

A Comparative Study on Speed among School Level Kho-Kho and Kabaddi Players of District Ganderbal

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Abstract

The aim of the study was to examine the difference among school level kho-kho and kabaddi players of district Ganderbal in relation to speed. Methodology: 100 players (50 kho-kho boys & 50 kabaddi boys' players) were selected from various schools of district Ganderbal age ranged from 14 to 19 years. For the measurement of speed, 50 yard dash test item was used. Mean, standard deviation and t-test were used to analyze data statistically. The level of significance was set at 0.05 level of confidence. Result: The results showed a significant difference between the kho-kho and kabaddi player's with respect to speed.

Keywords: Speed, Kho-Kho, Kabaddi

Introduction

Physical fitness is an inseparable part of sports performance and achievement. The quality of the utilitarian value is directly proportional to the level of performance which means that the greater the level of fitness, the greater the ability of a person to attain a higher level of performance. World's top most sporting nations are very much conscious of these facts and concentrate on the development of the basic physical fitness components and the related aspects. They start training a child, concentrating on those fitness factories which are supposed to play a significant role in future performance of sports and games such as flexibility, speed, agility, reaction time, balance, strength, endurance etc which are appropriate for the specific age group.

Speed

Speed is the ability to move quickly across the ground or move limbs rapidly to grab or throw. Speed is not just how fast someone can run (or cycle, swim etc) but is dependent on their acceleration (how quickly they can accelerate from a stationary position), maximal speed of movement, and also speed maintenance (minimizing deceleration). Movement speed requires good strength and power, but also too much body weight and air resistance can act to slow the person down.

Objective of the Study

The study is to determine the significant difference on speed among school level kho-kho and kabaddi players of district Ganderbal.

Hypothesis

It was hypothesized that no significant difference would appear between the kho-kho and kabaddi players with respect to speed.

Methodology

In the present investigation, a survey type of study has been conducted. In total, investigator selected a sample of 150 players (boys) by means of purposive random sampling from different schools of District Ganderbal, out of which he selected 50 kho-kho players and 50 kabaddi players. The subjects were boys age ranged from 14 to 19 years. Moreover, the present research was confined to only those players who had participated at the zonal level school tournament of district Ganderbal. Data regarding selected physical fitness variables were collected using selected test items (50 yard dash for speed measurement). Mean, standard deviation and t-test were used to analyze the data statistically. The level of significance was set at 0.05 level of confidence.

Results

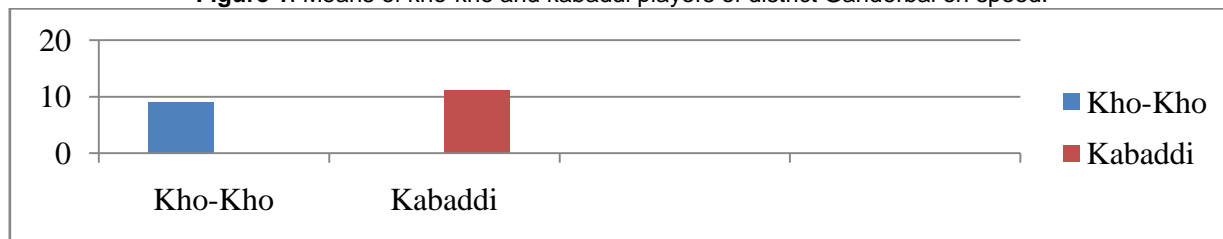
The mean, standard and "t" values of the investigated speed variables of kho-kho and kabaddi players are given in tables and figures and their analysis and interpretation follow them.

Table 2: The mean, SD, and “t” value of kho-kho and kabaddi players of district Ganderbal on speed.

Group	Mean	SD	N	f	t-value
Kho-kho	9.00	0.899	50	98	3.723
Kabaddi	11.1	1.673	50		

Table 2 reveals that the mean scores of kho-kho and kabaddi players are 9.00 and 11.1, respectively, and the calculated “t” value (3.723) for

Figure 1: Means of kho-kho and kabaddi players of district Ganderbal on speed.



Conclusion

Within the limitations and delimitations of this study, the following conclusion was drawn. It was concluded that the kho-kho players had more speed than the kabaddi players.

Recommendations and Suggestions

The results of the study suggesting the following recommendations as follows:

1. The result of the study showed a significant difference between the kho-kho players and kabaddi players with respect to speed; this would help to the physical educationists and coaches in selection of the teams in which physical parameters play a dominant role.
2. It is recommended that a similar study may be conducted with different age groups.
3. The similar study may be conducted with different criterion variables.
4. The similar study may be conducted with different geographical locations.

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both the groups is higher than the table value (2.326) at 0.05 level of significance. Thus the difference between the two groups is highly significant. Thus it is interpreted that the kho-kho players had significantly high speed than the kabaddi players.

Hence, the formulated hypothesis for the kho-kho and kabaddi players with respect to speed is rejected.

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