



A comparative study of selected Health related physical fitness components of kabaddi and kho-kho players of Mumbai

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Abstract

The current paper focuses on a comparative study of selected health-related physical fitness components of Kabaddi and Kho-Kho players. Health-related fitness tests are used to measure fitness variables chosen by players. To analyze the data, calculate means and standard deviations, and check for insignificant differences between group means of various health-related physical fitness variables, independent t-tests were applied and the confidence level was set at 0.05. The study concluded that there were significant differences between mean scores of kabaddi and kho-kho athletes on selected health-related physical fitness variables such as muscular strength, muscular endurance and flexibility. They require more fitness than other sports. Good physical fitness helps to play better and reach the goal in the shortest time.

Keywords:- flexibility, muscular, strength, endurance.

Introduction

HRPF

Everyone have one-of-a-kind view involving bodily health for e.g. frequent individual to have right physique is a image of bodily fitness. For a physician the applicable functioning of physiological machine is a bodily fitness. The aspects of bodily health are vital to enhance bodily health. It helps in gaining a wholesome existence style. All health factors have a particular reason and section in being bodily in shape and healthy. Obtaining and preserving bodily fitness is end result of workout bodily activity, healthful weight loss program and diet alongside with applicable relaxation or bodily recovery.

The main factors that are vital to enhance bodily fitness are cardiovascular or coronary heart and lungs endurance, flexibility, physique composition, muscular endurance, muscular strength. The center of attention of fitness related aspects are to enhance the normal fitness of the man or woman and keeping a proper stage of health via exercising habits and bodily activities.



Definition

The definition of health related fitness involve exercise, activities that you do in order to try to improve physical health and stay healthy.

Flexibility

Flexibility is the capability to pass joints via a full vary of motion. Flexibility consists of stretching exercising to prolong the muscles. It might also consist of things to do like Yoga and Tai-chi. The diploma of Flexibility that a man or woman has is influenced via muscle mass and connective tissues like ligaments and tendons.

Muscular endurance

Muscular patience is the potential of muscle tissues or crew of muscle tissues to preserve contracting for an prolonged duration of time. It is one of the aspects of muscular health alongside with muscular strength and strength. It performs a massive function in nearly each athlete endurance. You may assume of muscular patience as stamina. Long distance is a activity that require muscular endurance.

Greater muscular patience approves a man or woman to entire greater repetition of an exercise. Combination of decrease and top physique workout with give a boost to exercising to goal a complete physique are enhance the muscular endurance. Moderate resistance strolling with brief intervals in between for rest, create quick burst of anxiety to construct strength. Circuit coaching or excessive depth interval coaching can be additionally enhance the muscular endurance.

Muscular strength

Muscular power is a potential of muscle or crew of muscle to exert most pressure in a single contraction. Muscular electricity to the quantity of pressure a muscle can produce and is typically measured by way of the most quantity of pressure of muscle can produce in a single effort.

The quantity of muscular power are relies upon on gender, age and bodily fitness. Strong muscle are critical for any athletic endurance, sturdy muscle can gain anyone in some way. With the assist of muscular electricity we can get exact physique posture, less complicated overall performance of work, daily things to do and exercise, less complicated overall performance of recreational activities, sturdy tendons and ligaments and bones, limit chance of injury.

Because of muscular energy we get fitness advantages for example, muscular tissues assist our skeleton and allow movements. Back ache can be averted or minimize via strengthening lower back muscles.

Statement of the problem

Physical health is required in all elements of kabaddi and Kho-Kho relying on the function of participant in the team, the vital of health varies. To discover out the finest health of kabaddi and Kho-Kho gamers so the researcher has selected the topic- "A comparative study of selected Health related physical fitness components of kabaddi and kho-kho players of Mumbai."

Objective of the study

- To examine kabaddi and Kho-Kho gamers bodily health aspects test.
- To learn about the bodily health elements of kabaddi and Kho-Kho players.
- To learn about overall performance of kabaddi and Kho-Kho gamers for the duration of bodily health aspects test.

Hypothesis

H1 – There may be kabaddi players have better endurance than Kho-Kho players.

H2 – The flexibility of Kho-Kho players may be better than kabaddi players.

H3 - There may be kho-kho players have better strength than kabaddi players.

LIMITATIONS

- The dependency and punctuality of the topics are now not beneath the managed of the research scholar.
- It is no longer viable to manage the weight-reduction plan and consuming habits of the subjects.
- The climatic prerequisites are now not in manage of the research scholar.



DELIMITATIONS

- The study delimited to the health related physical fitness variables of kabaddi and Kho-Khoppers.
- The study was delimited to adolescent age group.
- The subjects was be delimited only for the kabaddi and Kho-Kho players.
- The study was delimited to 15 kabaddi and 15 kho-kho players.

