



## A Comparative Study of selected physical fitness of Kabaddi and Kho-Kho Players at College Level

**Miss. Shital Raut,**

Indira Mahavidyalay, Kalamb. District Yavatmal (M.S.)

Email ID: shital.raut123@gmail.com, sachin.darekar05@gmail.com

### Abstract:

The purpose of this study is to measure and evaluate the selected physical fitness of Kabaddi and Kho-Kho players. The taster consisted of twenty Kabaddi male players and twenty Kho-Kho male players from Indira Mahavidyalay, Kalamb. District Yavatmal (M.S.) were selected as the subject of thee investigation as the age of twenty eight to twenty years old the study was delimited Kabaddi and Kho-Kho male players the study was further delimited selected physical fitness components like flexibility, Agility and speed the 't' Test were competed through (Microsoft excel 2007) programme. The level of signification was set as at 0.0 5. The findings of the study revealed that there was no significance difference in flexibility, agility and speed of Kabaddi and Kho-Kho players.

**Keywords:** Physical fitness, players



### Introduction:

Health and Fitness are the means of both physical and mental conditions in good condition. Regular exercise and balanced food can improve the health and well-being of a person. As a physical, mental and social good of a person, we can define health. This is not only the absence of diseases, disease or impairment. We can define the well-being of any person as the potential for environmentally friendly demands. We should enjoy the time of improving the muscles as well as the rotation, running, exercising in the gym (gymnasium), or performing other body activities as well as working the body properly.

### Material and Methods:

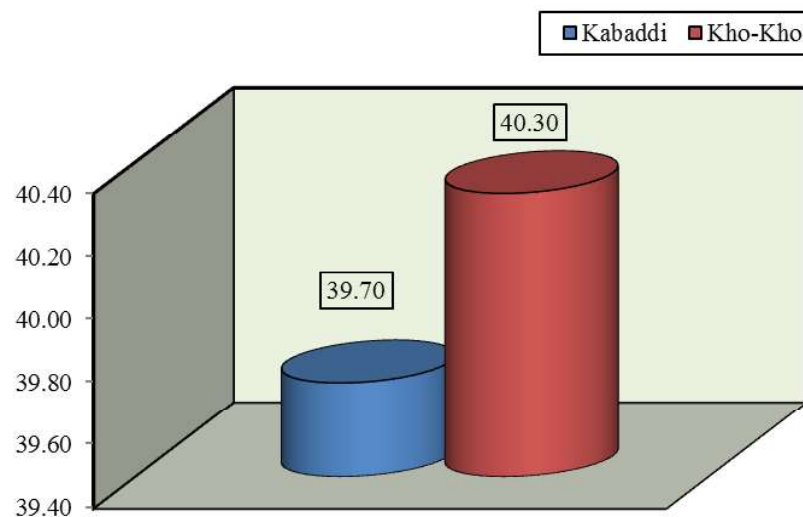
The taster consisted of twenty Kabaddi male players and twenty Kho-Kho male players from Indira Mahavidyalay, Kalamb. District Yavatmal (M.S.) were selected as the subject of thee investigation as the age of twenty eight to twenty years old the study was delimited Kabaddi and Kho-Kho male players the study was further delimited selected physical fitness components like flexibility, Agility and speed the 't' Test were competed through (Microsoft excel 2007) programme. The level of signification was set as at 0.0 5.

### Analysis of the Data:

**Table No. 1:** Comparison of flexibility of Kabaddi and Kho-Kho players

| Group   | N  | Mean  | SD    | SE   | MD   | Ot   | df | Tt   |
|---------|----|-------|-------|------|------|------|----|------|
| Kabaddi | 20 | 39.70 | 10.19 | 3.23 | 0.60 | 0.19 | 38 | 2.02 |
| Kho-Kho | 20 | 40.30 | 10.24 |      |      |      |    |      |

It is determined that while there wasn't a statistically not meaningful difference between flexibility of Kabaddi and Kho-Kho ( $p>0.05$ ).



**Fig.1:** Difference of Mean value in flexibility between Kabaddi and Kho-Kho players

**Table No. 2:** Comparison of agility of Kabaddi and Kho-Kho players

| Group   | N  | Mean | SD   | SE   | MD   | Ot   | df | Tt   |
|---------|----|------|------|------|------|------|----|------|
| Kabaddi | 20 | 9.45 | 0.53 | 0.17 | 0.04 | 0.26 | 38 | 2.02 |
| Kho-Kho | 20 | 9.40 | 0.54 |      |      |      |    |      |

It is determined that while there wasn't a statistically not meaningful difference between agility of Kabaddi and Kho-Kho ( $p>0.05$ ).

