

COMPARATIVE ANALYSIS OF PSYCHOMOTOR AND SKILL RELATED PHYSICAL FITNESS COMPONENTS ABILITY BETWEEN KABADDI AND KHO-KHO PLAYERS IN DISTRICT OF CHHATTISGARH STATE

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Abstract

The present research is to evaluate the psychomotor skills of kabaddi and kho-kho players in the district of Chhattisgarh. Thirty players from Kabaddi and another thirty from Kho-kho were chosen on purpose for the selected study. Ages of participants were from 18 to 22. The gathered data was calculated using the T-test. The results of this investigation confirmed the obvious differences between kabaddi and kho-kho players. The following variables were determined to be significant at the 0.05 level. Conclusions have been made, and the study's findings on speed indicate that participants have significant difference in this area. Players with a Kabaddi Mean score of 7.67 outperformed those with a kho-kho score of 6.09 in every way. The end outcome is agility. The study's findings on agility indicate that participants differed significantly in this area. The Kabaddi Mean players (21.20) outperformed the kho-kho Mean (10.64) players. The study's findings indicate that there were substantial differences among players when it came to balance. Players with a Kabaddi Mean of 28.74 outperformed those with a Kho-kho Mean of 10.71. The study's findings indicate that players differed significantly in terms of flexibility. Players with a Kabaddi Mean of 20.16 outperformed those with a kho-kho Mean of 15.66. The study's findings regarding eye-hand coordination indicate that there were substantial differences between players in this area. Kho-kho Mean (21.02) players weren't as good as Kabaddi Mean (22.71) players.

Keywords: Agility, Balance, Speed, Flexibility, Eye-hand, Co-ordination, Kabaddi, and Kho-Kho Player.

INTRODUCTION

Compare Kabaddi and Kho-Kho players on the psycho-motor abilities selected. In comparing the players from Bilaspur district of Chhattisgarh state, having variables: 50 yards dash, 4x10 yards shuttle run, stork stand test, Sit & Reach, Eye-hand coordination by ball transfer between the players of Kabaddi and Kho-Kho. The necessary data was collected with the standardized procedure by administering selected abilities tests. The significant distinction was established in the speed ability, 50yards sprint measure the Kabaddi players had outstanding speed as compared to the Kabaddi players. Many distinctions were discovered within the agility measure by 4x10 yards shuttle run in comparison to the players. The Kabaddi players had better agility, showing greater movement ability than the Kabaddi players. Many distinctions were established within the stork stand Balance compared to the Kabaddi & kho-kho players. The kabaddi players had superior equipoise knacks than the Kabaddi players. The significant distinction was established in the Sit and Reach test in the Kabaddi players had superior foot and waist elasticity as compared to the kho-kho players.

Many distinctions were established in the Eye hand co-ordination test by ball transfer in compare to the players. Comparative analysis of psychomotor and skill-related physical fitness components ability between kabaddi and kho-kho Players in district of Chhattisgarh state.

Statement of the Problem

With this background idea, the main motive of the study was to compare the psychomotor efficiency among players aged between fifteen to twenty years. Thus, the problem was stated as Comparative analysis of psychomotor and skill-related physical fitness components ability between kabaddi and kho-kho Players in district of Chhattisgarh state.

Purpose of the Study

The important of the text is to find-out the status of players at the senior secondary district level in regard to their psycho-motor variables among players.

Methodology

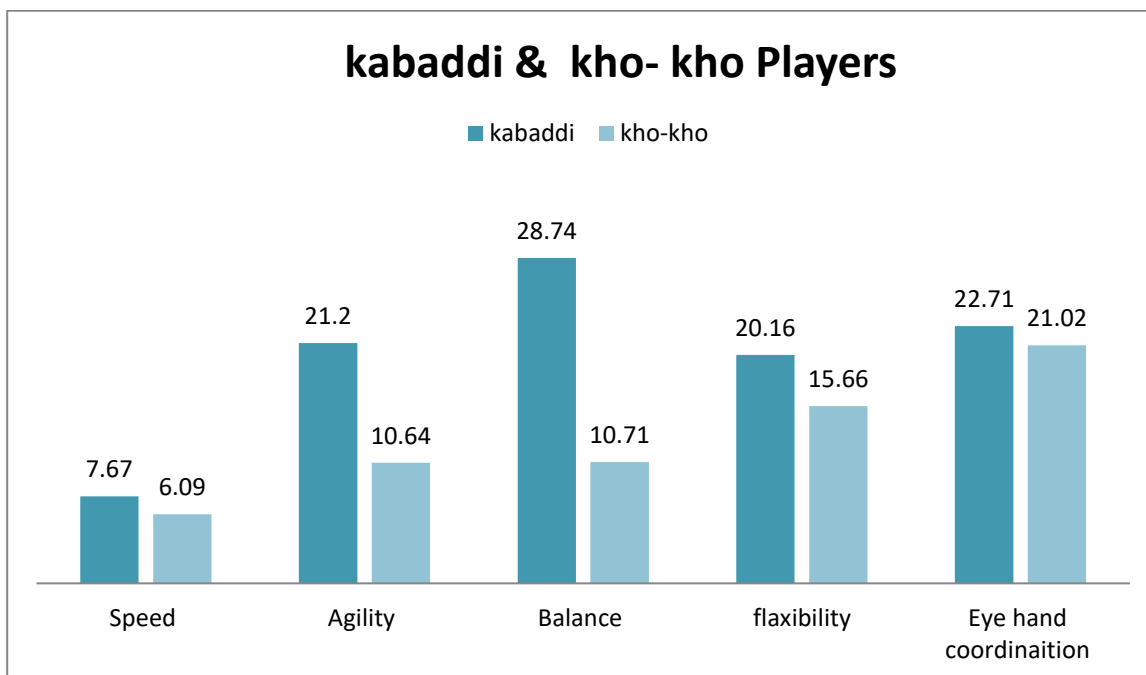
For this study 60 subjects were taken i.e., 30 Kabaddi and 30 Kho-Kho players. The age category of fifteen to twenty years was selected, from Bilaspur district and Mungali district under the state of Chhattisgarh. Equal numbers of subjects were selected by the researcher. The “T” test was computed at 0.05 levels of confidence.

