

COMPARATIVE STUDY OF PSYCHOMOTOR ABILITY BETWEEN KHO-KHO AND KABADDI PLAYERS IN DISTRICT OF WEST BENGAL

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Abstract

The main purpose and objective of the present study is to compare the psychomotor abilities of Kho-Kho and kabaddi players in district of west Bengal. For this study sixty players were taken, 30 players from Kho-kho and 30 players from Kabaddi has been selected on purposively basis. Age range from 15 to 20 Years. T-test was used to calculate the collected data. The findings of this study reflected that significant deference between kho-kho and kabaddi players. The following variables were found significant at 0.05 level.

Keywords: Speed, Agility, Balance, Flexibility, Eye hand co-ordination, kho-kho, kabaddi, player.

Introduction

The important of the text was to compare the Kho-Kho and Kabaddi players on the psychomotor abilities selected. In comparing the Kho-Kho and Kabaddi players in district of west Bengal, 50 yards dash, 4x10 yards shuttle run, stork stand test, Sit & Reach, Eye hand co-ordination by ball transfer between the players of Kho-Kho and Kabaddi. The necessary data was collected with standardized procedure by administering selected abilities tests. The significant distinction was establish in the speed ability, 50yards sprint measure the Kho-Kho players had excellent speed as compared to the Kabaddi players. The many distinction was discover within the agility measure by 4x10 yards shuttle run in compare to the Kho-Kho and Kabaddi players. The kho-kho players had better agility, showing greater movement ability than the Kabaddi players. The many distinction was established within the stork stand Balance as compared to the Kho-Kho & Kabaddi players. The kabaddi players had superior equipoise knack than the Kho-Kho players. The significant distinction was established in the Sit and Reach test in the Kho-Kho players had superior foot and waist elasticity as compared to the Kabaddi players. The many

distinction was established in the Eye hand co-ordination test by ball transfer in compare to the Kho-Kho and Kabaddi players. The Kho-Kho players group had better eye hand co-ordination ability than the Kabaddi players.

Statement of the Problem

With this background idea the main motive of the study was to compare the psychomotor efficiency amid kho-kho and kabaddi player of age between fifteen to twenty years. Thus, the problem was stated as “Comparative Study of Psychomotor Ability Between Kho-Kho and Kabaddi Players in District of West Bengal”.

Purpose of the Study

The important of the text is to find-out the status between Kho-Kho and kabaddi players at senior secondary district level in regards to their psychomotor variables among Kho-Kho and kabaddi players.

Methodology

For this study 60 subjects were taken. 30 kho-kho and 30 kabaddi players. Age category of fifteen to twenty years were selected, from 24 Parganas north and south under the state of West Bengal. Equal numbers of subjects were selected by the researcher. They were selected purposive group design were used for this study. “T” test was computed at 0.05 levels of confidence.

