

# A Comparative Study of Co-Ordinate Abilities of Kabbadi and Kho-Kho Female Players at College Level

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**Abstract - A Study was conducted at S.D. College Hansi and other local colleges in Hisar aiming to achieve the main objectives of comparing the co-ordinate ability variables of kabbadi and kho-kho female players. It also includes the balancing ability and differentiation ability between kabadi and kho-kho games players. The Study concluded that the Kho-kho players possessed better balance ability as compared to the kabaddi player. It also concludes that there was no difference in terms of agility and differentiation ability between kho-kho and kabbadi games players.**

**Key words: Orientation ability, Differentiation ability, Reaction ability, Balance ability, Rythmic Ability, Agility, Sportsperson,**

## I. INTRODUCTION

Performance in different games is supposed to be related to better physical fitness. More stress is being laid on conditioning & practicing of skills and the use of other valuable devices to achieve better physical fitness by players. As the level of performance increases the players attains high degree of physical fitness.

Peter and Haliski (1950) supported this view that the successful participation in any game is directly related to physical fitness.

Bernard (1966) reported that physical fitness improves in those who take regular physical exercises. Regular participation in games significantly contributes to higher level of performance and greater degree of physical fitness amongst the players.

Bosco (1975) found a low heart rate among champion gymnasts. Low heart rate is the out come of a good endurance.

## II. STATEMENT OF THE PROBLEM

A comparative study of co-coordinative abilities of Kabaddi & Kho-Kho Female player at college level.

## III. OBJECTIVES OF THE STUDY

This study was aimed to achieve the main objectives to compare the co-coordinative ability variables of Kabaddi & Kho-Kho Female players. The main objective of the study and sub-objectives which are listed below.

1. The objective of the study was to compare the agility as one of the co-coordinative ability between Kabaddi & Kho-Kho games players.
2. The objectives of the study were to compare the balancing ability as one of the co-coordinative ability between Kabaddi & Kho-Kho games players.
3. The Objectives of the study was to compare the differentiation ability as one of the co-coordinative ability between Kabaddi & Kho-Kho games players.

## IV. HYPOTHESIS

Before deciding the hypothesis of the present study he investigator went thoroughly through the literature related to the present study. Various literatures was found related to the co-coordinative ability test use by different researchers, but hardly any study was made to compare the co-coordinative ability variables of Kabaddi & Kho-Kho

games. However, one or two studies were available related to this area of comparison. In the lack of many researchers done in this area.

The investigator of the present study was not able to find any direction to decide a set hypothesis. Therefore, the investigator in the beginning of the study decided to sue null hypothesis for her study.

The main hypothesis of the study stated that there may not be significant difference between the co-coordinative ability variables of Kabaddi & Kho-Kho female players this main hypothesis of the study was further divided and stated as below:

1. There may not be any significant difference between the agility ability as one of the co-coordinative ability of Kabbadi & Kho-Kho female players.
2. There may not be any significant difference between the balancing ability as one of the co-coordinative ability, of Kabaddi & Kho-Kho female players.
3. There may not be nay significant difference between the differentiation ability, as one of the co-coordinative ability of Kabaddi & Kho-Kho female players.

#### V. LIMITATIONS OF THE STUDY

The present study has been persuading in the following constraints:

1. The present study has been proposed to be conducted on 20 Kabaddi and 20 Kho-Kho female players at college level,
2. The age limit of the player ranged 17 to 21 years.
3. The study was confined on the subjects of various colleges Hisar Distt. of Haryana.
4. Only three co-coordinative abilities i.e. agility, balancing ability and differentiation ability were taken into account.

#### VI. DEFINITION OF THE TERM USED

The terms which of tenly occur in the study are defined as follows to make the nomenclature of these terms simple to understand.

#### VII. CO-COORDINATIVE ABILITY

The ability of the body of maintain the balance of the body to differentiate the various movements of various body parts to do a given activity economically and with lesser efforts is the defined as the co-coordinative ability.

#### VIII. SIGNIFICANCE OF THE STUDY

Different game develops physical fitness and coordinative ability factors differently. The game situations such as court areas, skill time duration of the play and types of movements involved in Kabaddi & Kho-Kho games bring out differently. The physical fitness and co-coordinative ability factors can achieve different levels of performance. The investigator, in the present study has attempted to assess the degree of physical fitness and co-coordinative ability factors of players of Kabaddi & Kho Kho games of Kurukshetra University, Kurukshetra. The finding of the study has the following significance.

