



## **A STUDY OF COMPARISON BETWEEN MEN COLLEGE KABADDI AND KHO-KHO PLAYERS ON SELECTED PHYSICAL FITNESS COMPONENTS**

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### **Abstract:**

The purpose of the study was to compare the speed and agility between men college kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in the colleges in Karnataka state, India were selected as subjects at random. Among them, thirty kabaddi players and thirty kho-kho players were selected. Among the physical fitness components, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the obtained 't' ratio, which was considered appropriate. The results of the study showed that there was a significant difference between kabaddi players and kho-kho players on speed and agility.

**Key Words:** Speed, Agility, Men College Kabaddi Players, Kho-Kho Players

### **Introduction:**

Kabaddi and Kho Kho are two traditional sports originating from India, both requiring remarkable speed and agility from players. These sports not only demand physical prowess but also strategic thinking and quick decision-making.

Kabaddi is a contact team sport known for its fast-paced nature and intense physicality. It requires players to possess exceptional agility, speed, strength, and endurance. The game is played between two teams, each striving to score points by raiding the opponent's territory while defending their own. Kabaddi players must exhibit agile movements to evade opponents' tackles and successfully tag defenders within the opponent's half. Agility enables players to swiftly change direction, accelerate, and decelerate, making it challenging for defenders to anticipate their next move. Quick reflexes and nimble footwork are essential for Kabaddi players to dodge defenders and return to their half safely.

Speed is a crucial attribute for Kabaddi raiders as they attempt to tag defenders and return to their half within a short time frame. Fast-paced raids catch defenders off guard, creating scoring opportunities for the raiding team. Speed also plays a vital role in defense, allowing players to close gaps, intercept opponents, and execute successful tackles.

Kho Kho is a traditional Indian sport that emphasizes agility, speed, and teamwork. It is a tag game played between two teams, with players taking turns to chase and evade opponents within a designated playing area. Kho Kho players showcase remarkable agility by swiftly maneuvering through opponents to avoid being tagged. Agile movements enable players to change directions rapidly, creating openings to escape opponents' attempts to tag them. Agility also aids defenders in quickly reacting to opponents' movements and anticipating their next move.

Speed is a defining characteristic of successful Kho Kho players, allowing them to outrun opponents while chasing or evading tags. Quick bursts of speed help players cover ground efficiently and close gaps between themselves and opponents. Speed is crucial in both offense and defense, enabling players to execute effective tags and evade opponents' attempts to tag them. Both Kabaddi and Kho Kho require players to possess exceptional speed and agility to excel in the fast-paced and dynamic nature of these sports. These attributes not only contribute to individual performance but also play a pivotal role in shaping the outcome of matches..

### **Methodology:**

The purpose of the study was to compare the speed and agility between men college kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in the colleges in Karnataka state, India were selected as subjects at random. Among them, thirty kabaddi players and thirty kho-kho players were selected. Among the physical fitness components, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant

difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the obtained 't' ratio, which was considered appropriate.

#### **Analysis of the Data:**

##### **Speed:**

The mean, standard deviation and 't' ratio values on speed of kabaddi players and kho-kho players have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Kabaddi and Kho-Kho Players on Speed

Groups	Mean	Standard Deviation	't' Ratio Value
Kabaddi Players	8.23	0.04	9.11 *
Kho-kho Players	8.11	0.06	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on speed for kabaddi players and kho-kho players were 8.23 and 8.11 respectively. The obtained 't' ratio value on speed 9.11 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between men college kabaddi players and kho-kho players on speed.

##### **Agility:**

The mean, standard deviation and 't' ratio values on agility of kabaddi players and kho-kho players have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation and 't' Ratio Values Between Kabaddi and Kho-Kho Players on Agility

Groups	Mean	Standard Deviation	't' Ratio Value
Kabaddi Players	8.87	0.09	8.65*
Kho-kho Players	8.69	0.07	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 shows that the mean values on agility for kabaddi players and kho-kho players were 8.87 and 8.69 respectively. The obtained 't' ratio value on agility 8.65 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between men college kabaddi players and kho-kho players on agility.

#### **Conclusions:**

- There was a significant difference between kabaddi players and kho-kho players on speed.
- There was a significant difference between kabaddi players and kho-kho players on agility.

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