**THE STUDY ON REACTION ABILITY AMONG INTERCOLLEGIATE MALE KHO- KHO AND KABADDI PLAYERS OF MANGALORE UNIVERSITY**

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**ABSTRACTS**

Sport serves vital and important role in social and cultural functioning for each individual. In the last few decades sports have gained tremendous popularity all over the globe. The popularity of sports is still increasing at a fast pace and this happy trend is likely to continue in the future also. The contribution of sports towards the overall welfare of the human society may be capsule in the following points: (Biddle. 1995).Different games provided to do the body activities, differently. Kabaddi and Kho- Kho players are equally conductive to developing these skills amongst players. The theory of coordinative abilities is though it is rapidly getting recognition in the world of sports. However, there is no general agreement regarding the number of coordinative abilities required for sports. To achieve the purpose of the study necessary data was collected from total 100 subjects of which 50 were from Kho Kho and 50 were from Kabaddi. The subjects selected were from Inter collegiate participants Mangalore University, during 2018-19. Their age ranged between 18 to 25 years. To assess the reaction time of the subject towards light and sound in simple and discrimination series. Conduct the experiment in four series on in simple light discrimination light simple sound and discrimination sound. The collected data were tabulated for the purpose of analysis. The t-test was used for testing the hypothesis for significance of mean difference in the reaction ability scores of team game players and individual game players compared by using the statistical formula. All the statistical calculation was carried out with the help of SPSS Windows package. On the basis of result of the present study it is concluded that the test of reaction ability is valid, reliable and objective to assess reaction ability of male kho-kho and Kabaddi players for various purposes. The result of the study established that there is significance found in visual Reaction time and agility parameters of Kabaddi and Kho-Kho inter-college level male players. While performing the reaction time test of players react differently to interval of time between the presentation of stimulus and the initiation of the response. Results represent that Kho-Kho players better then as compare with Kabaddi players for their Reaction time variable.

**Key word:** Reaction ability, timing board, light and sound, Kho-Kho, Kabaddi, games.

**INTRODUCTION**

Different games provided to do the body activities, differently. Kabaddi and Kho- Kho players are equally conductive to developing these skills amongst players. The theory of coordinative abilities is though it is rapidly getting recognition in the world of sports. However, there is no general agreement regarding the number of coordinative abilities required for sports.

Sport serves vital and important role in social and cultural functioning for each individual. In the last few decades sports have gained tremendous popularity all over the globe. The popularity of sports is still increasing at a fast pace and this happy trend is likely to continue in the future also. The contribution of sports towards the overall welfare of the human society may be capsule in the following points: **(Biddle. 1995).**

For optimal performance fitness is important factor for all the sports; but the efficient sports specific physical ability is a determining factor that matters when quality of a player is assessed. Assessment of players in a particular sport for various purposes requires sport specific test, with some element of fitness with skill or technique. Construction of sports specific fitness test to determine the levels of players are very important. Testing is also important to improve training by developing specific drills, and improving sports specific movements of the players.

**2. Materials and methods**

**2.1 Selection of subjects**

To achieve the purpose of the study necessary data was collected from total 100 subjects of which 50 were from Kho Kho and 50 were from Kabaddi. The subjects selected were from Inter collegiate participants Mangalore University, during 2018-19. Their age ranged between 18 to 25 years.

**2.2 Selection of test items**

**Assessment of reaction ability**

To assess the reaction time of the subject towards light and sound in simple and discrimination series. Conduct the experiment in four series on in simple light discrimination light simple sound and discrimination sound.

**2.3 Procedure**

The researcher explained the purpose of the study, thus the subject general information was gathered and instructions regarding the reaction ability. The test equip were given then the test will be conducted and taking the data collection through subjects in test of simple light, simple sound, discrimination light, discrimination sound, for reaction ability were collected. Then the assessment of were carried out subjects and calculated and analyzed statistically.

