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A comparative study of selected physiological variables of University-level Kabaddi and Kho-Kho players

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Abstract

The purpose of this study was to compare the selected physiological variables (Vital Capacity and Cardiovascular Endurance) between Kabaddi and Kho-kho players. Their age ranged from 18 to 25 years. The subjects were 12 players of Kabaddi and 12 players of Kho-kho from Banaras Hindu University, Varanasi (U P) who had participated in Inter-University tournament selected as subjects for this study. The mean difference of physiological variables between Kabaddi and Kho-kho players was tested for significance by t test. The level of significance was fixed at 0.05 level of confidence. There was no significant difference found in physiological variables between Kabaddi and Kho-Kho players.

Keywords: Variables, physiological, kabaddi and kho-kho players

Introduction

In the early age play was totally a means of recreation but after the modern Olympic game in 1896 it was converted into an organized institution. After that standard of the games and sports increased gradually in a steady and proper way. Games and sports play a vital role in our life. Discipline is the main achievement of it. Besides this National unity integrity harmony and strengthened by sports and games. In a nation like India games are the most valuable units to make this country unite. In this reference Plato can be quoted as - "children can be controlled by Sports". No one can disagree with this fact. An English proverb says "Sound mind in Sound body." This proverb is right, but the sound body is a big question. How can we get it? Ultimately the answer will be we can get a sound body only and only from games and sports so games and sports are the main factors of our life which have affected every sphere of our life in every period.

In modern days, Technology plays major role in sports to affect the performance of players. It increases the physical and mental capacity, it cannot imagine. Technology helps to make the game highly competitive as well as enjoyable. Due to technology sports have been very fast and interesting. Old records have been broken rapidly. In present time, trainers are using modern equipment to train the youth. It is very essential for youth and sports person to update with new technology. For better performance, clever use of technology and time makes a player excellent.

Sports activity for a lot of people is seen as medium of joy or a tool for a fit and healthy life. Sports activity as profession became a medium of financial gain and popularity to the people with ample skills.

Kabaddi is one of the traditional forms of play that the country has evolved for its youth. This Indian game is simple in nature and easy to organize. This game has been designed to develop strength, speed agility, lungs capacity endurance, defensive and sound normal values. This game is played and enjoyed by large masses of children and adults in different parts of the country. In 1990 it was included in Asian games and India got the first gold medal in Kabaddi.

Kho-kho is a team game. It is a popular game in India. It is a very fast game by its nature. It is a game which calls for strenuous thrilling action and the skill involved in the game are simple in nature and it highly stimulating and satisfying to anyone who participate in the game the creation of skill combined with the basic component strength speed agility cardio respiratory endurance and vital capacity are the most important which a Kho-Kho player should process.

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Objective of the study

The main objective of the study was to compare the selected physiological variables of university level Kabaddi and Kho-kho players.

Methods and Materials

To achieve the objective of the study, 24 (12 Kabaddi & 12 Kho-kho) male players from different faculties of Banaras Hindu University Varanasi, (UP) who participated in inter university tournaments were selected as subjects. Their age ranged between 17 to 25 years.

Selection of variables

Among the physiological components cardiovascular endurance and vital capacity were selected as variables. A dry spirometer was used to measure the vital capacity of a player during a 12-minute run and walk for cardiovascular endurance.

Scoring

The score was the best of three trials of a player recorded in liter for vital capacity and the distance covered by the subject was measured in meters for cardiovascular endurance.

Statistical technique

The mean difference of physiology variables between Kabaddi and Kho-kho players was tested for significance by t-test. The level of significance was fixed at 0.05 level of confidence.

Table 1: Mean and S.D. of physiological variables of Kabaddi and Kho-kho players

| Group | Mean | S.D. |
|---------|-------|-------|
| Kabaddi | 43.23 | 15.41 |
| Kho-Kho | 45.45 | 14.92 |

Table 2: Significance of difference of mean in physiological variables between Kabaddi and Kho-kho players

| Group | Mean Difference | t-Test |
|---------------------|-----------------|--------|
| Kabaddi and Kho-Kho | 2.22 | 0.11 |

t-value required to be significant at 0.05 level of confidence with 22 degree of freedom is 2.07

Results

The results of this study are based on the score obtained as the response of Kabaddi and Kho-kho players. The scores are statistically analyzed in the terms of mean, SD and t-test.

It is inferred from table 1 and table 2 that there is no significant difference in physiological variables I cardiovascular endurance and vital capacity at 0.05 level of confidence with 22 degrees of freedom. The r value required for significance is 2.07 and obtained value 0.11 was much less than the required value.

Discussion of Finding

The non-significant results may be attributed to the fact that Kabaddi and Kho-Kho players require the training in specific physiological variables but in general there are not much difference in their physiological variables. Moreover, the selected subjects under study were from the same geographical background and undergone similar type of routine in training.

Conclusion

Under the constraint of the study and steps followed, the

conclusion was arrived at that there was no significant difference found in the selected physiological variable between Kabaddi and Kho-Kho players.

Recommendation**It recommended that**

1. A similar study could be done on the girl players of Kabaddi and Kho-kho players.
2. A similar study could be done for higher levels like state and national level by taking the large number of subjects belonging to different games.

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