



A COMPARATIVE STUDY OF SELECTED MOTOR FITNESS VARIABLES AMONG FOOTBALL AND KABADDI PLAYERS

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Abstract

The purpose of the study was to know about the A Comparative Study of Selected Motor Fitness Variables among Football and Kabaddi Players. The study was conducted among 24 male players (12 Football and 12 Kabaddi) those who was represented District level from inter-collegiate players of Kustagi District of Karnataka. The subjects were thoroughly aware with the testing procedure as well as the purpose and significance of the study. Subjects were made aware about the conduct of the study and related information was given by the researcher. The variables selected for the study are psychological respectively. They are Agility and Speed. Further the data were analyzed to find out the significant differences among the groups. 't'-test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. Further the data were analyzed to find out the significant differences among the groups. The results revealed that there was insignificant difference among the Football and Kabaddi player in Agility and Speed.

Keywords: Motor Fitness Variables, Football and Kabaddi Players.

Introduction

In soccer, speed plays an important role; the accelerated pace of the game calls for rapid execution of typical movements by every member in a team. In many instances, successful implementation of certain technical or tactical maneuvers by different team members is directly related with the degree of velocity deployed (Kollath & Quade, 1991).

In soccer, in addition to mental, psychological, physiological and coordination features, the improvement of conditional features is important as well. Peak conditional features in soccer players provide an advantage. Much of what affects the results of a match occurs during or after the high intensity sprint. Analysis of the specific movements and activities performed by football players during games can provide much relevant information on which suitable training programs can be designed (Dawson, 2003). According to the Dawson (2003), the large majority of sprints performed in soccer take six seconds or less to complete, over distances of only 10-30 meters, and many of the sprints involve at least one change of direction. As running speed increases, longer strides are taken. In this instance, the swing phase involves greater knee flexion and hip extension, and greater hip flexion in the latter part of the phase (Howe, 1996).

Kabaddi is aptly known as the "GAME OF THE MASSES" due to its popularity, simple, easy to comprehend rules, and public appeal. The game calls for no sophisticated equipment what so ever, which makes it a very popular sport in the developing countries. Though it is basically an outdoor sport played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for male and junior boys with a 5-minute break in between for the teams to change sides. In the case of women/girls and sub junior boys, the duration is 35 minutes with a 5-minute break in between.

Kabaddi is a combative team game, played with absolutely no equipment, in a rectangular court, either outdoors or indoors with seven players on the ground in each side. Each side takes alternate chances at offence and defense. The basic idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a dingle breath during play, the players on "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.

Objective of the Study

- To compare the motor fitness variables among male players of Football and Kabaddi from inter-collegiate players of Kustagi District of Karnataka.

Hypothesis of the Study

For the present study it was hypothesized that:

- There will be no significant difference of Agility between male players of Football and kabaddi from inter-collegiate players Kustagi District of Karnataka.
- There will be no significant difference of Speed between male players of Football and Kabaddi from inter-collegiate Kustagi District of Karnataka.

Procedure and Methodology

The study was conducted among 24 male players (12 Football and 12 kabaddi Players) those who were represented inter-collegiate from Kustagi District of Karnataka. The subjects were thoroughly acquainted with the testing procedure as well as the purpose and significance of the study. Subjects were made aware about the conduct of the study and relevant information was given by the researcher. Further the data were analyzed to find out the significant differences among the groups. 't'-test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. Further the data were analyzed to find out the significant differences among the groups.

Criterion Measure

Selection of Test Item for Motor fitness variable:-

- Agility - 10 x 5 Mtrs Shuttle run
- Speed - 50 mtrs Dash

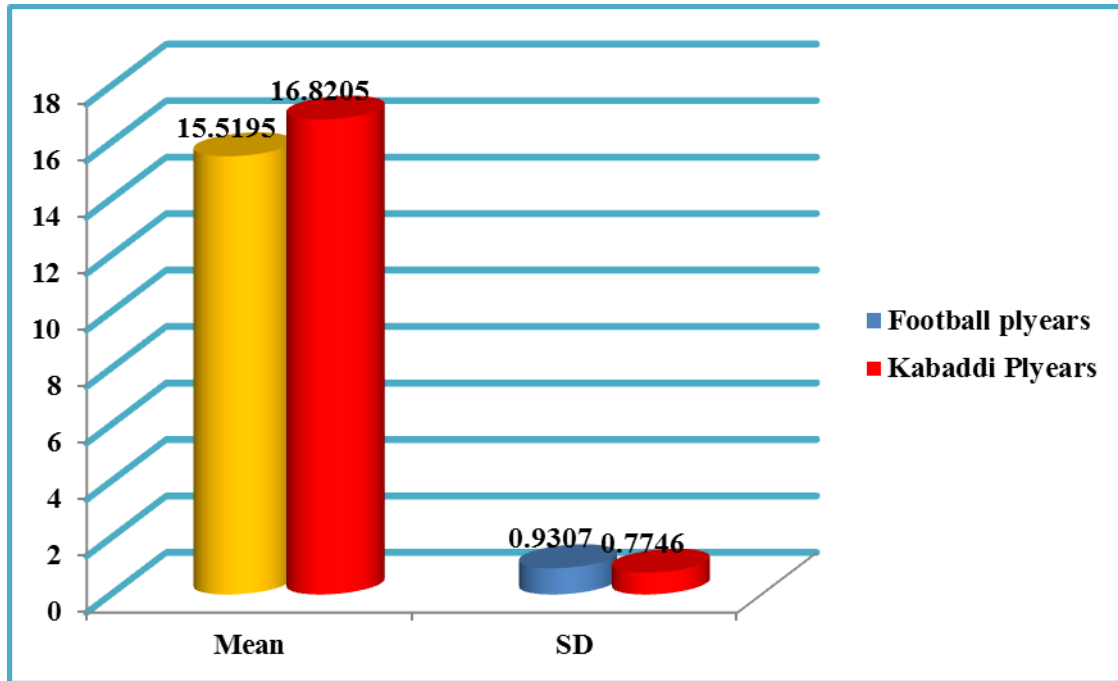
Table 1: t-ratio of the scores of Football and Kabaddi players on the measure of s Agility

