



A COMPARATIVE STUDY ON FLEXIBILITY AND SPEED OF COLLEGE LEVEL KABADDI AND KHO-KHO PLAYERS

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ABSTRACT

The design of the study was to find out the result of kabaddi and Kho-Kho on flexibility, speed of college level players. To achieve the idea of the study 20 kabaddi and 20 Kho-Kho players were selected from Coimbatore district. The subjects were flexibility and speed level of kabaddi and Kho-Kho players. The age group of subjects ranged from 21-25 years. The study was delimited to the following variables achievement flexibility and speed between kabaddi and Kho-Kho players. To perform this analysis, the researcher used independent 't' test to find out the significant difference between flexibility and speed level of kabaddi and Kho-Kho players. In this case to test the significance 0.05 level of confidence was utilised. It was found that there was a significant flexibility and speed between kabaddi and Kho-Kho players.

Keywords: kabaddi Players, Kho-Kho Players, Flexibility, Speed.

I. INTRODUCTION

Sports is all forms of usually competitive physical activity which, through casual or organized participation, aim to use, maintain, or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators. Hundreds of sports exist, from those requiring only two participants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. Sport is generally recognized as activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition, and other organizations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports. However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee (through ARISF) recognizes both chess and bridge as bona fide sports, and Sport Accord, the international sports federation association, recognizes five non-physical sports, although limits the amount of mind games which can be admitted as sports. Sports are usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first, or by the determination of judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression. In organized sport, records of performance are often kept, and for popular sports, this information may be widely announced or reported in sport news. In addition, sport is a major source of entertainment for non-participants, with spectator sports drawing large crowds to venues, and reaching wider audiences through sports broadcasting.

II. METHEDODOLOGY

The design of the study was to find out the result of kabaddi and Kho-Kho on flexibility, speed of college level players. To achieve the idea of the study 20 kabaddi and 20 Kho-Kho players were selected from Coimbatore district. The subjects were flexibility and speed level of kabaddi and Kho-Kho players. The age group of subjects ranged from 21-25 years. The study was delimited to the following variables achievement flexibility and speed between kabaddi and Kho-Kho players. To perform this analysis, the researcher used independent 't' test to find out the significant difference between flexibility and speed level of kabaddi and Kho-Kho players. In this case to test the significance 0.05 level of confidence was utilised.

III. STATISTICAL TECHNIQUES

The data was collected and statically examined to compare the flexibility and speed in kabaddi and Kho-Kho players. The 't' ratio was calculated to find out the significance difference if any in all the cases to test significance of 0.05 level of confidence was used.

TABLE-I
COMPUTATION OF 'T' RATIO COLLEGE LEVEL KABADDI AND KHO-KHO PLAYERS ON FLEXIBILITY

VARIABLES	GROUP	N	MEAN	STANDARD DEVIATION	STANDARD ERROR MEAN	t-ratio
FLEXIBILITY	KABADDI	20	33.95	3.60	0.80	1.01
	KHO-KHO	20	35.25	4.45	0.99	

*Significant at 0.05 level of confidence (2.14) 1 and 14

Table-I shows the means value of speed for college level kabaddi and kho-kho players were 33.95 and 35.25 respectively. The obtained "t" ratio value of 1.01 was lower than the required table value of 3.60 for degrees of freedom, 1 and 19 significant at 0.05 level of confidence. The study also reveals that the kabaddi and kho-kho players had similar in flexibility.

The mean value of kabaddi and kabaddi and kho-kho players on flexibility were graphically represented in figure-I

