



A COMPARATIVE ANALYSIS OF SELECTED KABADDI SKILL VARIABLE OF NATIONAL LEVEL MALE AND FEMALE KABADDI PLAYERS

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Abstract

The present study was undertaken to investigate the relationship between selected kabaddi skill variable of national level male and female kabaddi players. Sample of the study, 24 male and female kabaddi players were used. The purpose of the study was to examine the selected kabaddi skill variable of national level male and female kabaddi players. Hypothesis of the study is male kabaddi players who have significantly good kabaddi skill performance than female kabaddi players. Hand Touch skill measure through 4X10 mts Shuttle run. It was a conclusion that male kabaddi players has significantly good than female kabaddi players.

Keywords: Kabaddi Skill Variable, National level, male and female kabaddi players.

Introduction

The sport has a long history dating back to pre-historic times. It was probably invented to ward off croup 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 a tight situation faced by Abhimaneu, the heir of the Pandava kings when he is surrounded on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha playing Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides.

The game, known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India & Bangladesh, Chedugudu in Southern India and Kaunbada in Northern India, has undergone a sea change through the ages. Modern Kabaddi is a synthesis of the game played in its various forms under different names.

Kabaddi is a combative team game, played on a rectangular court, either out-doors or indoors with seven players on the ground for each side. Each side takes alternate chances of offence 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 catching, the raider before he returns to home court. These players can resume play only 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. Yoga, the Indian science to control body and mind through meditation and self-control plays an integral part of Kabaddi. The raider has to enter the opponent's court chanting the word "Kabaddi" while holding his breath and has to continue to do so until he returns to his home court. This is known as 'Cant', which is closely related to "Pranayama" of yoga. While Pranayama is about with holding breath in order to exercise internal organs, cant is the means to



with hold breath with vigorous physical activity. This is perhaps one of the few sports to combine yoga with hectic physical activity.

The game calls for agility, good lung capacity, muscular co-ordination, presence of mind and quick responses. For a single player to take on seven opponents is no mean task, requires dare as well as an ability to concentrate and anticipate the opponent's move.

Kabaddi is a combative sport, with seven players each side; played for a period of 40 minutes with a 5 minutes break, in a rectangular court. The core idea of the game is to score point by raiding into the opponent's court and touching as many defense players as possible without being caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!! Charges into the opponent court and try to touch the opponent closet to him, while the seven opponents make maneuvers to catch the attacker. This is Kabaddi, the match of one against seven, known as the game of struggle. The players on the defensive side are called "antis" while the player of the offence is called the "Raider". 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 catching the raider before he return to home court. These players can resume play only when their side scores points against the opponent side during their raiding turn or if the remaining players succeed in catching the opponent's raider

Objective of the Study

The objective of the study was to find out the A comparative Analysis of Selected Kabaddi Skill Variable of National Level Male and Female Kabaddi Players.

Hypothesis

National Level Male Kabaddi Players have significantly high Hand Touch Skill than National Level Female Kabaddi Players.

Materials and Methods

Selection of Subjects

This study was conducted on 24 male and female subjects, 12 from each National Level kabaddi player the age ranged from 16-19 years.

Selection of Variables

This Kabaddi Skill Variable was selected for this study:

- Hand Touch Skill

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 test item.

- Hand Touch Skill was measured by Shuttle runs (4 x 10 mts) test and scores were recorded in half second.

Statistical Techniques

To find out the significance differences of selected Kabaddi Skill Variable of National level Male and Female Kabaddi 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.



Test Administrations

Hand Touch

Shuttle runs (4 x 10 mts)

Procedure

Purpose: To measure Agility.

Equipment: Steel tape, two stop watches and marking powder.

Description: The subjects stood behind the line when command given 'go' the subject starts to run towards the opposite line (with distance of 10 mts. line) and touch the line with hand soon taken turn towards the starting line then again touch that line soon taken twin run towards the same lines. Time Keeper starts his watch along with command 'go' and stops when the subject touches the starting line.

Scoring: Time was considered to rear half second.

