

Comparative study of Motor Fitness components of Kho Kho and Kabbadi players

Muneer Hussain Malla

Physical Education Teacher, Govt. Higher Secondary School, Gadakhod Sumbal Bandipora, India

Abstract

The purpose of this study was to compare the Motor fitness of Kho Kho and Kabbadi School Players of Bandipora of J&k State. The research was a descriptive comparative method. Thirty male Kho Kho and Kabbadi School Players of Bandipora City of J&k State were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 30 will be Kho Kho players and rest 30 were Kabbadi players. The criterion measures adopted for this study were Agility and Spped. The data collection tools used in the study were Shuttle Run and 50 Yard. Data of Motor Fitness Components between Kho Kho and Kabbadi players was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis. The researcher analysed the collected data as per the objectives set for the research study. The statistical analysis of Motor Fitness revealed that in both the components: Agility and speed there was significant difference between Kho Kho and Kabbadi School Players. Thus research Hypothesis was accepted. In the present the results also showed that in Motor fitness components like agility and speed the Kho Kho players where found to be better than Kabbadi players. Finally the researcher concluded that the Kho Kho players were more fit as compare to Kabbadi players. This clearly shows that players of Kho Kho game are more fit as compare to players of Kabbadi game.

KEYWORDS: Motor Fitness, Kho Kho School Players, Kabbadi School Players.

Introduction

In these days' explosive population growth and high technology, there has been considerable concern in education. In education a citizen has to maintain optimal level of physical motor fitness for personal efficiency and national progress all over the world. The health and fitness has been claimed as one of the most essential requirement of personality development. Thus a certain level of fitness is needed for every individual. The present study was carried out a view to compare the selected motor fitness components like speed, agility between the Kho Kho and Kabbadi players. It was hypothesized that there will be significant difference in the motor fitness components between the Kho Kho and Kabbadi players. The purpose of this study was to compare the Motor fitness of Kho Kho and Kabbadi School Players of Bandipora City of J&k State.

Material and Methods

The research was a descriptive comparative method. Thirty male Kho Kho and Kabbadi School Players of Bandipora City of J&k State were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 30 will be Kho Kho players and rest 30 were Kabbadi players. The criterion measures adopted for this study were Agility and Spped. The data collection tools used in the study were Shuttle Run and 50 Yard. Data of Motor Fitness Components between Kho Kho and

Kabbadi players was compared by using independent Sample ‘t’ test. The level of significance was kept at 0.05 level of significant to test the hypothesis.

Results

Table No.1.1
Descriptive statistics of Shuttle Run and 50 Yard Dash of Kho Kho players and Kabbadi players

Motor Fitness Variables	Groups	N	Mean	Std. Deviation	Std. Error Mean
Shuttle Run	Kho Kho	30	7.1000	1.21343	.22154
	KABBADDI	30	7.7000	1.02217	.18662
50 Yard	Kho Kho	30	7.2000	1.09545	.20000
	KABBADDI	30	7.9667	.96431	.17606

Table no 1.2

Independent sample ‘t’ test of Shuttle Run and 50 Yard Dash of Kho Kho players and Kabbadi players

Motor fitness Variables	‘t’ value	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Shuttle Run	-2.071	58	.043	-.60000	.28967
50 Yard Dash	-2.877	58	.006	-.76667	.26645

Findings and Discussion

The researcher analysed the collected data as per the objectives set for the research study. The statistical analysis of Motor Fitness revealed that in both the components: Agility and speed there was significant difference between Kho Kho and Kabbadi School Players. Thus research Hypothesis was accepted. In the present the results also showed that in Motor fitness components like agility and speed the Kho Kho players where found to be better than Kabbadi players.

Conclusion

The statistical analysis of Motor Fitness revealed that in both the components Agility and speed there was significant difference between Kho Kho and Kabbadi School Players. Finally the researcher concluded that the Kho Kho players were more fit as compare to Kabbadi players. This clearly shows that players of Kho Kho game are more fit as compare to players of Kabbadi game.

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