

“Comparative Study of Motor Fitness of Physical Education College Level Kabaddi and Kho – Kho Players of Jammu City”

Gurpreet Singh

B.P.E, M.P.Ed, M.Phil, Karan Bagh , Near St Peter School opposite Chatha Morh, J&k, India

Abstract

This paper represents the comparative study Motor Fitness of Physical Education college level Kabbadi and Kho – Kho players of Jammu city. The data was collected from Physical Education College level players of Kabbadi and Kho – Kho games from the selected institution of Jammu City. The researcher was select 20 male subjects from Kabbadi game and 20 male subjects belonging to Kho – Kho games. The Phillip’s J.C.R. test was chosen to find out the motor fitness level of the two groups .The subjects were selected by using simple random sampling method. In this study data were analysed and interpreted with the help of statistical term ‘t’ test.

Introduction:-

For all sort of activity, motor fitness is very essential. It is related to the ability to meet the demands of the environment specifically to preserve, to will stand stress, to resist fatigue and to posses the energy for an abundant life. Motor fitness is an aspect of total fitness total fitness is viewed as the capacity to function in every way at one’s best A new concept of fitness is included that involves that the mental social as well as physical aspect thus when total fitness is used in its modern concept it includes the emotional social and mental as well as the physics component and all components play a significant role all living a full and happy life.

METHODOLOGY

In the present study the main purposes of the study is to compare the motor fitness of physical education college level Kabbadi and Kho – Kho players. For this purpose researcher had selected subjects from Jammu City. For the collection of data 40 subjects were selected. For selection of subjects 20subjects from kabaddi and 20subjects from kho-kho from Jammu City Were selected. The subjects were selected by simple random sampling method. The Phillip’s J.C.R. test was chosen to find out the motor fitness level of the two groups The raw data were converted into standard one by using a statistical technique ‘t’ test for testing of hypothesis.

STATISTICAL ANALYSIS AND INTERPRETATION OF DATA

In this study data were analysed and interpreted with the help of statistical term ‘t’ test.

Level of significance :

To test for the hypothesis the level of significance at 0.05 level of confidence was considered adequate for the purpose of this study, while using the ‘t’ test a value of ‘t’=2.021was needed for being significant at 0.05 level of confidence for degree of freedom(38).

Analysis of data :

To obtain raw data, the present researcher selected 20 subject of each game, i.e. Kabbadi and Kho – Kho. The raw data obtained for each group, of all the three tests, were arranged in frequency distribution table. Then mean and standard deviation were collected and ‘t’ test was applied to find out significance level.

Justification of Hypothesis :

In the beginning it was Hypothesized that there may be no significant difference among the motor fitness component of Kabbadi and Kho – Kho players. In this study there found significant difference among motor fitness components of Kabbadi and Kho – Kho players, thus in this case Hypothesis was rejected.

TABLE – I

Analysis of variance for the data of Vertical Jump for Kabbadi and Kho – Kho players.

Group	Mean	SD	SEM	‘t’ Cal.	‘t’ Table
Kabbadi	1.74	0.293	0.065	1.428	2.021
Kho – Kho	1.56	0.277	0.061		

significant at 0.05 level of Confidence

Tabulated ‘t’ 0.05 and at 38 degree of freedom is 2.021

As the ‘t’ value 2.33 is higher than required ‘t’ at 0.5 of 2.021

Table I : Clearly reveals that the mean for Vertical Jump is 1.74 and 1.56 for Kabbadi and Kho – Kho players. the calculated value of ‘t’ for vertical jump was 1.428 which was found statistically significance because the two mean difference to be significant at 0.5 level of confidence, the ‘t’ value to be obtained should be greater than tabulated value of ‘t’ which is 2.021 with 38 degree of freedom. This shows that there is significant difference in explosive power of legs between Kabbadi and Kho – Kho players.

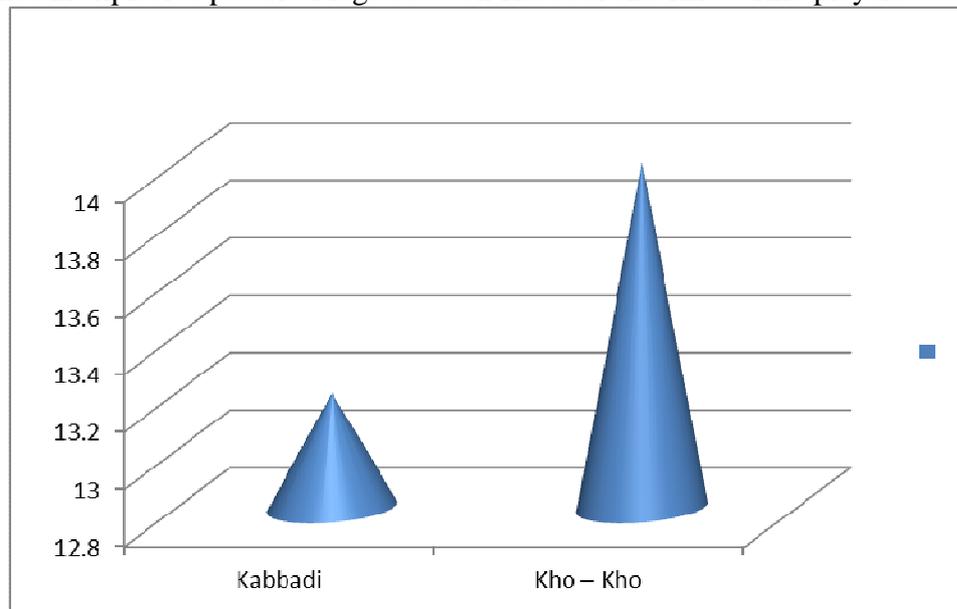


TABLE II
Analysis of variance for the data of Chinning (Pull - Ups) performance for Kabbadi and Kho – Kho players.