Results and Discussion

To know, the significant mean difference in the performance of the Shuttle runs (4 x 10 mts) between National Level Male and Female Kabaddi Players is presented in Table.

From the finding of Table, the mean value of National Level male kabaddi players is 30.0800 and the mean value of National Level Female kabaddi players is 15.4000. After the analysis the data, the “t”-ratio is 19.020 at 0.05 level of significance. Hence, there is a significant difference found between the National Level Male and National Level Female Kabaddi Players of Vijayapura District.

Mean, Standard deviation and t-value of the National Level Male and Female Kabaddi Players of Hand Touch Kabaddi Skill

Variable	Group	N	Mean	Standard deviation	t- Value	Remarks
Hand Touch	Male Kabaddi Player	12	30.0800	3.83970	19.020*	S
	Female Kabaddi Player	12	15.4000	4.11299		

***Significant at 0.05 level, table value =1.96**

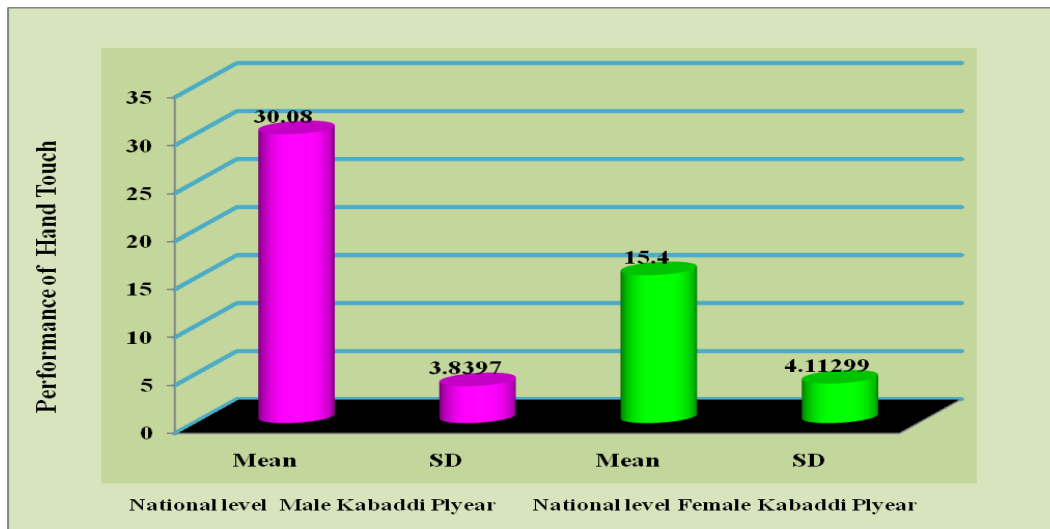
It is found that the mean scores of both Male and Female Kabaddi Players are 30.0800 and 15.4000 respectively. When the t-test was applied to compare the mean sores of both the groups, it was found that the calculated t-value (19.020) is greater than the table value 1.96 at 0.05% level of significance.

This means that the mean difference is significant. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. Hence, it can conclude that the Hand Touch performance of National Level Male Kabaddi Players is better than the National Level Female Kabaddi Players of Vijayapura District.

Average Hand Touch of National Level Male and National Level Female Kabaddi Players is graphically represented in figure. 1.1 (a)



Showing graphical representation of National Level Male and National Level Female Kabaddi Players of Hand Touch



The above figure indicates that Hand Touch Performance Mean Scores different the graphs showing of comparison of National Level Male and National Level Female Kabaddi Players with respect to Hand Touch Performance Scores.

The mean Hand Touch Performance Scores of National Level Male Kabaddi Players and National Level Female Kabaddi Players are 30.0800 and 15.4000 respectively. It means that the Hand Touch Performance of National Level Male Kabaddi Players is better than National Level Female Kabaddi Players.

The data pertaining to the Hand Touch among National Level Male and National Level Female Kabaddi Players were statistically analyzed and the result is presented.

Conclusion

It was concluded that National Level male Kabaddi Players Hand Touch showed greater when compared with National Level Female Kabaddi Players.

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