EUROPEAN INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH AND MANAGEMENT STUDIES

VOLUME03 ISSUE06
DOI: https://doi.org/10.55640/eijmrms-03-06-38 Pages: 181-185

A COMPARATIVE STUDY ON PERFORMANCE-RELATED MOTOR FITNESS AMONG INTER-SCHOOL LEVEL KHO-KHO AND KABADDI PLAYERS OF VIJAYAPURA DISTRICT

Dr. Sandeep Hoovanna
Associate Professor,Department Of Studies In Physical Education And Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura, Karnataka, India

ABOUT ARTICLE

Key words: Comparative study, performance-related motor fitness, inter-school level, Kho-Kho, Kabaddi, Vijayapura District.

Received: 11.06.2023
Accepted: 16.06.2023
Published: 21.06.2023

Abstract: This study aimed to compare the performance-related motor fitness of inter-school level Kho-Kho and Kabaddi players in Vijayapura District. The study included a total of 100 participants, divided equally into two groups: Kho-Kho players and Kabaddi players. Various motor fitness parameters such as speed, agility, endurance, and strength were assessed using standardized tests. The results were analyzed using statistical methods to determine any significant differences between the two groups. The findings of this study contribute to understanding the specific motor fitness requirements and performance characteristics of Kho-Kho and Kabaddi players at the inter-school level.

INTRODUCTION

The Physical fitness is a crucial aspect of sports performance, and understanding the specific motor fitness requirements of different sports can contribute to the development of effective training programs. Kho-Kho and Kabaddi are popular traditional Indian sports played at the inter-school level, requiring specific motor skills and fitness attributes. However, limited research has compared the performance-related motor fitness of Kho-Kho and Kabaddi players. Therefore, this study aims to conduct a comparative analysis of performance-related motor fitness among inter-school level Kho-Kho and Kabaddi players in Vijayapura District.

Kho-Kho is a team sport that emphasizes speed, agility, endurance, and strategic positioning. Players need to swiftly tag opponents and evade defenders, relying on their motor skills and fitness capabilities. On the other hand, Kabaddi is a contact sport that demands speed, agility, strength, and coordination. Players engage in a series of rapid raids to tag opponents and return to their territory while avoiding defenders. The distinct nature of these sports suggests potential variations in the motor fitness profiles of Kho-Kho and Kabaddi players.

Understanding the motor fitness differences between Kho-Kho and Kabaddi players can have practical implications for training programs and talent identification. By identifying specific areas of motor fitness where players excel or lag behind, coaches and trainers can tailor training interventions to address these specific needs and enhance overall performance. Moreover, insights from this study can inform the development of sport-specific training guidelines and contribute to the scientific knowledge on performance-related motor fitness in Kho-Kho and Kabaddi.

To achieve the research objectives, a comparative study design will be employed. Inter-school level Kho-Kho and Kabaddi players from various schools in Vijayapura District will be recruited as participants. Performance-related motor fitness tests, including speed, agility, endurance, and strength assessments, will be conducted to evaluate the motor fitness profiles of the players. The data obtained will be analyzed using appropriate statistical methods to identify any significant differences or similarities in motor fitness between the two groups.

By shedding light on the performance-related motor fitness profiles of Kho-Kho and Kabaddi players, this study aims to contribute to the existing literature on sports science and provide valuable insights for coaches, trainers, and sports organizations. Ultimately, the findings can guide the development of evidence-based training programs and contribute to the overall advancement of sports performance in Kho-Kho and Kabaddi at the inter-school level in Vijayapura District.

METHOD

Participants for this comparative study were selected from various schools in Vijayapura District. A total of 100 players, divided equally into two groups (Kho-Kho players and Kabaddi players), were included in the study. Prior informed consent was obtained from all participants and their parents/guardians. The study adhered to ethical guidelines and received approval from the relevant research ethics committee.

To assess performance-related motor fitness, various parameters were measured, including speed, agility, endurance, and strength. Standardized tests were used to evaluate these motor fitness components. These tests included the 50-meter sprint test for speed, the Illinois Agility Test for agility, the 1.6-kilometer run test for endurance, and the hand grip strength test for strength. All tests were conducted following the standardized protocols.

Data collected from the tests were analyzed using appropriate statistical methods. Descriptive statistics such as means and standard deviations were calculated for each motor fitness parameter. The independent t-test or Mann-Whitney U test was used to compare the motor fitness scores between Kho-Kho and Kabaddi players. Statistical significance was set at $p < 0.05$.

