

## **A Comparative Study of Speed between Men and Women Kabaddi and Kho-Kho Players**

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### **Abstract**

The purpose of this study was to compare the physical fitness variables namely speed between men and women kabaddi and kho-kho players. To achieve the purpose of this study one hundred and twenty players of kabaddi and kho-kho games studying in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Cuddalore District, Tamil Nadu and India were randomly selected as subjects. Among them sixty men players (thirty men kabaddi and thirty men kho-kho players) and sixty women players (thirty women kabaddi and thirty women kho-kho players) with an age of the subjects were ranged between 18 to 24 years were selected as subjects. Speed was assessed by using standardized test item namely 50 mts run and it was statistically analysed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. There was significant difference between men and women players on selected physical fitness variables namely speed irrespective of their games (kabaddi and kho-kho). Among them, men kho-kho players were better speed than other categories of players.

**KEYWORDS:** physical fitness, speed, men and women kabaddi and kho-kho players

### **Introduction**

Physical education or gymnastics is a course taken during primary and secondary education that encourages psychomotor learning in a play or movement exploration setting. The term physical education is most commonly used to denote they have participated in the subject area rather than studied it.

Fitness is for everybody and not just for youth, this makes fitness everybody's business. It is a part of education but it is also a part of life everybody who wants to be fit needs must do exercise. The basic problem is that the human body is designed and constructed for movement and vigorous, not for rest and it functions more effectively. When it is active, most people taken better care of their automobile than they do of their own body. The old saying is "if you don't use it you lose it".

Speed is the ability of an individual to make successive movement of the same kind in the shortest possible time. For fast reaction, quick acceleration, fast arm, leg and whole body movements by an ability to change direction.

### **Methodology**

The collected data's were statistically analysed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level

of confidence was fixed to test the level of significance which was considered as an appropriate. To achieve the purpose of the study one hundred and twenty players of kabaddi and kho-kho games studying in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Cuddalore District, Tamil Nadu and India were randomly selected as subjects. Among them sixty men players (thirty men kabaddi and thirty men kho-kho players) and sixty women players (thirty women kabaddi and thirty women kho-kho players) with an age of the subjects were ranged between 18 to 24 years were selected as subjects. In the present study, the investigator selected the Physical fitness Variable namely Speed.

### Analysis Of The Data

The mean and standard deviation values on speed of men and women kabaddi and kho-kho players have been analysed and presented in Table I.

**TABLE I**

#### THE MEAN AND STANDARD DEVIATION ON SPEED OF MEN AND WOMEN KABADDI AND KHO-KHO PLAYERS

Gender / Games		Kabaddi Players	Kh-Kho Players
Men	Mean	7.43	7.11
	SD	0.08	0.06
Women	Mean	7.64	7.46
	SD	0.16	0.11

**TABLE II**

#### TWO WAY FACTORIAL ANOVA ON SPEED OF MEN AND WOMEN KABADDI AND KHO-KHO PLAYERS

Source of Variance	Sum of Squares	df	Mean Squares	Obtained "F" Ratio
A factor (Gender)	2.35	1	2.35	191.97*
B factor (Games)	1.92	1	1.92	156.85*
AB factor (interaction) (Gender x Games)	0.15	1	0.15	12.25*
Error	1.42	116	0.01	

\*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 116 was 3.924).

**Table III**  
**THE SIMPLE EFFECT TEST FOR GENDER AND GAMES ON SPEED**

Source of Variance	Sum of Squares	df	Mean Squares	Obtained "F" Ratio
<b>Gender and Kabaddi Players</b>	0.66	1	0.66	53.92*
<b>Gender and Kho-Kho Players</b>	1.84	1	1.84	150.31*
<b>Games and Men</b>	1.57	1	1.57	128.25*
<b>Games and Women</b>	0.5	1	0.50	40.85*
<b>Error</b>	1.42	116	0.01	

\*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 116 was 3.924).

### Results:

Table I shows that the mean values on speed of men kabaddi, men kho-kho, women kabaddi and women kho-kho players were 7.43, 7.11, 7.64 and 7.46 respectively.