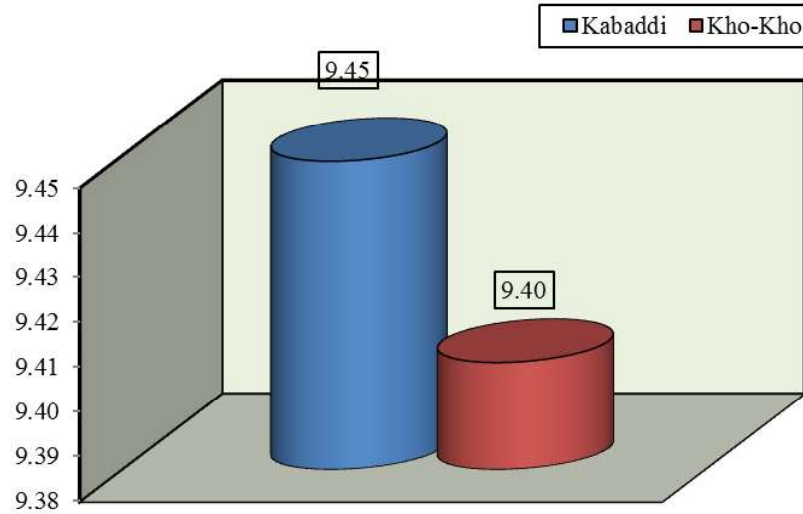


Fig.2 Difference of Mean value in agility between Kabaddi and Kho-Kho players

**Table No. 3:** Comparison of speed of Kabaddi and Kho-Kho players

| Group   | N  | Mean | SD   | SE   | MD   | Ot   | df | Tt   |
|---------|----|------|------|------|------|------|----|------|
| Kabaddi | 20 | 6.90 | 0.66 | 0.21 | 0.01 | 0.04 | 38 | 2.02 |
| Kho-Kho | 20 | 6.91 | 0.66 |      |      |      |    |      |

It is determined that while there wasn't a statistically not meaningful difference between speed of Kabaddi and Kho-Kho ( $p > 0.05$ ).

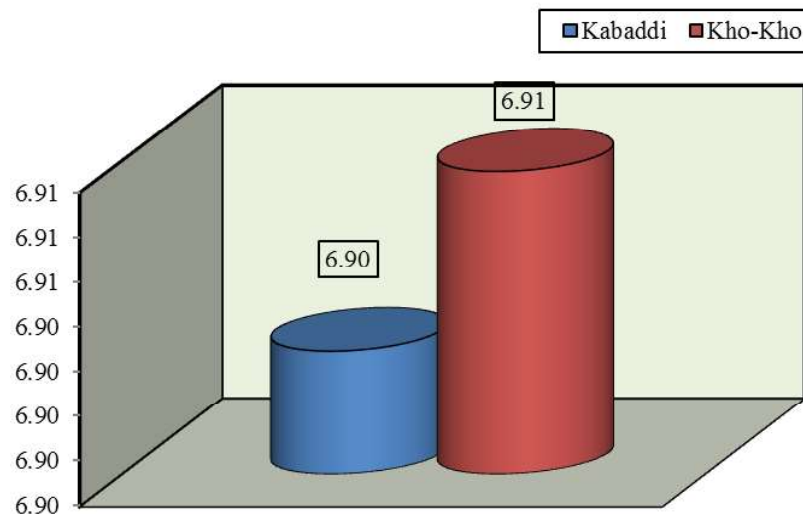


Fig.3: Difference of Mean value in speed between Kabaddi and Kho-Kho players



### Conclusion:

The results of this study suggest that regular physical activity and regular exercise are very essential for the people of all age groups, especially for the younger generation. Health and well-being brings happiness in life and helps a person to live a stress free and disease free life.

### References:

Wolde, Bezabih. (2013). Comparison of physical fitness components of rural and urban secondary school female students in hadiya zone, Thesis - Physical Education & Sports, <http://hdl.handle.net/123456789/6771>

Woldeyes, E. T. (2013). Comparative study of health related physical fitness components of urban and rural female students of guder secondary and preparatory school, Ethiopia, Master Thesis, Haramaya University.

Wuest, A. Deborah & Bucher, Charles A. (1991). Foundations of Physical Education and Sport, St. Louis: C.V. Mosby Published, 19.

Yadav, Maya & Rohilla, Kanta (2014). A Comparative Study of Physical Fitness Among Sportsmen and Non-Sportsmen Students in Bhiwani District of Haryana", International Journal of Multidisciplinary Research and Development, 1 (5), 177-178.

Yuhasz, M.S. (1974). Physical Fitness Manual, London: Ontario, University of Western Ontario.