

A comparative analysis of agility of male Pro-Kabaddi and other Kabaddi players

Shribhagwan¹, Jaiparkash Sharma²

Abstract: This research study has been done with the aiming to compare the agility of Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi of India. It was hypothesized that the Male Players of Pro-Kabaddi would have better agility than the Male Players of Other-Kabaddi. Total Fifty (N = 50) 25 Male Players of Pro-Kabaddi and 25 Male Players of Other-Kabaddi were randomly selected as subjects the nature of sampling was purposive random and their age were ranged between 18 - 25 years. The “shuttle run test” was used as a tool to measure the agility of the subjects. The independent sample t - test was used to test the significant difference at 0.05 level of Significance. All the statistical calculations were carried out by using MS Excel and SPSS version 16.0 software. The findings of this study showed that there was a significant difference noticed between Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi in relation to their Agility Variable.

Key Words: Agility, Pro-Kabaddi Players, Other-Kabaddi players

INTRODUCTION

Kabaddi is a tough game which is played generally in South Asia. The name “kabaddi” has been taken from the Tamil word "kai"(hand), "pidi"(get), which has been changed over into "getting hands". Two teams include contrary pieces of a little pool or field and cover transferring a "despoiler" into the other half, to win centres by taking care of people from the opponent team; by also the aggressor endeavours to return to his/her own half, without breaking his/her breath and pronouncing "Kabaddi" during the whole assault. The aggressor ought not cross the entranceway with the exception of in the event that he/she connections any of his/her adversaries. In case he/she does in that capacity, he/she will be reported as "out". There is also a bonus line which ensures redundant attention for the hood if he/she sorts out some way to get in touch with it and return to his/her side of the field viably. The launch of Kabaddi can be followed to the pre-eminent events. In India, Kabaddi was primarily started as a way to deal with to develop the real fibre and speed in immature athletes. In the beginning Kabaddi was played to help the body to tone-up and to develop quick responsiveness to attacks. It also toned-up the revulsions of counter attacks of individualities, who generally played in social events or gatherings. Kabaddi also finds place in Hindu Fables. The game Kabaddi also mentioned in Indian Epic, “The Mahabharata”, According to this Indian Epic Kabaddi had a similitude of the game, wherein the legend Arjuna's Youth Abhimanyu faced a worrisome stretch, when he has been trapped in the 'Chakravyuha' set by his opponents . The offensiveness of Kabaddi has extended all through the increasing times. In the begining Kabaddi game was popular in the rural India ,but now a days it has also achieved the popularity in urban areas of India. Different titles for the Kabaddi game has been given by the people of india according to their tradition and language. Now a days the indian public started to give donations to the different kabaddi groups, after organisation of Kabaddi World Cup by India in

1981, the Kabaddi game become famous throughout the whole India. India got one more accomplishment in 2004, when Kabaddi World Cup, was organised in Mumbai. Our Indian team won the Kabaddi World Cup at that time. Due to this tournament India has introduced a good number of competent Kabaddi Players. Prior this event country had not achieved so much popularity in this game in the world, because sufficient research work has not been done in our country.

Only few researches has been done on comparative analysis of agility of Male Pro-Kabaddi and Other-Kabaddi Players. However, there are very few examples have seen regarding researches done on Pro-Kabaddi and Other-Kabaddi Players. That is why the researchers had decided to do this study.

Hypothesis of the study

It was hypothesised that Male Players of Pro-Kabaddi would have better agility as compare to Male Players of Other-Kabaddi.

Objectives of the study

The following objectives has been set for this study: -

- To find out the status of agility of Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi in India.
- To compare the agility variable belonged to Male Players of Pro-Kabaddi and Male Player of Other-Kabaddi in India.

METHODOLOGY

Selection of Subjects

In this study researchers randomly selected Fifty (N = 50) 25 Male Players of Pro-Kabaddi and 25 Male Players of Other-Kabaddi belonged to India . The Purposive random sample technique was used in this Study . The Subjects’ age were ranged between 18 - 25 years.

