essential variables according to the sports sciences. Keeping in view this concept, this study was taken to compare the levels of motor fitness between Kho-Kho and Kabaddi players. Total number of 40 Internal Kho-Kho and Kabaddi Players (20 Kho-Kho and 20 Kabaddi players) were selected randomly from Department of Physical Education, CCS University, Meerut. The criterion measures adopted for this study were Agility, Speed, Strength and Endurance. The data collection tools used in the study were 50 metre Dash, Shuttle Run, 600 metre Run Walk and Standing Broad Jump. Data of Motors Fitness Components between Kho- Kho and Kabaddi players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant. It was found that in Motor Fitness components like, Agility, Endurance and Strength there was significant difference between Kho-Kho and Kabaddi players. But no*

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*significant difference was found in Speed between Kho-Kho and Kabaddi players. Mean scores showed that Kabaddi Players were better in Speed, Endurance and Strength as compare to Kho-Kho Players. While as Kho-Kho Players were better in Agility as compare to Kabaddi Players. Based on the results it was concluded that Kabaddi Players are good in Speed, Endurance and Strength, while as Kho-Kho Players are better in Agility.*

[**Keywords** : Motor Fitness, Kabaddi Players and Kho-Kho Players]

## **1. Introduction**

Kabaddi and Kho-Kho are games that require skill and speed. Speed is the ability to perform a movement within a short period of time (Neiman, 1995). Speed training is an important Kabaddi and Kho-Kho related skill related component of physical fitness which enables a player to move from one point to another with faster response time. It has been shown that to improve speed each athlete requires to work on acceleration, starting ability, stride rate, speed endurance, and stride length (Mackenzie, 2001). Kabaddi and Kho-Kho are the most popular games in the India, Pakistan and Bangladesh apart from other countries in world in general. Kabaddi and Kho-Kho being most competitive sport, a player who is Physically fit does not only enjoy more but he is also capable of using all the skills attained and mastered by him throughout, right from beginning to end of the game. The twin combination of both skill and physical fitness is requisite for a player without either of which he will not be able to achieve much, specifically in order to play any ball game competently (Nabhendra Singh, 2010). However, the word physical fitness and motor fitness are often used interchangeably. The term motor fitness was developed to describe a broad concept than physical fitness. This extensive term means the ability to perform basic motor. A Comparative Study of Motor Performance Level 409 skills efficiently and effectively. Power, balance, agility, speed, reaction time and kinaesthetic perception are the traits of motor performance, and these traits plays major role in increasing the performance of any game's skills. With a good and well efficient combination of all these motor performance traits a player can give all his/her utmost throughout the most tireless of competitive matches. (Nabhendra Singh, 2010) Muscular power, often referred to as explosive power, is a combination of speed and strength an important in vigorous performance because it determines how hard a person can hit, jump and push etc. There are various means and

method to increase power by increasing strength without sacrificing speed, by increasing speed of movement without sacrificing strength and by increasing both can be stressed by applying strong force through rapid motion. (Nabhendra Singh, 2010).

Agility is the ability to change the direction of body or its parts swiftly is dependent on strength, reaction time, speed of movement and muscular coordination. Quick start and stops and quick changes in direction are fundamental to good performance in Kabaddi and Kho-Kho (Nabhendra Singh, 2010). For Kho-Kho and Kabaddi Player’s Speed, Agility, Endurance and Strength are the important variables according to the sports sciences. Keeping in view the concept, this study was taken to compare the levels of motor fitness between Kho-Kho and Kabaddi players.

**2. Materials and Methods**

Total number of 40 Internal male Kho Kho and Kabaddi Players (20 Hockey and 20 Football players) were selected randomly from Department of Physical Education, CCS University, Meerut. The data collection tools used in the study were 50 metre Dash, Shuttle Run, 600mt. Run Walk and Standing Broad Jump. The criterion measures adopted for this study were Speed, Agility, Endurance and power. Data of motors fitness components between Kho-Kho and Kabaddi players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

**3. Results**

The results of this study are presented in the following tables :

**Table-1 : Descriptive statistical of Speed, Agility, Endurance and Strength between Kabaddi Players Kho-Kho Players**

Motor fitness Component	Kabaddi Players			Kho-Kho Players		
	N	Mean	SD	N	Mean	SD
Speed	20	8.02	0.60	20	7.02	0.42
Agility	20	10.72	0.61	20	11.58	0.6
Endurance	20	1573.20	284.09	20	1472.00	193.94
Strength	20	2.19	0.16	20	3.00	0.18

**Table-2 : Independent sample ‘t’ test of Speed, Agility, Endurance and power between Kabaddi Players and Kho-Kho Players**

Components	‘t’ value	df	Sig. (2-tailed)	Mean Difference
Speed	2.04	38	0.068	1.00
Agility	3.17	38	0.042	0.86
Endurance	0.61	38	0.033	1.01
Strength	1.25	38	0.028	0.81

#### 4. Dialogue of Findings

It was found that in Motor Fitness components like, Agility, Endurance and Strength there was significant difference between Kabaddi and Kho-Kho players. But no significant difference was found in Speed between Kho-Kho and Kabaddi players. Mean scores showed that Kabaddi Players were better in Speed, Endurance and Power as compare to Kho-Kho Players. While as Kho-Kho Players were better in Agility as compare to Kabaddi Players. This finding is supported by Berger and Paradis (2010) compared the physical fitness of children in order to compare the physical fitness in 10WA and Tokyo Japan. They recorded that Tokyo children scored better in all motor performance tests accepts on lie sit-ups. They also found that Tokyo children had more chances for activity through physical classes than the 10WA group. Choudhuri (2002) Studied the comparative physical fitness between students of residential and non-residential schools (aged 12-14 years) and had tested physical fitness index (PFI), BMI and anthropometry measures of 50 residential school children and 40 non-residential school children in Bijapur of Karnataka State. They reported that non-residential school children had poor physical anthropometry and showed a less PFI score, as compared to residential school children.

#### 5. Conclusion

In the present study it was found that in Motor Fitness components like, Agility, Endurance and Power there was significant difference between Kabaddi and Kho-Kho players. But no significant difference was found in Speed between Kho Kho and Kabaddi players. Based on the results in the present research the researcher concluded that Kabaddi Players are good in Speed, Endurance and Power, while Kho-Kho Players are better in Agility.

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