

Effect of Playing Kho-Kho on Physical Fitness of Adolescence Boys

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Abstract

The purpose of the study was to find out the effect of playing kho-kho on physical fitness of Adolescence boys. 48 boys from a school of Indore city who were interested in sports have been selected as subject for this study. They were divided into two groups of 24 subjects each. One group acted as control named group 'A'. The other group named group 'B' and group 'B' was again be divided into two team of 12 players each, to create a competitive situation can be created for proper training. Group 'B' was acted as experimental group. Age of the subjects was range from 13 to 17 years. In order to find out the effect of playing kho-kho on physical fitness components of the subjects' one tailed "t" test and analysis of covariance were applied.

KEYWORDS: Physical fitness, kho-kho, Speed, endurance, flexibility, agility, strength.

Introduction

The game kho- kho is typical indian major game and played throughout the country especially in rural areas. Kho-Kho can be played in a small area practically no equipment is necessary. The game can be played on any surface that suits open field sports. As on today it is played on ground prepared from earth of even on turf. Needless to say that synthetic ground and playing indoor is on card. In this game the player must take his decision very quickly. A physically fit youth enjoy playing this game and the spectators who watch enjoy a thrilling sports to their satisfaction. Whether some specific personality traits are required for game of kho-kho. According to Charles Corbin the physical fitness is the entire human organism ability to function efficiently and effectively. It is made up at least 11 components which contribute of total quality of life. Physical fitness is associated with a personal ability to work efficiently and enjoy leisure time to be healthy. To resist hypo kinetic disease ad to meet every one situation through the development of physical education is not possible with regular exercise. The physical fitness is the sum of fine more motor ability namely speed strength, endurance the coordinative ability and their complex form like strength. Endurance, maximum strength, explosive strength, maximum speed and agility motor action. Therefore the sports performance is depend to a greater extent on these abilities. The physical fitness is the sum total of five motor abilities namely strength, speed, endurance, flexibility and co-ordinative abilities. These five motor abilities and their complex form (e.g. strength, endurance, explosive strength endurance explosive strength etc.) are the basic prerequisites for human motor actions.

Methodology

A pre test of all the test items of AAPHER youth fitness test was conducted on all the subjects of experimental and control group. After the conduction of pre test a six weeks training program for experimental group subjects was conducted on five days in a week. The duration of practice was one hour per day in evening or morning session according to the feasibility. Control group subjects were not participated in kho-kho training program but they were allowed to play some other game of their curriculum of the school. After the completion of six weeks training program of kho-kho the post test was conducted on all the 48 subjects i.e. 24 subjects of experimental group and 24 subjects of control group. The training program of kho-kho was mainly comprised the actual playing between two teams of 12 players each. No emphasis was given on specific training of various fitness components. Only some drills which was useful for teaching skills and technique of kho-kho were used during training program. Regular matches between teams were conducted and prizes were given to the winner for creating motivation in the subjects. Help of school's PET was also taken to control and creating interest in the subjects.

Findings

TABLE I

ONE TAILED 'T' RATIO FOR EXPERIMENTAL GROUP

Test	N	Pre Test Mean	Post Test Mean	D.M.	SE.d	T
Standing broad jump	24	1.56	1.65	0.09	.01	-6.52
Pull ups	24	2.04	3.54	1.47	.19	-7.88
600 meter run	24	2.58	2.42	0.16	.051	3.07
Shuttle run	24	10.82	10.04	0.78	.14	5.26
Flexibility	24	2.13	2.92	-0.80	.23	-3.32
50 meter dash	24	9.65	9.01	0.65	.17	3.75
Sit ups		21.79	28.75	-6.96	.95	-7.26

Table 1 clearly imparts knowledge that experimental group significantly improved in the component at 0.05 level yielding. 'T' value for standing broad jump test = -6.52, pull ups = -7.88, 600 meter run = 3.07, shuttle run = 5.26, flexibility = -3.32, 50 meter dash = 3.75, sit ups = -7.26. The required 'T' value for significance at 0.05 level with 23 degree of freedom is 2.09 (for one tailed test). The graphical representation of pre and post test means of experimental group for standing broad jump, pull ups, 600 meter run, shuttle run, flexibility, 50 meter dash, sit ups are presented in figure.1