The researchers along with a trained helper collected necessary data related to the present investigation in Sit the subject comfortably and establish a report with the subject and instruct him thus. Simply light Instruct the subject that I will press a button you will see the light. The moment you see the red light you have to remove you index finger from the leaves with this instruction say start and give ready signal press and short give 5 trials. Simply sound Follow the same instructions but these times instead of light you have to react to sound, give 5 trails. Discrimination light Give mixed to trails of lights and sound but subject has to only react to sound. Discrimination sound Give mixed to trails of light and sound but the subject has to only to sound.

**RESULTS & DISCUSSION**

**Table-1 showing the reaction ability light and sound of kabaddi and kho-kho inter college participation players of Mangalore University.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Reaction Ability For Light and Sound** | | | | |
| Group | Kabaddi Light | Kho-kho Light | Kabaddi Sound | Kho-kho Sound |
| Mean | 161.61 | 151.32 | 147.21 | 128.60 |
| Standard Deviation | 38.07 | 712.60 | 49.22 | 23.80 |
| Minimum Value | 115 | 78 | 90 | 44 |
| Maximum Value | 349 | 274 | 366 | 239 |

Significant at 5% level of confidence, Tabulated‘t’ value 2.57. Table 1 showed that the mean and standard deviation and minimum value and maximum value of Kabaddi and Kho-Kho Intercollegiate players of reaction ability, mean values of Kabaddi and Kho Kho players of reaction ability of light 161.61, 151.32, and sound reaction ability 147.21, 128.60 and standard deviation values of Kabaddi and Kho-Kho players 38.07, 712.60, and sound reaction ability 49.22, 23.80, and minimum values 115, 78, for light, 90, 44 it is sound, maximum value of light 349, 274 and sound 366, 239, these scores were subjected to ‘t’ test gives out calculated value 2.57 which was higher than tabulated value at 0.05 level. Therefore it reveals that there is significant difference in reaction ability of Kabaddi and Kho-Kho Intercollegiate players. At 5% level of significant table value of t corresponding to 5 degrees of freedom is 2.57.

**Figure 1. Graphical Illustration of Visual Reaction Ability for Kabaddi and Kho-Kho Inter College Participants Players**

From figure it is very clear from above figure that test reaction ability of Visual Reaction Time among Kabaddi and Kho Kho Inter College Participantsplayers in Mangalore University. In order to comparing the players of Kho-Kho and Kabaddi by analyzing through the test of Visual Reaction Time form above figure shows that Kho-Kho players will have more reaction ability than Kabaddi players.

**Figure 2, Time Basis Graphical Representation Showing Sound Reaction Time For Kabaddi and Kho Kho inter college participants Players.**

From figure In order to comparing the players of Kho-Kho and Kabaddi inter college participation players by analyzing through the test of sound Reaction Time form above figure. It is clear that majority of players of kho kho is having more reaction ability in sound than Kabaddi inter college participation players in Mangalore University.

**Discussion on findings**

This calculated value is compared with critical value (table). If the calculated value is less than the critical value then we is going to accept our null hypothesis and conclude that there is no significance difference between Kho Kho and Kabaddi otherwise we reject Ho and conclude that there is a significance difference between Kho Kho and Kabaddi.

The collected data from the study of Kabaddi and Kho-Kho Inter College participants’ players were calculated to find out whether there is any significant difference between means obtained from the scores of reaction ability among the Kabaddi and Kho-Kho Inter College participants’ players of Mangalore University. The difference between means Mean and Standard Deviation and T-test are shows in following table.

A test of hypothesis is based on sampling distribution of statistic and so, in order to define a critical region it is necessary that the sampling distribution is knows.

**CONCLUSIONS**

On the basis of result of the present study it is concluded that the test of reaction ability is valid, reliable and objective to assess reaction ability of male kho-kho and Kabaddi players for various purposes

The result of the study established that there is significance found in visual Reaction time and agility parameters of Kabaddi and Kho-Kho inter-college level male players. While performing the reaction time test of players react differently to interval of time between the presentation of stimulus and the initiation of the response. Results represent that Kho-Kho players better then as compare with Kabaddi players for their Reaction time variable.

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