

Comparative study of Motor Fitness components of Kabbadi and Badminton players of Haryana

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Abstract

The purpose of this study was to compare the Motor fitness of Kabbadi and Badminton School Players of Rohtak district of Haryana State. The research was a descriptive comparative method. Fifty Six male Kabbadi and Badminton School Players of Rohtak district of Haryana State were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 28 were Kabbadi players and rest 28 were Badminton players. The criterion measures adopted for this study were Agility and Speed. The data collection tools used in the study were Shuttle Run and 50 Yard. Data of Motor Fitness Components between Kabbadi and Badminton 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 Kabbadi and Badminton School Players. Thus research Hypothesis was accepted. In the present the results also showed that in Motor fitness components like agility and speed the Kabbadi players were found to be better than Badminton players. Finally the researcher concluded that the Kabbadi players were more fit as compare to Badminton players. This clearly shows that players of Kabbadi game are more fit as compare to players of Badminton game.

KEYWORDS: Motor Fitness, Badminton 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 Kabbadi and Badminton players. It was hypothesized that there will be significant difference in the motor fitness components between the Kabbadi and Badminton players. The purpose of this study was to compare the Motor fitness of Kabbadi and Badminton School Players of Rohtak district of Haryana State.

Material and Methods

The research was a descriptive comparative method. Fifty Six male Kabbadi and Badminton School Players of Rohtak district of Haryana State were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 28 will be Kabbadi players and rest 28 were Badminton players. The criterion measures adopted for this study were Agility and Speed. The data collection tools used in the

study were Shuttle Run and 50 Yard. Data of Motor Fitness Components between Kabbadi and Badminton 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 Kabbadi players and Badminton Players**

Motor Fitness Variables	Groups	N	Mean	Std. Deviation	Std. Error Mean
Shuttle Run	Kabbadi	28	7.1000	1.21343	.22154
	Badminton	28	7.7000	1.02217	.18662
50 Yard	Kabbadi	28	7.2000	1.09545	.20000
	Badminton	28	7.9667	.96431	.17606

Table no 1.2

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

Motor fitness Variables	‘t’ value	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Shuttle Run	-2.071	54	.043	-.60000	.28967
50 Yard Dash	-2.877	54	.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 Kabbadi and Badminton School Players. Thus research Hypothesis was accepted. In the present the results also showed that in Motor fitness components like agility and speed the Kabbadi players were found to be better than Badminton players.

Conclusion

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

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