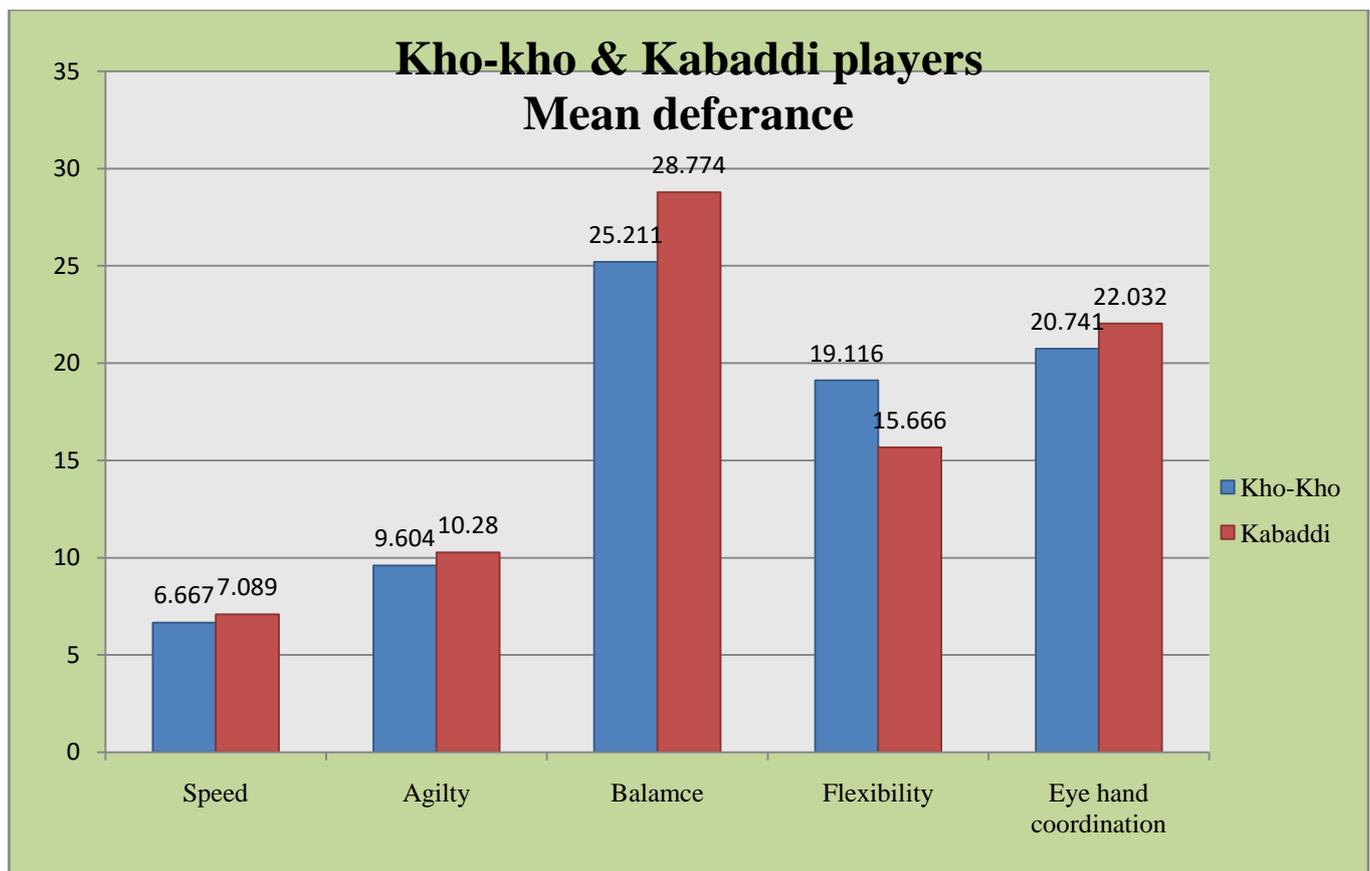
Results and Discussion of the study

table - 1

tabular presentation of mean, standard deviation and “t” ratio between kho-kho and kabaddi players

Variables	Subject	Mean	SD	MD	σ DM	“t” ratio
Speed	Kho kho	6.667	0.385	0.422	0.098	4.306*
	Kabaddi	7.089	0.375			
Agility	Kho kho	9.604	0.481	0.676	0.135	5.007*
	Kabaddi	10.280	0.568			
Balance	Kho kho	25.211	7.049	3.563	1.691	2.107*
	Kabaddi	28.774	6.054			
Flexibility	Kho kho	19.166	2.135	3.5	0.798	4.385*
	Kabaddi	15.666	4.046			
Eye hand coordination	Kho kho	20.741	1.018	1.291	0.383	3.370*
	Kabaddi	22.032	1.951			

*Significant at 0.05 level Tab 0.05(58)= 2.00



Discussion

The speed is defined as a set of ability responses that go together movement quickly and effectively in short period of time. Speed is an important factor in respect of performance. There are significant difference was found within the speed ability 50yards sprint measure, the Kho-Kho players group had excellent speed as compare to the Kabaddi players, due to there training schedule kho-kho demand more speedy nature than the kabaddi players. This study was consonance of those study Poonam (2018).

The agility is defined as a set of ability responses that change direction of the entire body quickly and with accuracy while moving from one point to another. Agility is an important factor in respect of performance. There are significant difference was found in the agility measure by 4x10 yards shuttle run in comparison to the Kho-Kho and Kabaddi players. The kho-kho players group had better agility, showing greater moving ability than the Kabaddi players, kho-kho is more agile than tha kabaddi player and the training schedule kho-kho demand more agile nature. This study was consonance of those study Somashakar.R, & Sudhakara.G (2019).

The balance is defined as a set of ability responses that go together maintain a state of equilibrium while remaining stationary. Balance is an important factor in respect of performance. There are significant distinction was established within the stork stand Balance as compared to the Kho-Kho and Kabaddi players. The kabaddi players had excellent equilibrium efficiency than the Kho-Kho players and the

training schedule kabaddi demand equilibrium nature. This study was consonance of those study Mahesh.D (2015).

The flexibility is defined as a set of ability responses that wide a range of motion as possible. Flexibility is an important factor in respect of performance. There are significant distinction was establish within the Sit and Reach test in the Kho-Kho players group had excellent foot and waist flexibility as comparison to the Kabaddi players, the training schedule kho-kho demand flexion nature. This study was consonance of those study Poonam (2018).

The eye hand coordination is defined as a set of ability responses that efficiency and effectively integrates the movements. Eye hand co-ordination is an important factor in respect of performance. There are significant difference was found in the eye hand coordination test by ball transfer in compare to the Kho-Kho and Kabaddi players. The Kho-Kho players group had better eye hand coordination ability than the Kabaddi players, the training schedule kho-kho demand more speedy and agile nature so there was significant difference.

Conclusions

Based on the finding and within the limitation of the present study following conclusions have been drawn, Speed the result of study shows that in case of speed there was significant distinction amid kho-kho and kabaddi players. Kho-kho players was excellent than the kabaddi players. Agility the result of study shows that in case of agility there was significant distinction among kho-kho and kabaddi players. Kho-kho players was best than the kabaddi players. Balance the result of study shows that in case of balance there was significant distinction amid kho-kho and kabaddi players. Kabaddi players was superior than the Kho-kho players. Flexibility the result of study shows that in case of flexibility there was significant distinction among kho-kho and kabaddi players. Kho-kho players was superior than the kabaddi players. Eye hand coordination the result of study shows that in case of eye hand coordination there was significant distinction amid kho-kho and kabaddi players. Kho-kho players was best than the kabaddi players.

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