FIGURE - I

GRAPHICAL REPRESENTATION ON MEAN VALUES OF COLLEGE LEVEL KABADDI AND KHO-KHO PLAYERS ON FLEXIBILITY

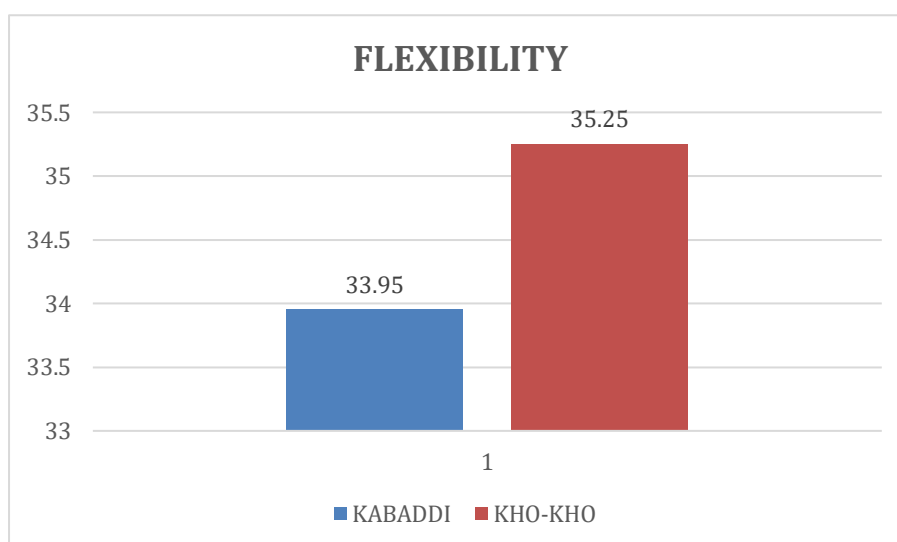


TABLE-II
COMPUTATION OF 'T' RATIO COLLEGE LEVEL KABADDI AND KHO-KHO PLAYERS ON SPEED

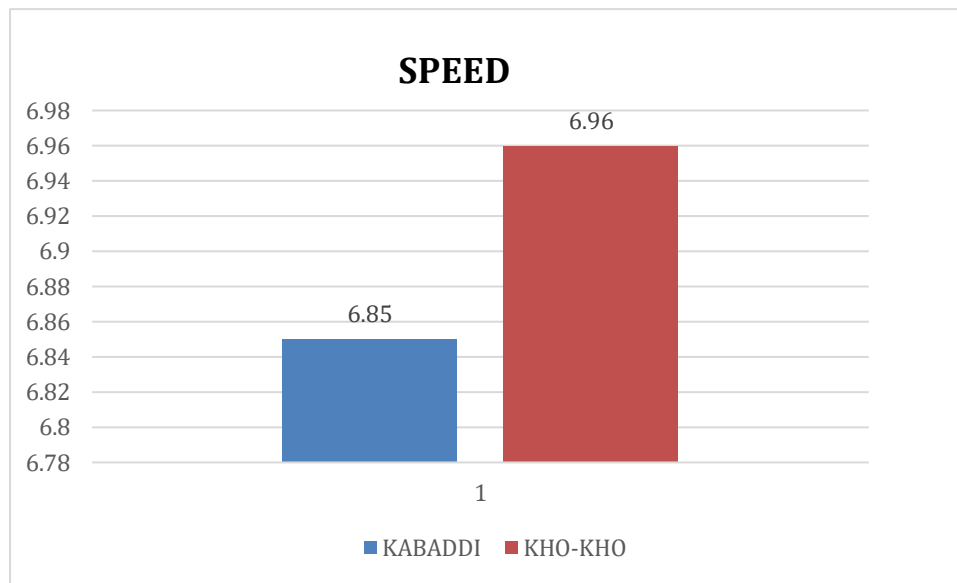
VARIABLES	GROUP	N	MEAN	STANDARD DEVIATION	STANDARD ERROR MEAN	t-ratio
SPEED	KABADDI	20	6.85	0.39	0.08	1.12
	KHO-KHO	20	6.96	0.24	0.05	

*Significant at 0.05 level of confidence (2.14) and 14

Table-II shows the mean value of speed for college level kabaddi and kho-kho players were 6.85 and 6.96 respectively. The obtained "t" ratio value of 1.12* was lower than the required table value of 0.08 for degrees of freedom, 1 and 19 significant at 0.05 level of confidence. The study also reveals that the kabaddi and kho-kho players had similar in speed.

The mean value of kabaddi and kho-kho players on speed were graphically represented in figure-II

FIGURE-II
GRAPHICAL REPRESENTATION ON MEAN VALUES OF COLLEGE LEVEL KABADDI AND KHO-KHO PLAYERS ON SPEED



IV. DISCUSSION AND FINDINGS

The results obtained from present studies revealed that there was insignificant difference on speed college level kabaddi and Kho-Kho players. The study also reveals that the college level kabaddi and Kho-Kho players had similar in speed. The results obtained from present studies revealed that there was insignificant difference on flexibility college level kabaddi and Kho-Kho players. The study also reveals that the college level kabaddi and Kho-Kho players had similar in flexibility.

V. CONCLUSION

It was concluded that there was insignificant difference among college level kabaddi and Kho-Kho players on flexibility. It was concluded that there was insignificant difference among college level kabaddi and Kho-Kho players on speed. It was concluded that college level kabaddi and Kho-Kho players had similar in flexibility. It was concluded that college level kabaddi and Kho-Kho players had similar in speed.

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