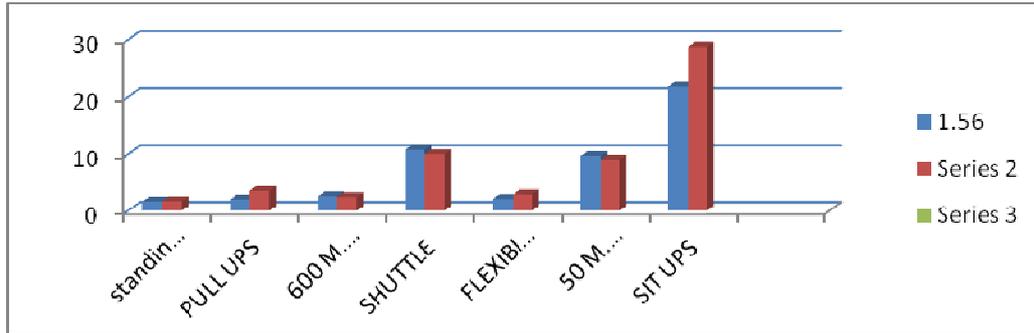


TABLE II

ONE TAILED ‘T’ RATIO FOR CONTROL GROUP

Test	N	Pre Test Mean	Post Test Mean	D.M.	SE.d	F
Standing broad jump	24	1.50	1.49	0.01	.03	.05
Pull ups	24	1.37	1.54	-0.17	.15	-1.07
600 meter run	24	2.68	2.69	-0.01	.05	-.37
Shuttle run	24	10.72	10.76	-0.04	.10	-.40
Flexibility	24	-2.18	1.66	-3.84	2.87	-1.34
50 meter dash	24	10.04	9.50	0.54	.20	2.40
Sit ups	24	18.95	24.70	-5.75	1.91	-2.99

Table 2 clearly imparts knowledge that control group did not show any significant improvement in the tests component of standing broad jumptest, pull upstest, 600 meter runtest, shuttle runtest, flexibilitytest, 50 meter dashtest, sit ups test at 0.05 level yielding the ‘T’ values for standing broad jumptest = 0.05, pull upstest = -1.07, 600 meter runtest = -.37, shuttle runtest = -.40, flexibilitytest = -1.34, but there has been improvement in sit = -2.99, and 50 meter dashtest = 2.40. The needed ‘T’ value for significance at 0.05 levels with 23 degree of freedom is 2.09 (for one tailed test). The graphical representation of pre and post test means of control group for standing broad jump, pull ups, 600 meter run, shuttle run, flexibility, 50 meter dash, sit ups. Are presented in figure.2

Results and Discussion

The finding of the study clearly reveals that the experimental group trained by kho-kho game, skill and technique showed significant gains in all the experimental variables viz. 50 meter dash, shuttle run, 600 meter, standing broad jump, bent knee sit ups, pull ups, and sit & reach test. Control group also showed significant gain in sit ups and 50 meter dash but on the other variable viz. shuttle run, 600 meter run, standing broad jump, pull ups, flexibility no significant gain was found. The finding of this nature indicate that the kho-kho training continuous in nature involve the characteristics of speed, agility, cardio-vascular endurance, leg power, abdominal muscular strength, arm and shoulder strength. Fitness as all these components have improved through continuous training control group only improved significant in 50 meter (speed), sit ups (arm and shoulder strength) variable, the other variable did not improved significantly in control group and it might be lacking of the specific training for the improvement of such variable by regular training programme in school. When between group analysis was done by analysis of covariance the experimental group was found superior then control group in variable 600 meter , shuttle run, pull ups, standing broad jump, flexibility but no difference was found for 50 meter dash and sit ups test. It clearly indicates that regular kho-kho training improved the cardio-vascular endurance, leg power, agility, arm and shoulder strength. Control group also performed well in post test on variable 50 meter dash and sit ups test. The findings may be analysis in the same way that the training programme of kho-kho player might have affected the perform of control group on 50 meter dash and sit ups test but other variable didn't improve in control group as there may be lack of training for such variables.

Conclusion

On the basis of analysis of data the following conclusion may be drawn- Kho-Kho training significantly improved the performance of standing broad jump, pull ups, 600 meter, shuttle run, flexibility, 50 meter, sit ups. Experimental group improved significantly on the performance of standing broad jump, pull ups, 600 meter, shuttle run, flexibility, but on the other variables viz. 50 meter dash and sit ups no significant improvement was found.

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