



Effect of 12 Weeks Traditional Games Package on Selected Motor Fitness and Physical Fitness Components of Kho-Kho Players

Dr S. Saraboji

Principal, Aditya College of Physical Education, Surampalem, Andhra Pradesh, India

ABSTRACT

The Traditional sports are the popular culture is the totality of tradition-based creations of a cultural community, expressed by a group or individual and recognised as reflecting the expectations of a community in so far as they reflect its cultural and social identity; its standards and values are transmitted orally, by imitation or by other means. Games are the creation of a culture and the fruit of history (Saroj 2010). Traditions are elements of culture that are transmitted from one generation to the next. This can function as a means to transfer of knowledge, beliefs, and rituals. It provides stability and creates a sense of belonging and common experience amongst a group. Traditions may be thousands of years old. The culture that is shared at the moment indispensably conveys the past and guides the future. The past culture can be learned through cultural values. This is because values form the social expectations and rules that enable us to behave appropriate to the culture in what we live. While they learn values through games, children have different play experiences depending on their cultural and social contexts (John Spacey 2018). The purpose of the study was to find out the effect of 12 weeks traditional game packages on selected motor fitness and physical fitness components of Kho-Kho players. This study was undertaken with thirty girls Kho-Kho players selected from Government Higher Secondary School, Othakkalmandapam, Coimbatore District, Tamilnadu, India. The age of subjects were ranged from 14 to 17 years. The selected motor fitness variable is speed and physical fitness components is Cardiovascular Endurance were selected. The subjects were randomly assigned into two groups of fifteen each such as traditional training group and control group. The traditional training group participated in regular Kho-Kho training and traditional games training for sixty minutes duration per day for 5 days a week in the evening session for a period of twelve weeks. The control group participated in regular Kho-Kho training and no special training was given. The subjects of the two groups were tested on selected variables prior and immediately after the training period. The collected data were analysed statistically through paired sample "t" test to find out significance difference between the groups with 0.05 level of confidence. It was concluded that the (Traditional Training Group) traditional games package has produced significant improvement on selected motor fitness components is speed and physical fitness component is as cardiovascular Endurance of the players. The Kho-Kho players performance has improved from the base line to the post line treatment. While comparing traditional training group with control Group, the control group did not showed any significant improvement on selected motor Fitness component is speed and physical fitness components is cardiovascular endurance of Kho-Kho players.

Key word: Traditional training, Speed and Cardiovascular Endurance

Introduction

The games are fun activities consisting in their essence the main intrinsically motivating factors that captivate learner's attention and make them persistent and enthusiastic about the activity. Therefore the games are recognized as a valuable tool in instructional designs that strive to create learning environments that are both interesting and educative. Besides making the learning fun, games are perceived as valuable tool in "learning by doing" paradigm described by Schankas: "There is only one effective way to teach someone how to do anything and that is to let them do it" (Schank, Berman & Macpherson, 1999). Playing games is an important characteristic of children's behaviour and is a natural learning tool for them. Play can provide a context wherein children achieve deep learning through the integration of intellectual, physical, moral and spiritual values. They can give them the opportunity to commit themselves to learning, development and growth. The entertaining interactions that children have with other children or adults while playing games constantly stimulate them in different developmental areas. Games have important contributions to children's cognitive development. Games are a very important tool to enable learning in an 'interesting' or novel way. While playing games, children learn a wide range of social skills such as sharing, understanding other perspectives and taking turns.

Methodology

To achieve the purpose of the study 30 girls Kho-Kho players were selected from Government Higher Secondary School, Othakkalmandapam, Coimbatore, Tamilnadu. The age of the subjects was ranged between fourteen and seventeen years. The selected subjects (n=30) were divided into two equal groups (n=15) of Traditional Training Group and Control Group. Two groups were tested on selected motor fitness components speed and physical fitness components is cardiovascular endurance were also recorded in their respective units as pre-test scores. To test the significant changes made from

base line to post-test on two groups'' test was applied. The significance of the means of the obtained results was tested at 0.05 level of confidence. The data was analysed by using the SPSS software analysis.

