



## EFFECT OF VIDEO ANALYSIS ON SELECTED SKILL PERFORMANCE VARIABLE OF PU COLLEGE LEVEL KABADDI PLAYERS

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### Abstract

The Purpose of the study was to find out the Effect of Video Analysis on Selected Skill Performance Variable of PU College level Kabaddi Players. For this Study 24 PU College level male and female Kabaddi Players were randomly selected from Shantiniketan Science PUC College Adarsh Nagar, Vijayapura, District, Karnataka State the belonged to the age Group of 16 to 18 years. The subjects were under gone the Video analysis through camera and software at practice session. The researcher has done the training on three days a week for eight weeks. All twelve players were tested by selected skill performance Variable before and after competition of eight weeks training the pre-test post-test were analysed by t-ratio. The level of significance for the study was chosen as 0.05 the study revealed that the above said criteria variable were significantly improved due to the Effect of video analysis of PU College level Kabaddi Players.

**Keywords:** Kabaddi Video analysis, Ankle hold, Ankle hold reach test, PU College level male and female Kabaddi Players.

### Introduction

Kabaddi is a 4,000 year old team sport originated in India and played by many South Asian nations. The name derives from a Tamil word meaning "holding of hand", which is the crucial aspect of play. It is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby. It was originally meant to develop self defense, in addition to responses to attack, and reflexes of counter attack by individuals, and by groups or teams. It is a rather simple and inexpensive game, and neither requires a massive playing area, nor any expensive equipment.

Modern Kabaddi is a synthesis of the game played in various forms under different names. It was introduced by Vivek Samvedi from Mumbai. Samit Damad then introduced some new rules which are effective since 14th July 2011. The game has been played in its original form since Vedic times. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra.

The game was introduced in the Indian Olympic Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation came into existence and compiled standard rules. In 1955, First Kabaddi Indian National Championship was held in Calcutta. It was here that women played competitively for the first time. Although this thigh slapping, full body contact sport doesn't seem to be very popular with the ladies, it is fancied by men worldwide, yet rarely seen on TV. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. It is the national game of Bangladesh and the state game of Tamil Nadu, Punjab and Andhra Pradesh in India. Kabaddi is the Only Game being played in all the 3 versions of Asian Games i.e. Asian Games, Asian Indoor Games and Asian Beach Games.



In the international team version of kabaddi, two teams of seven members each occupy opposite halves of a field of 10m x 13m in case of men and 8m x 11m in case of women. Each has three supplementary players held in reserve. The game is played with 20 minute halves and a five minute halftime break during which the teams exchange sides. Two teams occupy opposite halves of a field and take turns sending a “raider” into the other half, in order to win points by tackling members of the opposing team; the raider then tries to return to his own half, holding his breath and chanting “kabaddi, kabaddi, kabaddi” during the whole raid. Meanwhile, defenders must form a chain, for example, by linking hands; if the chain is broken, a member of the defending team is sent off. The goal of the defenders is to stop the raider from returning to the home side before taking a breath.

The raider is sent off the field if: 1) the raider takes a breath before returning or 2) the raider crosses boundary line or 3) A part of the raider’s body touches the ground outside the boundary (except during a struggle with an opposing team member). Each time a player is out the opposing team earns a point. A team scores a bonus of two points, called a lona, if the entire opposing team is declared out. At the end of the game, the team with the most points wins.

India is insurmountable champions of Kabaddi World Cup, since it was first played in 2004 and then in 2007 and 2010. Iran is the next most successful nation being twice runner-up. Pakistan was the runner-up in 2010. Kabaddi World Cup 2011 is scheduled to be played in India.

### **Objectives**

To assess the Effect of Video Analysis on Selected Skill Performance Variable of PU College level Kabaddi Players.

### **Hypothesis**

It was hypothesized that there would be significant improvement due to video analysis on the Selected skill performance variables of PU College level Kabaddi Players. The belonged to the age group of 16 to 18 years.

### **Experimental Design**

For this study PU college Kabaddi players were randomly selected form Shantiniketan Science PUC College Adarsh Nagar, Vijayapura District, Karnataka State. The belonged to the age group of 16 to 18 years. The subjects were tested to find out Ankle hold. The selected twelve Kabaddi players were undergone the video analysis trough camera and software at practice session. The researcher has done the training and three days a week for eight weeks. All twelve players were tested by selected performance Variables at before and after completion of eight weeks of training. The pre-test and post-test were analyzed by ‘t’- ratio the level of significance for the study was chosen as 0.05.

