



STUDY OF THE RELATIONSHIP BETWEEN SELECTED PHYSICAL FITNESS COMPONENTS OF KABADDI NATIONAL STYLE AND KABADDI CIRCLE STYLE PLAYERS

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Abstract

Selected Physical fitness determinant of Kabaddi National style and Kabaddi circle style players were investigated in this study. To achieve the purpose of the study, 50 men college kabaddi national style and kabaddi circle style players of Guru Nanak College Moga, District Moga (Punjab) were selected randomly, who are physically active and regularly involved in relevant sport. The age of the subjects ranged from 18 to 25 years. Players were evaluated by Speed (in sec), Agility (in sec) and Leg explosive power (in centimeters). Speed was measured with 50m dash, agility was measured with shuttle run and leg explosive power was measured with vertical jump. To determine the relationship between dependent variable and independent variable Pearson product moment correlation was used. The computation of multiple regressions was also used. College men Kabaddi national style and kabaddi circle style players were found greater than the tabulated value at .05 level of significance. Therefore it was concluded that there was significant relationship between playing ability and speed, agility and leg explosive power of college Kabaddi national style and Kabaddi circle style players in each variable separately from the analysis of the data, the following conclusions have been drawn. There was a significant relationship between the Kabaddi national style and Kabaddi circle style player's playing ability and

selected physical variables such as speed, agility and leg explosive power.

Keywords: Kabaddi National Style and Kabaddi Circle Style, Speed, Agility and Leg explosive power.

Introduction

Today, sports and games have become highly technical and competitive. Now a day's very small factors affect performance in every competition. The knowledge of these all small aspects is significant to all coaches and players for reaching at peak level of performance. India is the most populous country but still we are unable to get medals in the Olympics. The reason behind this may be lack of talent identification program, scientific coaching, facilities and many more technical aspects. History of kabaddi national style: kabaddi is a contact sport that originated in ancient India. Kabaddi originated in the southern Indian state Tamil Nadu, where it is derived from group hunting and village defence. Process of standardizing the rule of kabaddi took place during 1915 to 1920s, and the game was introduced in Indian national games at Calcutta in 1938. Today's world is a world of competition, the rivalry to reach the top and excel each other is so much. That every aspect that contributes for excellence in is carefully looked, so the right selection of right person for the right event is very necessary. The performance of boys and girls are greatly



influenced by factors such as age, height, weight and body structure. The preparation of an athlete today for achievement is a complex dynamic matter, characterized by high levels of physical and physiological efficiency. Thus, athletes training today are process of expedient use of aggregate factors so as to influence the development of an athlete. (Matveyer, 1981). History of circle style kabaddi: Kabaddi is the regional sport of the Punjab region and was referred to as Punjabi kabaddi in India and Pakistan. However, with the formation of the states of Haryana and Punjab in India, the same game was referred to as Punjab kabaddi and Haryana kabaddi. This caused confusion and therefore, in 1978, the Amateur Circle Kabaddi Federation of India was formed and the style of kabaddi played in the Punjab region was named circle kabaddi. Punjab circle kabaddi, also known as "diarey wali kabaddi" incorporates the kabaddi styles of the Punjab region. In the Punjab region, kabaddi is played on a circular pitch of a diameter of 22 meters and an inner circle with a line through the middle of the pitch: the pitch is called "kaudi da bharha". There are two teams of 8 players; one on one raid; and no player leaves the field. If two stoppers attack a player, a foul is declared. Punjab style kabaddi does not require the raider saying "kabaddi, kabaddi" throughout the raid. The game lasts for 40 minutes with a change in sides after 20 minutes. In the Punjab Circle Style form of Kabaddi, whenever any player is touched (out), he does not go out of the court, but stays inside, and one point is awarded to the team that touched him. This game is also played on a time basis, i.e. the time is 30 sec.

Procedure and methodology

To achieve the purpose of the study, 50 men college kabaddi national style and kabaddi

circle style players of GURU NANAK COLLEGE MOGA, District Moga, Punjab were selected randomly, who are physically active and regularly involved in relevant sport. The age of the subjects ranged from 18 to 25 years. Variables selected for this study were Speed, Agility and Leg explosive power. The present study consist of 50 dependent variables, namely Kabaddi national style and kabaddi circle style players. To determine the relationship between dependent variable and independent variable Pearson product moment correlation was used. The computation of multiple regressions was also used. Forward selection method of multiple regressions was used in this study to find out predictor variable that has the highest correlation with the criterion variable and it is entered into the equation first. The rest variables are entered into the equation depending on the contribution of each predictor. In all the cases 0.05 level of significance was fixed to test the hypothesis. All subjects were regularly practicing and competing in their respective sports competition.

Results and Discussions

Test and retest method was followed in order to establish the reliability of data by using ten subjects at random. The same personnel under similar conditions tested all the dependent variables selected in the presented study twice for the subjects. The intra class co-efficient of correlation was used to find out the reliability of the data and the results are presented in table 1.

TABLE 1
INTRA CLASS CO-EFFICIENT OF CORRELATION ON
SELECTED DEPENDENT VARIABLES

S. no.	Variables	'R' Value
1	Speed	11.07*
2	Agility	0.75*
3	Leg explosive power	0.86*



Significant at 0.01 level of significance. (Table value required for significance at 0.01 level of significance is 0.77). Since the obtained 'R' values were much higher than the required, the data were accepted as reliable in terms of instrument, tester and the subjects.

TABLE III
MEAN, STANDARD DEVIATION, PEARSON PRODUCT MOMENT AND MULTIPLE CORRELATIONS OF SELECTED PHYSICAL VARIABLES AND PLAYING ABILITY AMONG COLLEGE MEN KABADDI NATIONAL STYLE AND KABADDI CIRCLE STYLE PLAYERS

INDEPENDENT VARIABLES	MEAN	STANDARD DEVIATION	PEARSON R ² value	R-Value
Speed	5.63	0.252	0.37*	0.332*
Agility	9.54	0.201	0.43*	
Explosive Power	33.05	2.34	0.33*	

*Significant at 0.05 level with df 198 is 0.178

College men Kabaddi national style and Kabaddi circle style players were found greater than the tabulated r value at .05 level of significance. Therefore, it was concluded that there was significant relationship between playing ability and speed, agility and leg explosive power of college Kabaddi national style and Kabaddi circle style players in each variable separately. The table above also showed that the multiple correlation (R) value between the playing ability and the combined effect of speed, agility and leg explosive power were greater than the tabulated R value at .05 level of significance. Therefore, it was concluded that there was significance relationship between playing ability and the combined effect of speed, agility and leg explosive power of men Kabaddi national style and Kabaddi circle style.

Conclusion

The results of the study produced significant relationship on selected physical variables. Hence, Researcher's hypothesis was not rejected. From the analysis of the data, the following conclusions have been drawn. There was a significant relationship between the Kabaddi national style and Kabaddi circle style player's playing ability and selected physical variables such as speed, agility and leg explosive power. There was a significant relationship between the Kabaddi national style and Kabaddi circle style player's playing ability. As the multiple correlation of Kabaddi national style and Kabaddi circle style players playing ability with the combined effect of these independent variables is highly significant (R=0.76). It is important that the obtained regression equation has a high predictive validity statistically.

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