

Periodic Research

Effect of Resistive Training on the Physical Fitness of Rural Female Kabaddi Players

Abstract

The main aim of this study was to find out the effect of resistive training on the physical fitness of rural female Kabaddi players of Chamarkhera village of Hisar district. For the present study forty students were selected from G.S.S.S. Chamarkhera. The age group of subjects were ranged in between 15-19 years. The data collected on forty female subject before and after 4 weeks resistive training on strength agility speed and cardiovascular endurance was analyzed by comparing the means of pre and post test of control and experimental group and was again statistically analyzed by applying "t" test to check the significant difference among selected variables. The level of significant was set at 0.1 level of confidence. The finding of this study showed significant effect on strength, agility, speed and cardiovascular endurance.

Keywords: Resistive Training Agility Speed and Cardiovascular Endurance Physical Fitness, Kabaddi.

Introduction

The promotion of sports is no longer a matter of disputes. The importance has been recognized at international level by the all the countries of the world. Today sports is considered as an international discipline because it develops international understanding and universal brotherhood. Sports are also one of the factors for developing national character. Physical education and sports should form an integral part of life long education in the overall educational system and their promotion from pre- school age to old age should be treated as one of the fundamental rights. Physical fitness was always been a concern of men from pre historic time. Today there it is an urgent need to develop the physical fitness of the people through different scientific training along with actual participation in game and sports.

Kabaddi

Kabaddi is essentially an Indian game, which commands huge popularity in India as well as its hinterland. Throughout India, kabaddi is popular by deferent name, like Hu-Tu-Tu, Ha-Du-Du, Kit-Kit. The game is known as Kabaddi in Northern India. Breath control raid, dodging and movement of hand and feet are the basic skill that one has to acquire in order to play Kabaddi.

Significance of the study

The result of the study would help the coaches, physical education teacher and athletes in planning the training program to develop the strength, speed, agility, cardiovascular endurance.

Methodology of the study

The objective of the study is to find out the effect of resistive training on the physical fitness of rural Kabaddi female players. Its includes the source of data, selection of subjects, sampling method, selection of variables. Preparation of resistive training program based on physical fitness for administered of test and statistical technique to analyze the data that has been discussed.

Source of data

The subjects were selected from Govt. Senior Secondary School Chamarkhera, Hisar.

Selection of the subjects

In this study forty female student of Govt. Senior Secondary School Chamarkhera, Hisar were selected. All the subjects were divided in to two groups consisting of twenty students in each group.



Ravinder Kumar Bhumbak

Assistant Professor,
Deptt. of Physical Education,
Govt. College Bhattu,
Kalan

Selection of variable

The investigator has selected the appropriate motor performance components for the present study. Table no.1 is given below to examine the components and test items in details.

Table No.1

Sr. No.	Components	Tests
1.	Trunk strength endurance	One minute situp
2.	Speed	50.yrds race
3.	Cardiovascular endurance	600 yrds run
4.	Agility	4X10yrds shuttle run

Resistive Exercises Training Procedure

To maintain the equal and uniformed load of resistive training, all the subjects, the volume and intensity were arranged closely and monitoring was made to maintain the quality of movement of the subjects. The resistive exercise schedules were planned for experimental group.

Resistive Exercises

For this work special resistive exercises training programme were given to the players which comprises the following exercises. For one hour and lasted for 4weeks

1. Squad Jump
2. Holding legs at 45 angle
3. Holding dumbbell side ways
4. Medicine ball throw
5. Leg press
6. Pushing wall
7. Chining and shoulder dip
8. Box drill (Boxes jump)

Statistical Analysis and Interpretation of Data

The main purpose of the investigator was to know the effect of resistive training on the physical fitness of rural female Kabaddi players. The investigator made this training confined to only for 4weeks. Further divided in to 2 test phase i.e pretest before the start of experiment and post test after 4 weeks resistive training programme on the both the group i.e experimental and control group. The result was analyzed through the use of bivariate approach of statistics.

Table No 2

To Check the of Kabaddi Female Players Through Sits-Up

Tests	Control group			Experimental group		
	Mean	SD	T Ratio	mean	SD	T ratio
Pre test	6.80	2.90	5.83	6.30	2.63	3.00
Post test	7.50	6.19		6.24	3.95	

Significant at 0.1 level

The deference between pre test and post test for sit-up is significant at 0.1 level

Table No.3

To Check the Speed through 50yrds Comparison of the Pr and Post Test of Kabaddi Female Players

Tests	Control group			Experimental group		
	Mean	SD	T Ratio	mean	SD	T ratio
Pre test	60.44	6.773	6.90	60.40	6.644	6.10
Post test	50.60	7.334		52.00	7.628	

Significant at 0.1 level

The deference between pre test and post test for speed through 50yrds comparison is significant at 0.1 level

Table No. 4

To Check the Cardiovascular Endurance through 600yrds Run of Kabaddi Female Players

Tests	Control group			Experimental group		
	Mean	SD	T Ratio	Mean	SD	T ratio
Pre test	74.97	7.463	2.90	76.43	8.893	3.70
Post test	66.05	8.416		68.33	8.936	

Significant at 0.1 level

The deference between pre test and post test for cardiovascular endurance through 600yrds run is significant at 0.1 level

Table No. 5

To Check the Agility through Shuttle Run 4x10yrds of Kabaddi Female Players

Tests	Control group			Experimental group		
	Mean	SD	T Ratio	mean	SD	T ratio
Pre test	8.65	.619	2.80	8.94	.667	4.00
Post test	9.34	.534		9.45	.528	

Significant at 0.1 level

The deference between pre test and post test for agility through shuttle run 4X10yrds is significant at 0.1 level

Discussion

The data has been taken to check the effect of resistive training on physical fitness of Kabaddi female players. The investigators has formulated t-ratio for all the Kabaddi female players (both group) to find out the level of significant improvement. The table and figure show significant improvement made by the kabaddi female players after 4 week resistive exercise training programme.

Finding

In the entire test, there was significant development in the strength endurance sits-up aspect after four week of resistive exercises training for the experimental group. There was significant development in the agility 4X10yrd shuttle run and significant development of speed 50yrds race and Cardiovascular endurance 600yrds aspect excremental group after four week of resistive training.

References

1. Ajay P. Kolarkar, "effect of aerobic training on health related physical fitness components of college students." PEFI Vol.1 proceeding 29/8/14.
2. Kumar Ravinder, " effect of training programme physical fitness and skill performance of Hockey players." Vol.4 Issue 2 Sep.2014 Research Drops.
3. Miller (1992) , " the effect of resistive training on the jumpinfg performance of female subject" Journal of sports medicine and physical fitness. Quarterly review PP. 14.
4. Kumar Satish, Punia Kumar Satish, "A comparative study between inter collegiate and state level kabaddi players in relation to adjustment." Research drops Vol.4 Sep 2014.