Training procedures

After Pre-test, the traditional training group was treated with traditional games package for sixty minutes duration per day for five days a week in the evening session. This was done for a period of twelve weeks. After twelve weeks of training both group subjects were tested again on same variables and the readings were recorded in their respective units as post-test scores.

Analysis of Results

TABLE – 1

COMPUTATION OF 't' VALUE BETWEEN PRE-TEST AND POST-TEST MEANS OF TRADITIONAL TRAINING GROUP AND CONTROL GROUP ON SPEED

Group	Tests	Means	Standard Deviation	Standard Error Means	't' Value
Traditional Training Group	Pre-test	5.80	0.38	0.06	2.80*
	Post-test	5.63	0.33		
Control Group	Pre-test	5.79	0.52	0.07	1.53
	Post-test	5.68	0.43		

*Significant at 0.05 level for the degrees of freedom 1 and 14 was 2.14

Table –1 data shows that 't' value on speed of traditional training group was 2.80 and it was higher than the required table value of 2.14. It was found to be statistically significant at 0.05 level of confidence for the degrees of freedom 1 and 14. Further, the obtained 't' value of 1.53 between pre-test and post-test of Control Group was lesser than the required table value of 2.14 and hence found to be statistically insignificant difference. From the result, it was inferred that Traditional Training Group produced significant improvement in the speed of school Kho-Kho players.

FIGURE – 1

BAR DIAGRAM SHOWING THAT THE PRE-TEST AND POST-TEST MEANS OF TRADITIONAL TRAINING GROUP AND CONTROL GROUP ON SPEED

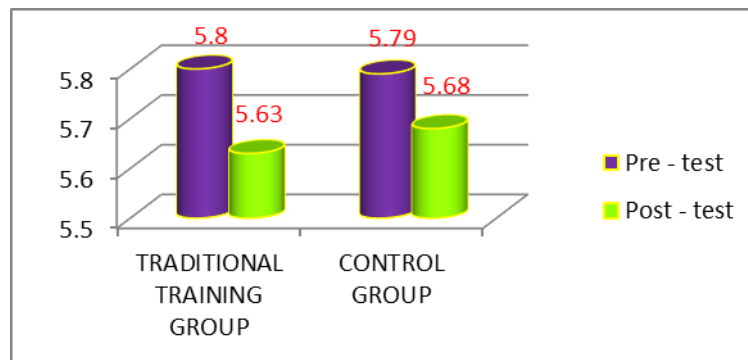


TABLE – 2

COMPUTATION OF 't' VALUE BETWEEN PRE-TEST AND POST-TEST MEANS OF TRADITIONAL TRAINING GROUP AND CONTROL GROUP ON CARDIOVASCULARENDURANCE

Group	Tests	Means	Standard Deviation	Standard Error Means	't' Value
Traditional Training Group	Pre-test	2271.43	167.21	6.85	4.12*
	Post-test	2305.64	184.37		
Control Group	Pre-test	2270.19	197.87	8.29	1.62
	Post-test	2281.36	209.23		

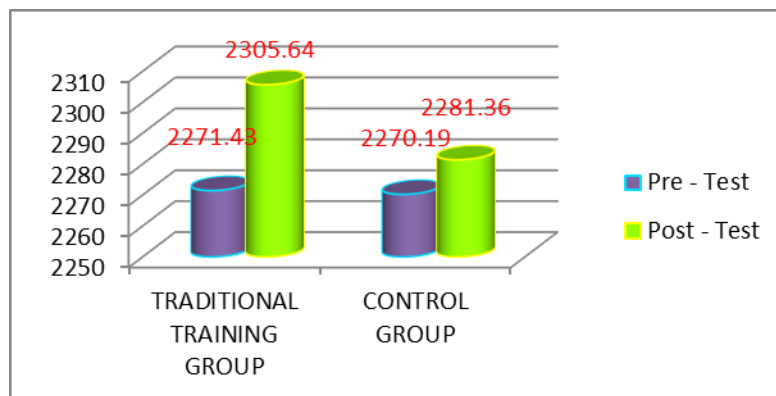
*Significant at 0.05 level for the degrees of freedom 1 and 14 was 2.14

Table – 2 data shows that 't' value on cardiovascular endurance of traditional training group was 4.12 and it was higher than the required table value of 2.145. It was found to be statistically significant at 0.05 level of confidence for the degrees of freedom 1 and 14. Further, the obtained 't' value of 1.62 between pre-test and post-test of control group was lesser than the required table value of 2.145 and hence found to be statistically insignificant difference.