Students	N	Mean	SD	t-value	p-value	Sig
Football players	12	15.5195	0.9307	-4.8048	0.0000	S
Kabaddi players	12	16.8205	0.7746			

From the results of the above table, we clearly seen that, a significant difference was observed between previous and Football and Kabaddi players with respect to Agility scores (t=-4.8048, p<0.05) at 0.05% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the final year (mean=16.8205) students of Kabaddi for the higher Agility scores as compared to Football year (mean=15.5195). The mean and SD scores of Agility is also presented in the following figure 1.



Table - 1. Showing the mean value, standard deviation and ‘t’ score of the Agility



There is significant difference between Football and Kabaddi players from inter-collegiate players of Kustagi District of Karnataka with respect to Agility scores

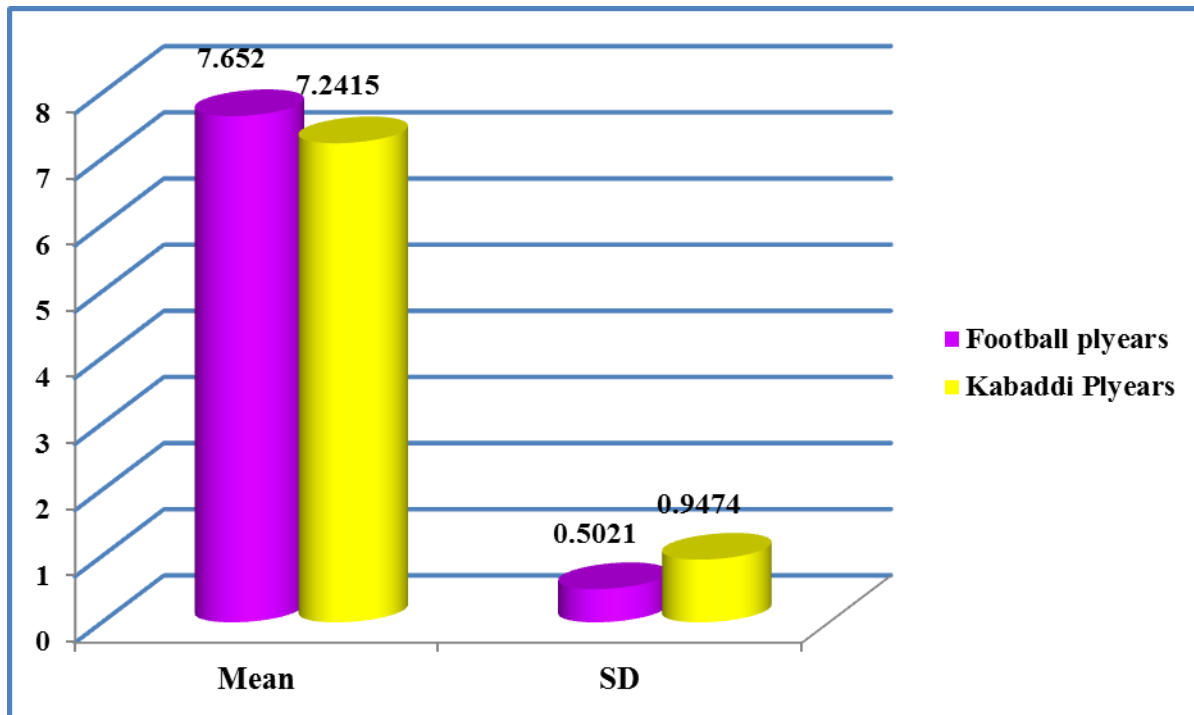
Table 2: t-ratio of the scores of Football and Kabaddi players on the measure of Speed

Students	N	Mean	SD	t-value	p-value	Sig
Football players	20	7.6520	0.5021	1.7122	0.0950	NS
Kabaddi players	20	7.2415	0.9474			

The results of the above table, we clearly seen that, a non significant difference was observed between Football and Kabaddi players of inter-collegiate of Kustagi District of Karnataka with respect to Speed scores ($t=1.7122$, $p>0.05$) at 0.05% level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the previous year (mean=7.65200) and Kabaddi players (mean=7.2415) Football players of inter-collegiate of Kustagi District of Karnataka have similar Speed scores. The mean and SD scores of Speed is also presented in the following figure 2.



Figure 2 .Showing the mean value, standard deviation and ‘t’ score of the Speed



There is significant difference between Football and Kabaddi players from inter-collegiate players of Kustagi District of Karantaka with respect to Speed scores

Discussion & Finding

The main purpose of the study was comparison of Motor Fitness Variables among players. The study was conducted among 24 male players (12 Football and 12 kabaddi) those who was represented inter-collegiate level from Kustagi District of Karnataka. The data calculated separately for all the Motor Fitness variables. The variables selected for the study are Motor Fitness respectively. They was Agility and speed. Further the data was analyzed to find out the significant differences among the players. ‘t’ test statistical technique was used to analyse the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. The results revealed that there was insignificant difference among the Football and Kabaddi players in Agility and speed.

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