SIGNIFICANCE OF THE STUDY

- This find out about will assist to the approach which used to examine the variables for checking out cause in different sports, sportsmen of extraordinary stage with some modification.
- The end result of this learn about would possibly teach the kabaddi gamers and coaches in precise about the importance of bodily health variables.
- The learn about may additionally assist all the coaches, bodily training instructors and additionally kabaddi gamers to put together a precise education programmed to boost therequired variables.

Methodology

Research design

The main purpose behind this study was to compare the health related physical fitness components of kabaddi and Kho-Kho players. The purpose of the study was to find out the performance of kabaddi and Kho-Kho players on health related physical fitness components. Muscular strength, flexibility and muscular endurance are tests were conducted as follows.

MUSCULAR STRENGTH

Procedure:

Subject kept his body and legs in a straight line, bases slightly piecemeal, the arms at shoulder range piecemeal, extended and at a right angles to the body. Keeping the reverse and knees straight, the subject lowers the body to a destined point, to touch some other object, or until there's a 90- degree angle at the elbows, also returns back to the starting position with the arms extended. This action is repeated, and test continues until prostration, or until they can do no further in meter or have reached the target number of drive- ups.



FLEXIBILITY

Procedure:

This test involves sitting on the bottom with legs out straight ahead. bases are placed with the soles flat against the box, shoulder- range piecemeal. Both knees are held flat against the bottom by the tester, if needed. With hands on top of each other and triumphs facing down, the subject reaches forward along the measuring line as far as possible. After three practice reaches, the fourth reach is held for at least two seconds while the distance is recorded. Make sure there are no jerky movements and that the fingertips remain position and the legs flat.

MUSCULAR ENDURANCE

Procedure:

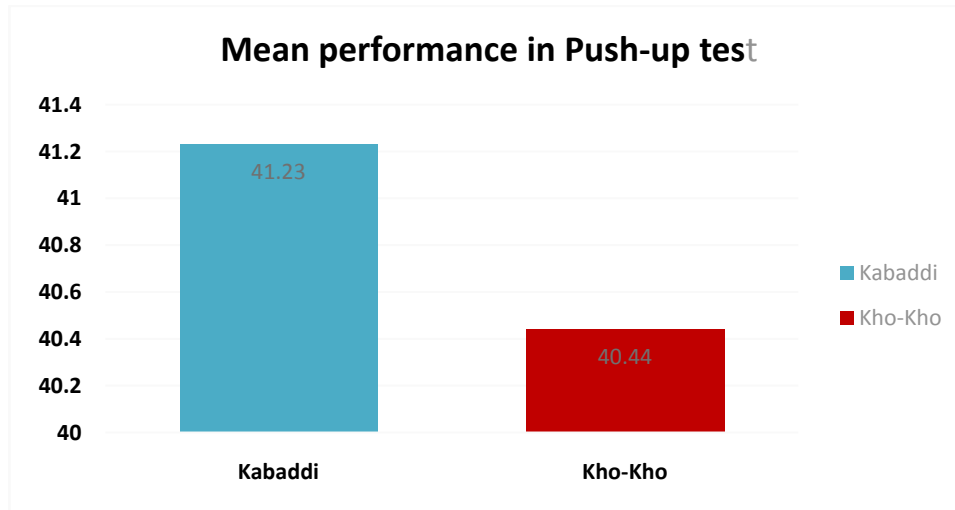
The sit-up was performed by lying on your back, with your knees bent and your feet flat on the floor. Hooking your feet under a hard object or pinning your training partner to the floor can make this exercise easier. The affected abdominal muscles and torso are lifted off the ground by bending at the waist and arching the back slightly. Continue until your torso is upright and your back is completely off the floor, then slowly return to the floor.

ANALYSIS AND INTERPRETATION OF DATA

In the subsequent part, after reviewing the records collected, quantitative equipment have been used to accomplish the mission. The facts is displayed in this manner with the aid of utilising tables. The phase-wise findings and theoretical explanations have been provided, with all exclusive levels in the approach flowing from the preceding step. The findings had been debated and similarly encouraged with clear common sense for the effects to be assured and set. Since the organizations had been now not equated the information pertaining to the variables of the find out about have been examined by way of an evaluation of covariance for every variable one by one in order to decide the difference. The stage of magnitude to check the t-ratio, acquired via evaluation of covariance used to be constant at 0.05 stage of confidence.

