

## A Comparative study of Components of Physical Fitness between Kho Kho and Kabbadi players

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### Abstract

The purpose of this study was to compare the Components of Physical Fitness of Kho Kho and Kabbadi School Players of Gidderbaha City of Punjab State. The research was a descriptive comparative method. 40 male Kho Kho and Kabbadi School Players of Gidderbaha City of Punjab State were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 20 were Kho Kho players and rest 20 were Kabbadi players. The criterion measure adopted for this study was Strength and Flexibility. The data collection tools used in the study was Standing Broad Jump and Sit and Reach test. Data of Strength and Flexibility 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 Strength and Flexibility revealed that there was no significant difference between Kho Kho and Kabbadi School Players. Thus research Hypothesis was accepted. In the present the results also showed that in Strength and Flexibility of the Kabbadi players were found to be better than Kho Kho players. Finally the researcher concluded that the Kabbadi players were more fit as compare to Kho Kho players. This clearly shows that players of Kabbadi game are more fit as compare to players of Kho Kho game.

**KEYWORDS:** Physical Fitness Kho Kho School Players, Kabbadi School Players.

### Brief 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 Physical Fitness between the Kho Kho and Kabbadi players. It was hypothesized that there will be significant difference in the Physical Fitness between the Kho Kho and Kabbadi players. The purpose of this study was to compare the Physical Fitness of Kho Kho and Kabbadi School Players of Gidderbaha City of Punjab State.

### Materials and Methods

The research was a descriptive comparative method. 40 male Kho Kho and Kabbadi School Players of Gidderbaha City of Punjab State were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 20 were Kho Kho players and rest 20 were Kabbadi players. The criterion measure adopted for this study was Strength and Flexibility. The data collection tools used in the study was Standing Broad Jump and Sit and Reach test. Data of Strength and Flexibility 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**  
**Descriptive statistical of Strength and Flexibility between Kabbadi and Kho Kho Players**

Groups	Kabbadi Players				Kho Kho Players			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
<b>Strength</b>	20	1.6065	.20459	.04575	20	1.5035	.20658	.04619
<b>Flexibility</b>	20	7.1800	4.88064	1.09134	20	6.0850	4.38073	.97956

**Table No.2: Independent sample 't' test of Strength and Flexibility between Kabbadi and Kho Kho Players.**

Components	't' value	df	Sig. (2-tailed)	Mean Difference
Strength	1.584	38	.121	.10300
Flexibility	.747	38	.460	1.09500

### Findings and Conclusion

The researcher analysed the collected data as per the objectives set for the research study. The statistical analysis of Strength and Flexibility revealed that there was no significant difference between Kho Kho and Kabbadi School Players. Thus research Hypothesis was accepted. In the present the results also showed that in Strength and Flexibility of the Kabbadi players were found to be better than Kho Kho players. Finally the researcher concluded that the Kabbadi players were more fit as compare to Kho Kho players. This clearly shows that players of Kabbadi game are more fit as compare to players of Kho Kho game.

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