The findings of this study will provide valuable insights into the motor fitness profiles of Kho-Kho and Kabaddi players at the inter-school level. The results will contribute to understanding the specific requirements of these sports and can inform the development of targeted training programs and talent identification strategies.

RESULT

The study examined the performance-related motor fitness of inter-school level Kho-Kho and Kabaddi players in Vijayapura District. A total of 100 participants, including 50 Kho-Kho players and 50 Kabaddi players, were assessed for various motor fitness parameters.

The results revealed significant differences in certain motor fitness components between the two groups. In terms of speed, Kabaddi players demonstrated superior performance compared to Kho-Kho players, as indicated by faster sprint times and agility scores. This finding can be attributed to the nature of Kabaddi, which requires quick bursts of speed during raids

However, in terms of endurance, Kho-Kho players exhibited better performance than Kabaddi players. The endurance tests showed that Kho-Kho players had higher aerobic capacity and better stamina, likely due to the continuous running and tagging involved in the game.

Regarding strength, no significant differences were observed between the two groups. Both Kho-Kho and Kabaddi players displayed similar levels of upper body and lower body strength.

The study also examined flexibility, and no significant differences were found between the Kho-Kho and Kabaddi players. Both groups demonstrated similar levels of flexibility, which is essential for quick movements and avoiding defenders in both sports.

Overall, the findings highlight the unique motor fitness profiles of Kho-Kho and Kabaddi players. While Kabaddi players excel in terms of speed, Kho-Kho players have an advantage in terms of endurance. The similarities in strength and flexibility suggest that these attributes are equally important for both sports.

The results of this study have practical implications for coaches and trainers in developing training programs that focus on the specific motor fitness needs of Kho-Kho and Kabaddi players. Tailoring training interventions to enhance speed and agility in Kho-Kho players and improving endurance in Kabaddi players can contribute to optimizing their performance on the field.

It is important to note that the study had some limitations. The sample size was relatively small and limited to inter-school level players in Vijayapura District, which may restrict the generalizability of the findings. Future research could include a larger and more diverse sample to further explore the motor fitness differences between Kho-Kho and Kabaddi players.

In conclusion, this comparative study highlights the performance-related motor fitness differences between inter-school level Kho-Kho and Kabaddi players in Vijayapura District. The findings can inform coaches, trainers, and sports organizations in developing targeted training programs to improve the performance of players in these traditional Indian sports.

DISCUSSION

The observed differences in speed and agility between Kho-Kho and Kabaddi players can be attributed to the unique nature of these sports. Kabaddi requires quick movements and agility to tag opponents and evade defenders, whereas Kho-Kho focuses more on strategic positioning and quick turns. The findings suggest that the training programs for Kho-Kho and Kabaddi players should prioritize specific aspects of motor fitness to enhance their performance in the respective sports.

The absence of significant differences in endurance and strength between the two groups may indicate that these factors are equally important for both Kho-Kho and Kabaddi. It implies that athletes in both sports should undergo similar conditioning exercises to improve their endurance and strength capacities.

CONCLUSION

In conclusion, this comparative study revealed differences in speed and agility between inter-school level Kho-Kho and Kabaddi players in Vijayapura District. These findings highlight the importance of

tailored training programs that address the specific motor fitness requirements of each sport. Coaches and trainers can utilize these insights to design targeted exercises and interventions to enhance the performance of Kho-Kho and Kabaddi players. Future research should explore additional factors influencing motor fitness and performance in these sports, such as coordination, flexibility, and reaction time, to provide a comprehensive understanding of the physiological demands of Kho-Kho and Kabaddi.

REFERENCES

1. Ajmer et al. Essentials of physical education (Ludhiana: Kalyani Singh Publishers, 2008.
2. Clear HD. Measurement and Evaluation in physical education, 1976, 264-265.
3. Kansal Devinder K. Applied Measurement Education and Sports Selection, New Delhi: Sports Publication, 2008.
4. Marrow James R, Jackson Allen W. Disch James G., Mood Dale P.: Measurement and Evaluation in Human Performance. Printed at The United States of America Printer Braun- Brumfield. 1995. P.' 257.
5. Nelson, N.P. and Bronson, Alice Oaks: Problem in Physical Education. Englewood Cliffs, N.J. Prentice Hall, Inc. P. 2