From the result, it was inferred that Traditional Training Group produced significant improvement in the cardiovascular endurance of school Kho-Kho players.

FIGURE – 2

BAR DIAGRAM SHOWING THAT THE PRE-TEST AND POST-TEST MEANS OF TRADITIONAL TRAINING GROUP AND CONTROL GROUP ON CARDIOVASCULAR ENDURANCE



Conclusions

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

It was concluded that the (Traditional Training Group) traditional games package has produced significant improvement on selected motor fitness component are speed of the players. Kho-Kho players' performance has improved from the base line to the post line treatment.

It was concluded that the (Traditional Training Group) traditional games package has produced significant improvement on selected physical fitness component are cardiovascular Endurance of the players. Kho-Kho players' performance has improved from the base line to the post line treatment.

While comparing traditional training group and control group, the control group did not showed any significant improvement on selected motor fitness components are speed and physical fitness component are cardiovascular endurance of Kho-Kho players.

Reference

- Abdul Jamil Syarulniza et al., (2015)** Effect of Ladder Drills Training on Agility Performance. *International Journal of Health, Physical Education and Computer Science in Sports*, 17(1), 17-25.
- Adti Salgonkal et al., (2020)** Effect of Fartlek Training To Improve Endurance Ability In Male Kho - Kho Players. *International Journal of Physical Education And Health*, 7(2), 254.
- Alli Gipit Charles et al., (1997)**. The Effect of Traditional Games Played with the rules Intervention and Regulations In Developing Children's Motor Fitness Abilities. *Man In India*, 22, 409 - 416.
- Balasunder et al., (2019)** Relationship Of Overall Kho-Kho Performance With The Co-Ordinative Abilities Of South Zone Men Kho-Kho Players. *International Journal of Physiology, Nutrition And Physical Education*, 4(1), 1328-1330.
- Bupin Babu Singh (2017)**Experimenting The Speed And Flexibility Of Female Kho - Kho Players. *International Journal of Physical Education and Sports sciences*, 11(2), 71.
- Cooper K H. (1968)** A Means of Assessing Maximal Oxygen Uptake. *Journal of American Medical Association*, 203, 201 - 204.
- Darmayeti et al., (2014)** Through Rough Motor Upgrades Games Hopscotch in Children Aged 5 - 6 Years. *Journal of Education and Learning*, 3(2).
- Gajendra B Raghuvanshi. (2018)** Effect of Interval Training on Endurance And Playing Ability Of Kho - Kho Players. *International Journal of Physiology, Nutrition And Physical Education*, 3(1), 2019-2022.
- Hakimeh Akbari et al., (2009)** The Effect of Traditional Games In Fundamental Motor Skills Development In 7-9 Year Old Boys. *Journal of Iran Pediatr*, 19(2), 123-129.
- Herlini Meliananasari and Suparno (2018)** The Importance of Traditional Games to Improve Children's Interpersonal Skill. *Advances in Social Science, Education and Humanities Research*, 249, 4.

Ivan et al., (2010) Role of Traditional Games And Sports In Social And Ethnical Inclusion, Integration And Cohesion In The Post - Conflict And Transitional Societies Among Children Of Elementary Schools. *Physical Education Sports and Health*, 5-8.

James et al., (2018) Development Of Physical Fitness Materials Based On Traditional Games For Junior High School. *Advances in Social Science Education and Humanities Research*, 178, 424 - 428.

Jegathesan (2018) Co-Relation Of Physical Fitness Components With Skill Related Components And Playing Ability Of Kho-Kho Players. *Modern Perspectives of Sports Sciences and Yoga for the Enhancement of Sports Performance* (p. 164).

Jeyanthi et al., (2018) Effect Of Physical Exercise On Attention, Motor Skills And Physical Fitness In Children With Attention Deficit Hyperactivity Disorder: *National Library of Medicine*, 11(2), 125-137.