Results

Table-1 Presentation of Mean, Standard Deviation and “T” ratio between kabaddi and kho-kho Players

Variables	Subject	Mean	SD	“t” ratio
Speed	Kabaddi	7.67	0.384	4.30*
	Khokho	6.09	0.374	
Agility	Kabaddi	21.20	0.482	4.00*
	Khokho	10.64	0.567	
Balance	Kabaddi	28.74	7.048	2.10*
	Khokho	10.71	6.053	
Flexibility	Kabaddi	20.16	2.134	3.38*
	Khokho	15.66	4.045	
Eye-hand co-ordination	Kabaddi	22.71	1.017	3.37*
	Khokho	21.02	1.952	

*Significant at 0.05 level $T_{0.05}(58) = 2.00$



Discussion

Speed is defined as a set of abilities effectively in a short period. Speed is an important factor in respect of performance. There was a significant difference found within the speed ability 50 yards sprint measure, the Kabaddi players group had excellent speed as compared to the Kabaddi players, due to their training schedule This study was consonant with those study Poonam (2018).

The agility is defined as a set of ability responses that change the direction of the entire body quickly and with accuracy while moving from one point to another. Agility is an important factor concerning performance. There is significant difference found in the agility measure by 4x10 yards shuttle run in comparison to the players. The Kabaddi players group had better agility, showing greater moving ability than the Kabaddi players, Kabaddi is more agile than the kabaddi player, and the training schedule Kabaddi demands a more agile nature. This study aligned with those study Somashakar. R., & Sudhakar G. (2019).

The balance is defined as a set of ability responses that go together and maintain a state of equilibrium while remaining stationary. Again, Balance is an important factor in respect of performance. A significant distinction is significant distinction established within the stork stand Balance compared to the players.

Training schedule kabaddi demand equilibrium nature. This study was in consonance with those studies. Mahesh D. (2015).

Flexibility is defined as a set of ability responses that wide a range of motion as possible. Flexibility is an important factor in respect of performance. There is a significant distinction established within the Sit and Reach test in which the Kabaddi players group had excellent foot and waist flexibility as compared to the Kabaddi players, the training schedule Kabaddi demand flexion nature. This study was in consonance with those studies. Poonam (2018).

The eye hand coordination is defined as a set of ability responses that efficiently and effectively integrate the movements. Eye hand co-ordination is an important factor in respect of performance. There are significant differences found in the eye hand coordination test by ball transfer in comparison to the players. The Kabaddi players group had better eye-hand coordination ability than the Kabaddi players, the training schedule of Kabaddi demands a speedier and more agile nature so there was a significant difference.

Conclusions

On the finding & present study following the conclusion has been drawn, Speed the result of study shows that the in case of speed there was a significant distinction among players. Kabaddi Mean (7.67) players were more excellent than the kho-kho Mean (6.09) players. Agility the result of the study shows that in the case of agility there was a significant distinction among players. Kabaddi Mean (21.20) players were best than the kho-kho Mean (10.64) players. The result of study shows that in the case of balance there was a significant distinction among amid players. Kabaddi Mean (28.74) players were superior to the Kho-kho Mean (10.71) players. Flexibility the result of the study shows that in the case of flexibility there was a significant distinction among players. Kabaddi Mean of 20.16 players was superior to the kho-kho Mean (15.66) players. Eye-hand coordination the result of the study shows that in the case of eye-hand coordination there were significant distinctions among players. Kabaddi Mean (22.71) players were best than the Kho-kho Mean (21.02) players.

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