Group	Mean	SD	SEM	't' Cal.	't' Table
Kabbadi	13.20	0.812	0.181	2.17	2.021
Kho – Kho	14.00	0.836	0.187		

significant at 0.05 level of Confidence.

Tabulated 't' 0.05 and at 38 degree of freedom is 2.021

As the 't' value 1.35 is less than required 't' at 0.5 of 2.021

Table II : clearly reveals that the mean for Chinning (Pull- Ups) was 13.20 and 14.00 for Kabbadi and Kho – Kho players. The 't' value of players for chinning was 2.17 which was not found statistically significant. The two mean difference to be significant at 0.05 level of confidence, the 't' value to be obtained should be greater than 2.021 This shows that there is no significant difference between the muscular strength of Kabbadi and Kho – Kho player .

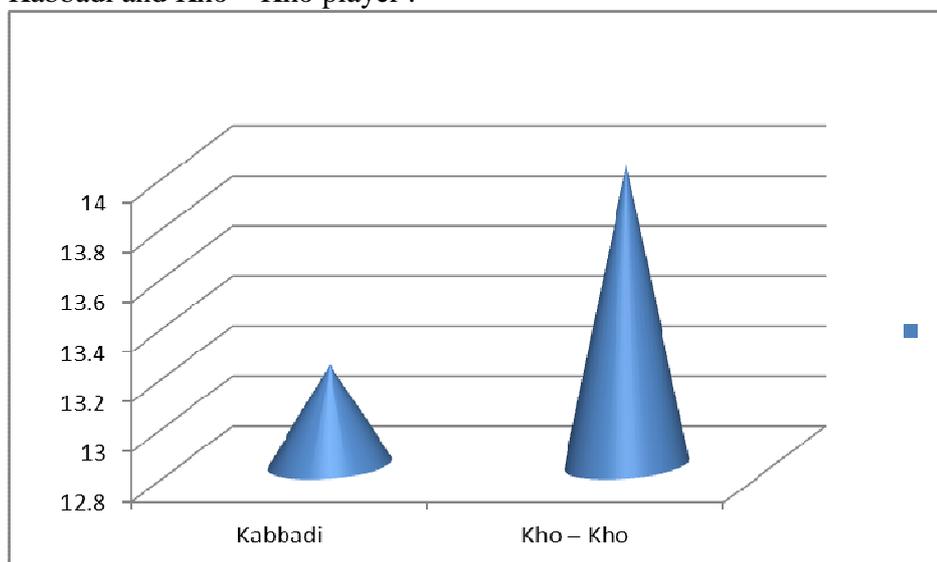


TABLE III
Analysis of variance for the data of Shuttle Run performance for Kabbadi and Kho – Kho players.

Group	Mean	SD	SEM	't' Cal.	't' Table
Kabbadi	10.90	0.738	0.165	2.52	2.021
Kho – Kho	11.75	0.766	0.171		

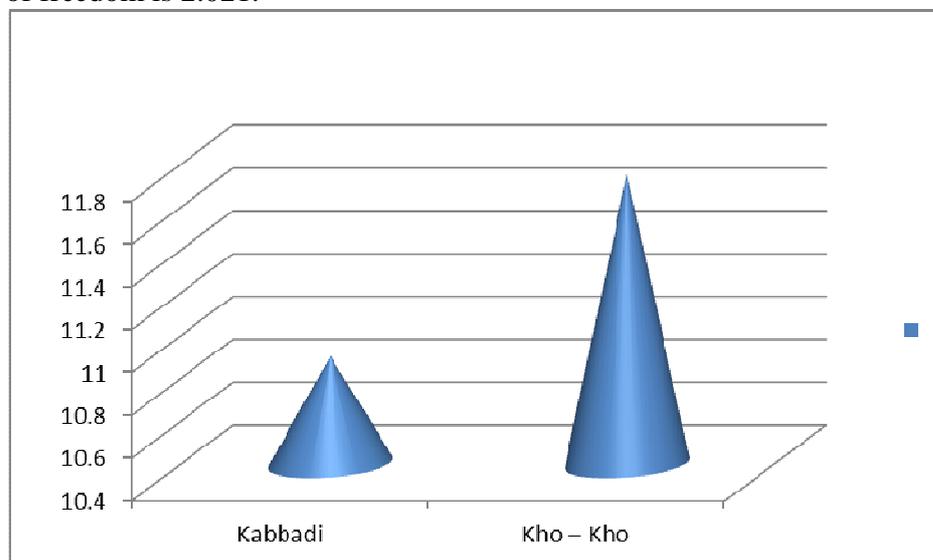
significant at 0.05 level of Confidence.

Tabulated 't' 0.05 and at 38 degree of freedom is 2.021

As the 't' value 1.64 is higher than required 't' at 0.5 of 2.021

It can be seen from the **table III** that there was a significant difference in the mean performance of Kabbadi (10.90) and Kho – Kho (11.75) players. it clearly indicate that there does exist some difference the agility of Kabbadi and Kho – Kho plyers.

This has been confirmed also by applying the 't' test. On the application of 't' test, it has been found that the calculated 't' is 2.52 while tabulated value of 't' with 38 degree of freedom is 2.021.



Recommendation: The study may be repeated taking other motor fitness and physical fitness variables.

2. The study may be repeated with greater number of subjects.
3. The study can be repeated by taking higher level of subject that is university level, national or international level.
4. The similar study may be carried out with other components, not used in this study.
5. The result obtained can be study on more detail and deep to get better and advance out come.
6. This study highlight to further study with huge sample.
7. This study can be conducted with more and more exercises. and sex other than used in present study.

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