The two way factorial ANOVA on speed of men and women kabaddi and kho-kho players have been presented in Table II.

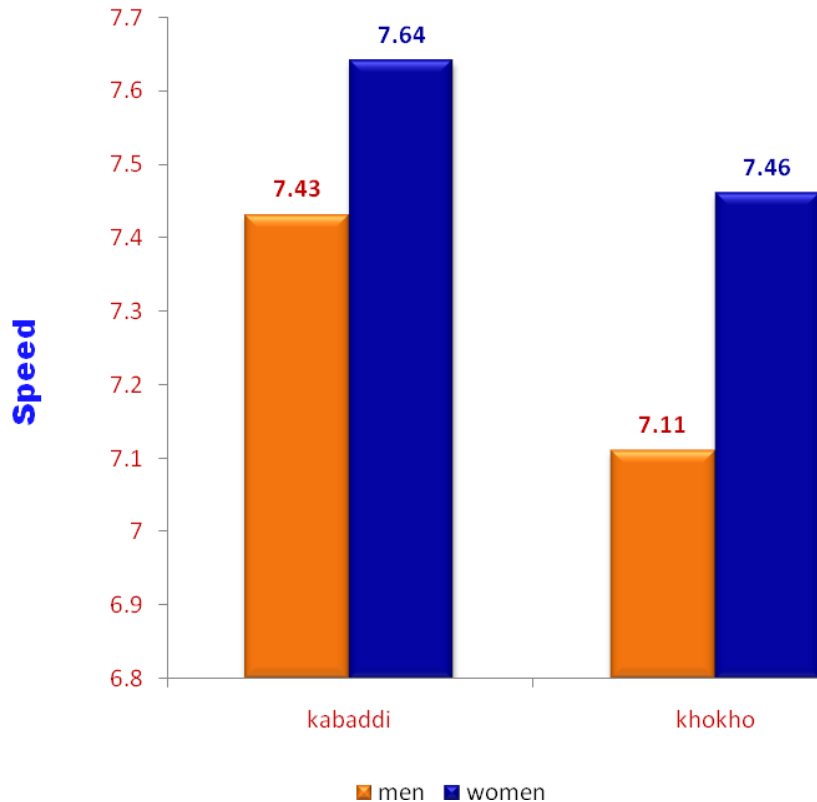
Table II shows that the obtained 'F' ratio value on speed 191.97 for factor-A (Gender - men and women players), 156.85 for factor-B (Games – kabaddi and kho-kho), 12.25 for interaction [AB factor - (Gender × Games)] irrespective of their games, gender which was greater than the table value of 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between men and women players irrespective of their games on speed.

Since, the obtained 'F' ratio for the interaction effect was found significant, the simple effect test was applied as follow up test and it was presented in Table III.

Table III shows that the obtained 'F' ratio values on speed 53.92 and 150.31 for gender and kabaddi players and gender and kho-kho players which are greater than the table value of 3.924 with df 1 and 116 required for significant at .05 level of confidence. The results of the study indicated that there was a significant difference between gender and kabaddi players and gender and kho-kho players on speed.

Table III also revealed that the obtained 'F' ratio value on speed 128.25 and 40.85 for games and men players and games and women players which are greater than the table value 3.924 with df 1 and 116 required for significance at .05 level of confidence. The results of the study indicated that there was a significant difference between games and men players and games and women players on speed.

The mean values of men and women kabaddi and kho-kho players on speed are graphically represented in Figure I.



**FIGURE I: THE MEAN VALUES OF MEN AND WOMEN KABADDI AND KHO-KHO PLAYERS ON SPEED**

### Conclusions

Based on the results of the study, the following conclusions were drawn,

1. There was significant difference between men and women players on speed irrespective of their games (kabaddi and kho-kho).
2. There was significant difference between kabaddi and kho-kho players on speed irrespective of their gender (men and women).
3. There was significant difference between men and women kabaddi and kho-kho players on speed.
4. Among the groups, men kho-kho players were better on speed than other categories of players.

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