### **Tools and Techniques**

- Ankle hold reach test is measured number of successful catches of an object in 30 sec,

### **Statistical Techniques**

The following Statistical procedure was employed to Estimate the Effect of Video Analysis on Selected Skill Performance Variable of PU College level Kabaddi Players ‘t’-ratio was used to test the significant difference between the pre-test and post-test.



### Analysis and Interpretation of the Data

The main purpose of this study was to “Effect of Video Analysis on Selected Skill Performance Variable of PU College level Kabaddi Players”. To achieve this purpose the data collected in this study were put to statistical analysis and the result which are presented in for this study 12 male kabaddi players and 12 Female kabaddi players of Shantiniketan Science PUC College Adarsh Nagar, Vijayapura District, and Karnataka State. The tests were conducted on standard test. Mean, Standard deviation and their values of Ankle hold are presented in table 1.

**Table-1, Table 1. Mean Scores, Standard deviation and ‘t’- values of Ankle hold of male Kabaddi players and Female Kabaddi players**

Variable	Players	Number	Mean Scores	Standard Deviation	t-Value
Ankle hold	Male Kabaddi players	12	50.5800	5.56626	9.220*
	Female Kabaddi players	12	40.8200	8.46527	

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

Table No.1. Shows that the mean scores, standard deviation and t-value of Ankle hold of male Kabaddi players and Female Kabaddi players. With regards to Ankle hold of male Kabaddi players and Female Kabaddi players, they have obtained the mean values of 50.5800 and 40.8200 respectively, which are given in table 1. Reveals that the significant difference was found out in ( $t= 9.220, p < 0.05$ ) male Kabaddi players and Female Kabaddi players. Male Kabaddi players having more Ankle hold tendency as compared to Female Kabaddi players which means that male Kabaddi players incur significantly more Ankle hold tendency

Mean scores of Ankle hold of male Kabaddi players and Female Kabaddi players are presented graphically in figure-1.(a)

**Figure- 1. (a) Showing Mean scores and standard deviation of Ankle hold of male Kabaddi players and Female Kabaddi players.**

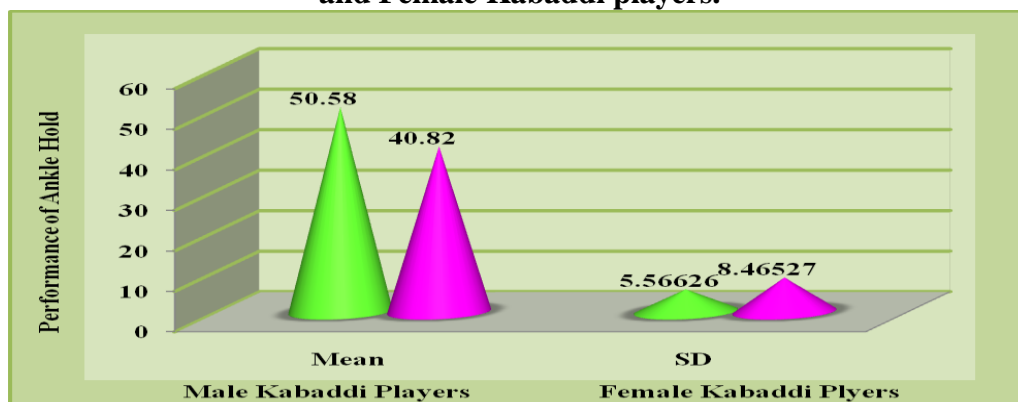


Figure 1.(a) The above figure indicates that Ankle hold Performance mean scores a different the graphs showing of comparison of male Kabaddi players and Female Kabaddi players with to Ankle hold Performance scores.



The mean Ankle hold scores of male Kabaddi players and Female Kabaddi players are 50.5800 and 40.8200, SD are 5.56626 and 8.46527 respectively. It means that the Ankle hold Performance of male Kabaddi players is better than Female Kabaddi players.

### **Conclusions**

It was concluded that Ankle hold male kabaddi players are highly significant when compared to Female kabaddi players

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