



A COMPARATIVE STUDY OF SELECTED KABADDI BACK KICK SKILL BETWEEN KABADDI MALE AND FEMALE PLAYERS

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Abstract

The aim of the present study was to compare the Selected Kabaddi Back Kick Skill between Kabaddi Male and Female Players. Total 24 subjects were selected (12 from male and 12 from Female kabaddi plyears), the age ranged from 18- 20 years were taken as a sample. Leg kick reach test to measure the Selected Kabaddi Back Kick Skill between Kabaddi Male and Female Players. For analysis of the data Mean & Standard Deviation were calculated and to examine the insignificance difference between the groups mean of Selected Kabaddi Back Kick Skill, independent t- test was applied, and level of confidence was set at 0.05 levels. Study concluded that significant difference found between the means of selected Kabaddi Back Kick Skill between Kabaddi Male and Female Players.

Key words: Back Kick, Leg kick reach test, Kabaddi Male and Female Players.

Introduction

The word Kabaddi is a Hindi word. The Meaning of kabaddi is "Holding breath". The word kabaddi would have originated from Tamil words KAI (Hand) PIDI (Catch).

Kabaddi is essentially an Indian game, which gained immense popularity in India, especially in rural India. The sport has a long history dating back to pre-historic times. It was probably invented to ward off group attacks by individuals and or outsiders.

The origin of Kabaddi can be traced to pre historic times (Metal ages or Chalcolithic age), when man learned how to defend in groups, against animals or attack weaker animals separately or in groups for the sake of survival and getting food, formation of villages for secure life. There is however concrete evidence that the game is 4000 to 5000 years old.

Kabaddi also finds place in Hindu mythology. The Indian Epic, Shiva purana, gives the evidence of battle between Lord Shiva with developed to protect Devathas for maintain with the ages. Hanuman of the Ramayana times is a great epitome who did remove each and every obstacle by his strength, vigor and character during the fight with Rhavana.

The sport has a long history dating back to pre-historic times. It was probably invented to ward off group attacks by individuals and vice versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic. The Mahabharata has made an analogy of the game to surround on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha to display their strength and win their brides.

According to Wikipedia, (2011) Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either out doors of indoors with seven players on the ground in each



side. Each side takes alternate chances at offense and defense. The basic idea of the game is to score points by raiding into the opponents' court and touching as many defense players as possible without getting caught on a single breath. During play, the players on the defensive side are called 'Antis' while the player of the offense is called the 'Raider'. Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared out if they do not succeed in when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider. The team with the most points after two periods of 20 minute wins.

Objective of the study

The purpose of the present study was to compare the selected Kabaddi Back Kick Skill of Kabaddi Male and Female Players.

Materials and methods

Selection of Subjects

This study was conducted on 24 male and female subjects, 12 from each group (Male and female) the age ranged from 18-20years.

Selection of Variables

Selected Kabaddi Back Kick Skill was selected for this study:

- Back Kick

Criterion Measures

The criterion measures were used to collect the data in a deal and systematic way to record in a correct unit and style for each test item.

- Back Kick was measured by Leg kick reach test and scores were recorded in case of 5 repetitions in seconds.

Statistical Techniques

To find out the significance differences of Selected Kabaddi Back Kick Skill between Kabaddi Male and Female Players mean, standard deviation and Independent 't' test was employed. The level of significance was set at 0.05 level of confidence. Data analysis was performed using SPSS 15.0 software under windows.

Result & Discussion

The main purpose of this study was to "A comparative Study of Selected Kabaddi Back Kick Skill between Kabaddi Male and Female Players". To achieve this purpose the data collected in this study were put to statistical analysis and the result which are presented in this study 12 Male kabaddi players and 12 female kabaddi players of DYSS Sports Hostel of Vijayapura, District, Karnataka were selected. They were subjected to Kabaddi Back Kick Skill. The tests were conducted on standard test. Mean, Standard deviation and their values of Kabaddi Back Kick Skill are presented in table 4.1.



Table-1, Mean and Standard Deviation of Selected Kabaddi Back Kick Skill between Kabaddi Male and Female Players

Variable	Players	Number	Mean Scores	Standard Deviation	t-Value
Back Kick Skill	Male Players	12	61.3800	11.70538	14.518*
	Female Players	12	39.0400	6.94280	

****Significant at .05 levels Table value is 1.972**

Table No.1 shows that the mean scores, standard deviation and t-value of Back Kick Skill of Kabaddi Male and Female Players. With regards to Back Kick Skill of Kabaddi Male and Female Players, they have obtained the mean values of 61.3800 and 39.0400 respectively, which are given in table 1. Reveals that the significant difference was found out in ($t= 14.518, p < 0.05$) Kabaddi Male and Female Players. Male kabaddi players having more Back Kick Skill tendency as compared to female kabaddi players which means that Male kabaddi players incur significantly more Back Kick Skill tendency.

Mean scores of Back Kick Skill of Kabaddi Male and Female Players are presented graphically in figure-1. (a).

Figure 1. (a): Showing Mean scores and standard deviation of Back Kick Skill of Kabaddi Male and Female Players.

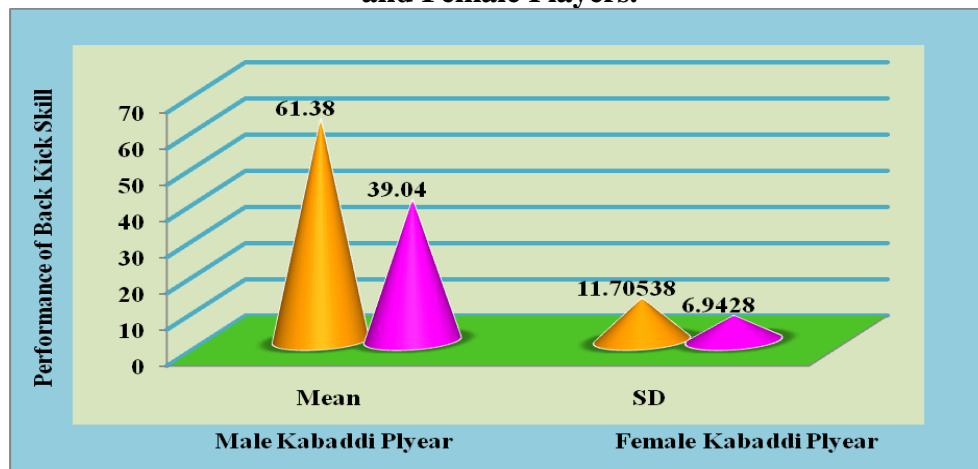


Figure 4.1 (a) the above figure indicates that Back Kick Skill Performance mean scores a different the graphs showing of comparison of Kabaddi Male and Female Players with to Back Kick Skill Performance scores.

The mean Back Kick Skill scores of Kabaddi Male and Female Players are 61.3800 and 39.0400, SD are 11.70538 and 6.94280 respectively. It means that the Back Kick Skill Performance of Male Kabaddi Players is better than Female Kabaddi Players.

Conclusions

- It was concluded that Back Kick Skill male kabaddi players are highly significant when compared to Female kabaddi players.



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