1. The finding of the study has the significance if self assessment of physical fitness factors and coordinative ability factors of players of Kabaddi and Kho-Kho game.
2. The study seeks to bring out the significance through comparison of these factors between the two games players.
3. The study has the significance of making a training schedule for the players, coaches, trainers and physical education teachers of Kabaddi & Kho-Kho players for developing physical fitness and coordinative ability factors.
4. The study, contrary to above, has the significance to select the players for Kabaddi & Kho-Kho games on the basis of the evaluation of physical fitness coordinative ability factors as possessed by the individuals.
5. The present study has also the significance of proposing guidelines and index for future researchers in the field of Kabaddi & Kho-Kho game.

#### IX. METHOD AND PROCEDURE

As per objectives of the study, the investigator has to plan the entire process of research work in terms of research design suited to the present study. The design is systematically presented under four heads:

- Sample
- Tools & Techniques used
- Collection of Data

- Statistical Procedure

*Sample*

A sample is a miniature picture of the entire group or aggregate from which it has been taken. A sample in other works is a small representation of larger whole.

The sample of the study was 20 Kabbadi women player and 20 Kho-Kho women players of age group of 17-21 years. These players of Kabaddi & Kho-Kho games had participated at university level tournaments.

*Tools & Techniques Used*

Test No.1: Zig-Zag Run Test

Purpose: To measure Agility Ability.

Test No.2 - Beam walk Test

Purpose: To measure Balancing Ability

Test 3: Differentiation Run Test

Purpose: To measure the Differentiation Ability.

X. ADMINISTRATION AND DATA COLLECTION

The data was collected on the subjects cited above by the investigator by personality approaching the student at their colleges/training centers. The test battery selected was used to collect the data. The investigator took the help of Physical Education teachers at these colleges, Sports Coaches and the students of Kho-Kho and Kabaddi, game players to collect the data. Clear instructions were imparted to the subjects before the implementation of tests. A trial chance was also given to each and every subject before the start of every event. The subjects were also motivated to do the proper warming up before the start of these tests. After the implementation of the test the data was recorded in a tabulated form.

XI. STATISTICAL PROCEDURE

For analysis of the data ‘t-test’ was used.

XII. FINDINGS OF THE STUDY

After the analysis and the discussion of the data the investigation observed the following findings for the present study.

Zig-Zag Run test for kho-kho & Kabaddi players

Table 1 - Zig-Zag Test for kho-kho & Kabaddi Players

Game	Mean	S.D	SED	t-value
Kho-kho	24.22	.95	.298	.416
Kabaddi	24.34	.87		

1. There exists no significant difference in terms of agility ability as one of the coordinative ability as measured through zig-zag run test between Kho-Kho and Kabaddi players.

Table 2

Beam Walk test for kho-kho and kabaddi Players

Game	Mean	S.D	SED	t-value
Kho-kho	11.26	2.87	.534	6.501
Kabaddi	7.78	2.26		

2. There exists significant difference in terms of — balancing ability as one of the co-ordinative ability as measured through the Beam Walk Test between Kho-Kho and Kabaddi players. Kho-Kho players have better balance ability than Kabaddi players.

Table 3

Differentiation ability test for kho-kho and kabaddi Players

Game	Mean	S.D	SED	t-value
Kho-kho	0.134	.46	.156	.467
Kabaddi	0.207	.58		

3. There exists no significant difference in terms of differentiation ability as one of the co-coordinative ability as measured through the differentiation ability test between Kho-Kho and Kabaddi game players. The Kho-Kho and Kabaddi players have equal differentiation ability.

The findings of the study can more briefly as presented as below:

1. The Kho-Kho player possessed better balance ability as compare to the kabaddi players.
2. There was no difference in terms of agility and differentiation ability between Kho-Kho and Kabaddi game players.

### XIII. THE IMPLICATION OF THE STUDY

The findings of the present study has certain proposal implications which are given as below

1. The findings of the study will act as a guide line to select Kho-Kho and Kabaddi players on the basis of coordinative ability variable possessed by these game players.
2. The findings of the study of the contrary will act as a guide line for the individual to opt either of the KhoKho and Kabaddi game in term of the coordinative ability variable possessed by the individual.
3. The findings of the study will be a tool for the sports coaches, physical education teacher and sports trainers to make there training programme for these two games in which development of coordinative ability factor will be decided for achieving better in these two games.
4. The findings of the study and tools used in present chapter will be helpful for the players of these games for the assessment of coordinative ability factor possessed by them.
5. The findings of the present study the procedure adopted in present study will act as a guide line for the further researchers in the area of Kho-Kho and Kabaddi game and for the coordinative ability factors.

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