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Research Article

COMPARATIVE STUDY OF PHYSICAL FITNESS VARIABLES OF KABADDI AND KHO-KHO GIRLS PLAYERS OF NANDURBAR DISTRICT, MAHARASHTRA

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ABSTRACT

Physical fitness is the capacity to do prolonged hard work and recover to the same state of health in short time. It is the result of the degree of strength, endurance, flexibility, speed and agility. Several factors such as heredity, hygienic and standard of living, nutrition of an individual kabaddi and kho-kho girls players are equal conducive to development these skills amongst players. Sixty (60) girls players of 30 kabaddi players and 30 kho-kho players were selected as subject for the present study who had participated in district level tournament in Nandurbar district. To study the comparative study of physical fitness variables of kabaddi and kho-kho girls players. The subject's age is 18-20 years. The level of significance was set at 0.05 levels.

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INTRODUCTION

Physical fitness is essential for the development of wholesome personality of a child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Clark (1966) defined physical fitness as the ability to carry out daily tasks with vigor and alertness without undue fatigue and with energy to enjoy leisure time pursuits to meet unforeseen emergencies. The definition has been adopted in the present study. Physical fitness means the capacity to do hard work and to recover from it. Physical fitness in the present study is manifested by strength, endurance, flexibility, speed and agility are useful for different games & sports. It depends on several factors such as Physical fitness, heredity, hygienic standard of living, nutrition, health of an individual. Kabaddi and kho-kho players are equal conducive to development these skills amongst players. Sixty (60) girls players of 30 kabaddi and 30 kho-kho players were selected as subject for the present study who had participated in district level tournament in Nandurbar district. To assess the comparative study of physical fitness variables of kabaddi and kho-kho players age is 18-20 years. The level of significance was set at 0.05 levels. As per statistical analysis insignificant difference was found in

comparative study of physical fitness variables of kabaddi and kho-kho girls players of Nandurbar district, Maharashtra.

MATERIAL AND METHODS

Sixty (60) girls' players of kabaddi and kho-kho players were selected as subject for the present study who had participated in state level tournament in Haryana. From the 60 subjects 30 subjects were kabaddi girls' players and 30 kho-kho girls' players of Nandurbar district, Maharashtra. The subject's age is 18-20 years.

Tools used

To assess the comparative study of physical fitness variables of kabaddi and kho-kho girls players 50 meter Dash Test, Standing Broad Jump, Cooper 12/minute Walk/Run Test, Shuttle Run (4x10).

Statistical Analysis

To compare physical fitness variables of kabaddi and kho-kho girls players of Kurukshetra district t' test was applied. The level of significance was set at 0.05.

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RESULTS AND DISCUSSION

Table 1 Comparative study of 50 meter Dash of Kabaddi and Kho-Kho girls players.

Component	Game	No.	Mean	S.D.	SED	't Ratio
50 meters	Kabbadi	30	10.05	0.72	0.22	1.81
Das	Kho-Kho	30	9.63	0.94		

Level of significance was at 0.05

Table 1. Illustrates the mean scores of 10.05+0.72 of kabaddi girls and mean score of 9.63+0.94 kho-kho girls players on 50 meter dash test. The 't' ratio is 1.81. It is significant at 0.05 level. The mean score of kabaddi girls players is higher than kho-kho girls players. It is clear that lesser the item taken higher is the 50 meter dash possessed by the players and vice versa. It is further implied that Kho-kho girls players have better speed a compare to girls players.

Table 2 Comparative study of Standing Broad Jump of Kabaddi and Kho-kho girls players.

Component	Game	No.	Mean	S.D.	SED	't Ratio
Strength	Kabbadi	30	1.65	0.09	0.02	2.26
	Kho-Kho	30	1.60	0.06		

Level of significance was at 0.05

Table 2 Illustrate the mean scores of 1.65+0.09 of kabaddi girls players and mean scores of 1.60+0.06 of kho-kho girls players on standing broad jump. The 't' ratio is 2.26. It is significant at 0.05 levels. The mean score of kabaddi players is higher than kho-kho girls players. It is clear that significance difference between kabaddi girls players & kho-kho girls players on standing broad jump.

Table 3 Comparative study of Cooper 12/minute Walk/ Run of Kabaddi & Kho-kho girls players.

Component	Game	No.	Mean	S.D.	SED	't Ratio
Cooper12/minute Walk/ Run	Kabbadi	30	1.71	0.48	0.10	3.48
	Kho-Kho	30	1.34	0.24		

Level of significance was at 0.05

Table 3 Illustrate the mean scores of 1.71+0.48 of kabaddi girls players and mean scores of 1.34+0.24 of kho-kho girls players on standing broad jump. The 't' ratio is 3.48. It is significant at 0.05 levels. The mean score of kabaddi players have better as compare to kho-kho girls players. It is clear that significance between kabaddi girls players & kho-kho girls players on Cooper 12/minute Walk/ Run.

Table 4 Comparative study of Shuttle Run (4x10) of Kabaddi and Kho-kho girls players.

Component	Game	No.	Mean	S.D.	SED	't Ratio
Shuttle Run (4x10)	Kabbadi	30	13.48	3.54	0.26	1.37
	Kho-Kho	30	13.29	4.45		

Level of significance was at 0.05

Table 4 Illustrate the mean scores of 13.48+3.54 of kabaddi girls players and mean scores of 13.29 +4.45 of kho-kho girls players on standing broad jump. The 't' ratio is 1.37. It is significant at 0.05 levels. The mean score of kabaddi players is better than the kho-kho girls players. It is clear that significance between kabaddi girls players & kho-kho girls players on Shuttle Run (4x10).

CONCLUSION

On the basis of results of the present study use can concluded that kabaddi girls players have performed better than kho-kho girls players on 50 meter dash test, kabaddi girls players have better the distance than kho-kho girls players on 12 minute walk/run test. The mean score of kabaddi players is better than the kho-kho girls players in shuttle run. There is no significance difference on standing broad jump and forward bending reach test.

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