Selection of Variables

Keeping in mind the feasibility criterion, for this study the researchers selected the following variables:-

- Agility– (Independent Variable)
- Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi (Dependent Variable)

Collection Of Data

The data was collected during different levels of Kabaddi Tournaments, such as National, All India Inter-University Championships, and Pro-Kabaddi League Tournaments. The permission for data collection was taken from the concerned Games organization Committee.

Statistical Technique

Independent samples t-test was used to test the significant difference at 0.05 level of significance. With the help of this statistical test a comparison between Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi has been done. All the statistical calculations were carried out by using MS Excel and SPSS version 16.0 software.

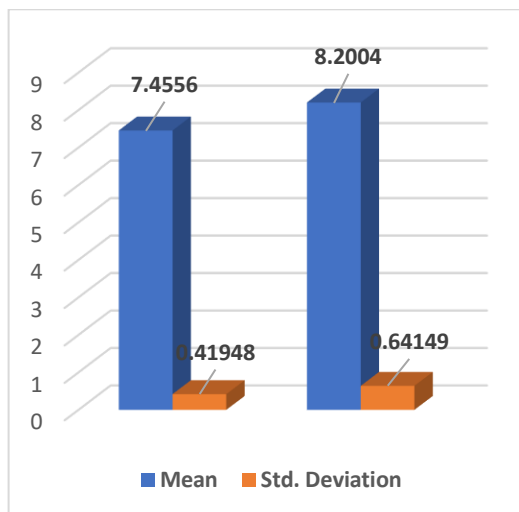


Fig.1 Graphical Representation of Mean and Standard Deviation Regarding Agility belonged to Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi.

RESULT

The statistical analysis of the data belonged to Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi regarding their agility variable has been presented through mean, standard deviation, standard error, independent samples t-test and it has been shown in the following tables.

Table 1 Descriptive Statistics regarding Agility Score belonged to Male Players of Pro -Kabaddi and Male Players of Other-Kabaddi.

Sports Group	N	Mean	SD	SEM
Male (Pro – Kabaddi)	25	7.4556	.41948	.08390
Male (Other -Kabaddi)	25	8.2004	.64149	.12830

Table 2 Comparative Analysis regarding Agility Variable belonged to Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi.

Sports Group	N	Mean	SD	MD	SEM	t
Male - Pro-Kabaddi	25	7.4556	.41948	.74480	.15329	4.859*
Male - Other-Kabaddi	25	8.2004	.64149			

*level of significance was set at 0.05.

Table 1 shows about the total number of players (N), mean, standard deviation and standard error mean regarding Agility Score belonged to Male Players of Pro -Kabaddi and Male Players of Other -Kabaddi.

Table 2 reveals that the calculated t-value after implementing the independent sample t-test is 4.859 where as the tabulated value is 2.000 which is less than the calculated t-value at 0.05 level of significance. Hence, the significant difference was noticed between the Male Players of Pro-Kabaddi and Male Players of Other -Kabaddi regarding their agility variable.

DISCUSSION OF THE FINDINGS

The result of this study clearly indicates that a significant difference was found between Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi regarding their agility variable.

The Mentioned below research studies has been quoted in support of the result of this study: **Singh, S., Yadav, B. B., & Kumar, S. (2016)** conducted a study on “Comparative analysis of motor fitness components of Epee Fencers: a key towards success”. The result of this study showed a significant relationship between motor fitness components of Epee Fencers and their performance.

DISCUSSION ON THE HYPOTHESIS

It was expected that the agility variable belonging to Male Players of Pro – Kabaddi would be higher than Male Players Other – Kabaddi. After the analysis of the data it was noticed that there was a significant difference at 0.05 level of significance between Male Players of Pro-Kabaddi and Male Players of Other-Kabaddi regarding agility variable. The score of agility variable belonged to Male Players of Pro-Kabaddi was found significantly by higher than Male Players of Other-Kabaddi. Therefore, in the light of the results, the hypothesis was accepted.

CONCLUSION

Based on the findings of the current research study, it is concluded that the critical distinction was found in favour to Male Players of Pro-Kabaddi in compare to Male Players of Other-Kabaddi regarding their agility variable.

Conflict of Interest: No conflict of interest among authors.

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