

**ANALYSIS OF PHYSICAL FITNESS VARIABLES OF KHO-KHO AND KABADDI PLAYERS****Dr. J. Samuel Jesudoss**

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**Abstract**

The purpose of this study was to compare the physical fitness variables between kho-kho and Kabaddi players of higher secondary school girls. To achieve the purpose of the study, selected 15 kho-kho players and 15 kabaddi players from P.S.G.G. Kanyakurukulam Higher Secondary School, Peelamedu, Coimbatore. who did not participate in any of the special training or the coaching programme. However they were allowed to participate in their regular physical education classes in the college as per their curriculum. The subjects were aged between 20 and 25. For the study, the physical fitness variables selected were Endurance and Flexibility. To find out whether there was any significant difference between kho-kho and kabaddi players, the dependent 't' ratio was used. The result of the study showed that there was a significant difference in Endurance and Flexibility between kho-kho and kabaddi players of Higher Secondary School girls.

Key words: Endurance, Flexibility

**1. Introduction**

A sport is an indoor or outdoor activity involving physical and mental effort and skill, a game where people compete with each other according to fixed rules. It is an activity people take up during their free time, usually for fun, amusement, recreation or entertainment. It is used to be considered, a peripheral activity, a part time and an appendage to the core of life which life can do without a refuge for the escapist. But such a definition of sports has undergone a sea change in the modern days when sports have become indispensable for life to be meaningful and wholesome, both playing (sports) and watching sports. (Bucher 1964). Fitness means the ability of an individual to live a happy and well balanced life. It involves not only physical but intellectual, emotional, social and spiritual aspects of an individual.

Interaction and interdependence of these phases of a man's health are such that any deviation from normal in any aspect of these components of fitness will make a man unable to meet the demands placed on him by his work or way of life. Physical fitness is the capability of the heart, blood vessels, lungs and muscles to function an optimal efficiency. (Getchell 1965).

**2. Methodology**

For the purpose of this study was to compare the physical fitness variables between kho-kho and kabaddi players of higher secondary school girls. To achieve the purpose of the study, selected 15 kho-kho players and 15 kabaddi players from P.S.G.G. Kanyakurukulam Higher Secondary School, Peelamedu, Coimbatore. who did not participate in any of the special training or the coaching programme.

However they were allowed to participate in their regular physical education classes in the college as per their curriculum. The subjects were aged between 20 and 25. For the study, the physical fitness variables selected were Endurance and Flexibility.

### 3. Analysis and interpretation of the data

Single group design was used for the study. The following statistical procedures were used to analyze the obtained data. To find out whether there was any significant difference between kho-kho and kabaddi players, the dependent 't' ratio was used. To test the level of significance of difference between the means 0.05 level of confidence was fixed.

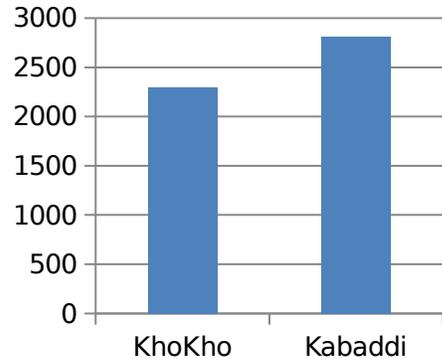
**Table - 1**  
computation 't' raio of 12 minutes run/walk for kho-kho and kabaddi players of higher secondary school girls

Group	Number	Mean	S.D	Obtained 't' ratio
Kho-Kho	15	2812	395.87	3.84*
Kabaddi	15	2296	336.61	

\*Significance at 0.05 level,  $t(0.5)_{19} = 2.05^*$

The analysis of data in Table III revealed that the mean endurance of Higher Secondary School kho-kho and kabaddi girls were 2812 and 2296 respectively. The standard deviation of kho-kho players was 395.87 and kabaddi players was 336.61. The mean difference in endurance of kho-kho and kabaddi players were 516. The standard error of mean difference in endurance of two groups were 134.27. The obtained 't' ratio in endurance was 3.84. The obtained 't' value of 3.84 was greater than the required table value of 2.05 at 0.05 level of confidence with 28 degree of freedom. It was found to be statistically significant.

The mean values of endurance (12 minutes Run/ Walk) performance of kho-kho and kabaddi higher secondary school girls have been graphically represented in Figure I.



**Fig**

**ure-1**

**Bar diagram showing mean agility (shuttle run) performance of kho-kho and kabaddi higher secondary school girls**

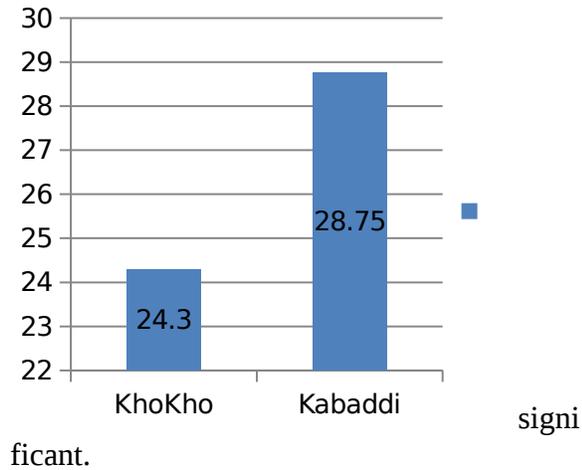
**Table -2**  
computation 't' raio of flexibility for kho-kho and kabaddi players of higher secondary school girls

Group	Number	Mean	S.D	Obtained 't' ratio
Kho-Kho	15	24.30	3.60	4.06*
Kabaddi	15	28.75	2.93	

\*Significance at 0.05 level,  $t(0.5)_{19} = 2.05^*$

Table II revealed that the mean flexibility of Higher Secondary School kho-kho and kabaddi girls were 24.30 and 28.75 respectively. The standard deviation of kho-kho and kabaddi players in flexibility were 3.60 and 2.93 respectively. The mean difference in flexibility of two groups was 0.7. The standard error of mean difference is speed of two groups were 0.22. The obtained 't' ratio in flexibility was 3.18. Since the obtained 't' ratio value of 3.18 was greater than the required table value of 2.05 at 0.05 level of confidence with 28 degree of

freedom. It was found to be statistically



ficant.

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#### Figure-2

**Bar diagram showing mean flexibility performance of kho-kho and Kabaddi higher secondary school girls**

#### 4. Conclusion

The result of the study showed that there was a significant difference in Endurance and Flexibility between kho-kho and kabaddi players of Higher Secondary School girls.

#### 5. References

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