Comparison of mean gains in muscular strength test of kabaddi and Kho-Kho

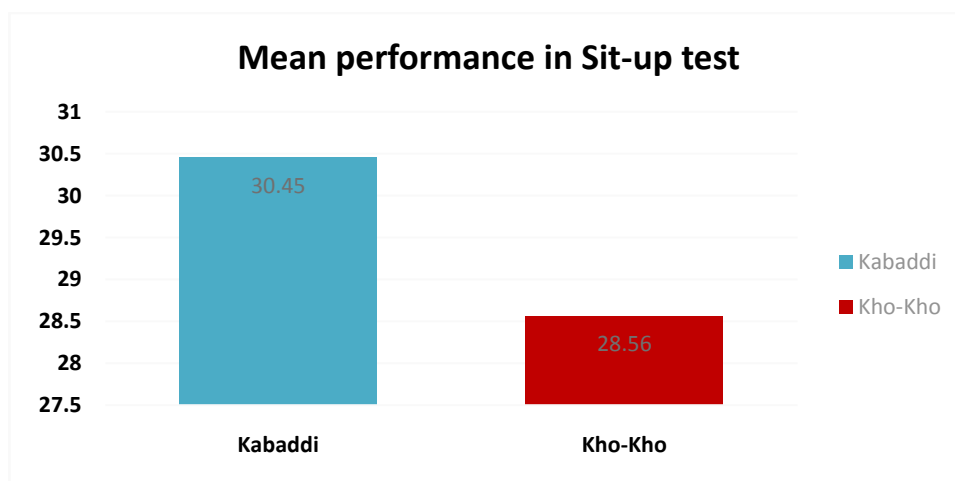
In the case of muscular strength test, the mean performance of kabaddi and Kho-Kho players were 41.23 and 40.44 respectively.



Thus the hypothesis H3 - “There may be kho-kho players have better strength than kabaddi players” has been rejected.

Comparison of mean gains in muscular endurance test of kabaddi and Kho-Kho

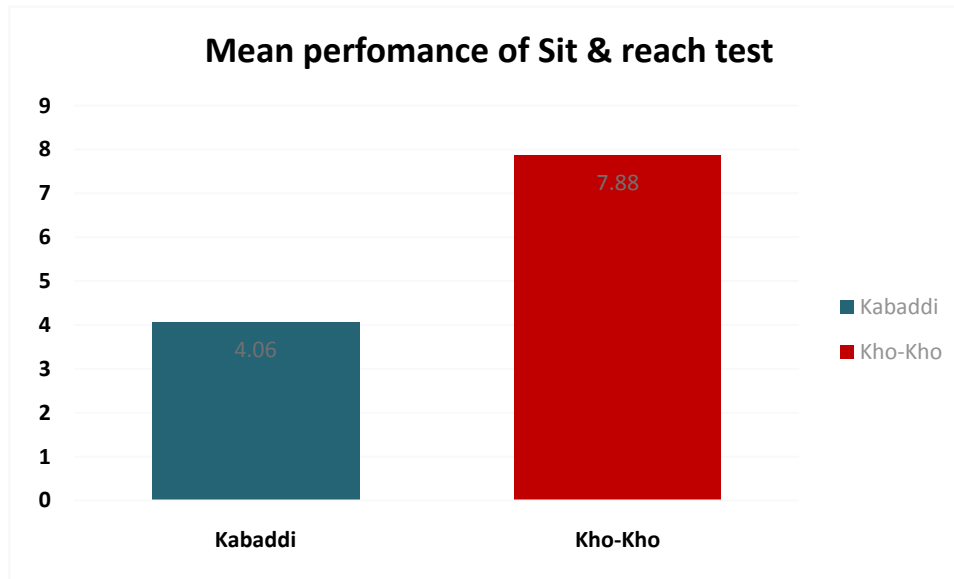
In the case of muscular endurance test, the mean performance of kabaddi and Kho-Kho players were 30.45 and 28.56 respectively.



Thus the hypothesis H1 – “There may be kabaddi players have better endurance than Kho-Kho players” has been accepted.

Comparison of mean gains in flexibility test of kabaddi and Kho-Kho

In the case of flexibility test, the mean performance of kabaddi and Kho-Kho players were 4.06 and 7.88 respectively.



Thus the hypothesis H2 – “The flexibility of Kho-Kho players may be better than kabaddi players” has been accepted.

Conclusion

- On the groundwork of the discovering staying power reputation of kabaddi and Kho-Kho gamers did now not exhibit a good deal different.
- The flexibility of kho-kho gamers are higher than kabaddi player.
- The kabaddi player’s energy are higher than the Kho-Kho players.



Recommendation:

- Serious and ordinary exercise will improve the health variables which is flip enhance the speed, strength, agility, and flexibility.
- While designing the education programmer for sports activities person, the health of the athlete need to be considered.
- First useful resource education ought to be given to the Sports instructors or any member of the staff, so that fundamental first resource education can be supplied by using the skilled instructors to children.
- Research may additionally beneficial for the in addition find out about in the area of Kho-Kho and Kabaddi game.
- Coaches ought to behavior the health take a look at for the choice of the athletes

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