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## A comparative study on motor fitness of inter-university and inter-college Kabaddi men players

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### Abstract

**Objective of the study:** The main objective of this study was to compare the explosive power, speed, agility and flexibility of kabaddi men players. **Methodology:** In order to achieve the purpose of the study, and data was collected from 30 students (N=30) men inter-university and inter-college kabaddi players between the age group of 18 to 25 years. The subjects were assigned in to two groups. Group A-inter-university (N1=15) and group B-Inter- college (N2=15). Motor fitness components explosive power, speed, agility and flexibility are selected for as variables. **Results-** the data collected was treated with the statistical technique 't' test. **Conclusion-**there is a significant difference in explosive power, speed, agility and flexibility of kabaddi men players.

**Keywords:** Motor fitness, explosive power, speed, agility, flexibility

### Introduction

The Word 'Sport' comes from the old French word called Desport which means "Leisure", but this word has changed its connotation with the passing time. Now sports are no longer believed to be practiced only in leisure time. Today they are one of the major parameters to judge a country's development and growth and are fast becoming great career options for the future generations.

The term "motor fitness" is most often used synonymously with physical fitness by the physical educators, but it is very important for the physical education students to know the basic difference between physical fitness and motor fitness. Physical fitness is used to denote only four basic fitness components (muscular strength, muscular endurance, cardiovascular endurance and flexibility), whereas motor fitness is a more comprehensive term which includes all the ten fitness components like four fitness, one of the health-related fitness and five motor performance components, power, speed, agility, balance and reaction time, which is important for the success in sports. In other words, motor fitness refers to the efficiency of basic movements and also to the addition of physical fitness. Sports performance is indeed an aspect of complex human performance, which has several dimensions. Hence, several disciplines of sports sciences are required to work in a coordinated manner to explore the nature and the process of improving performance. In the last few decades several disciplines of sports sciences have established e.g. sports medicine, sports physiology, sports training, sports bio-mechanics, sports psychology, sports pedagogy, sports nutrition and so on. These sports sciences work as one integrated unit to give super sports performance. Physical fitness is a basic requirement for sports achievements. In sport theory and practice, the level of motor abilities is the key factor in majority of sports achievements. Motor ability, sprinting, jumping, flexibility and throwing velocity represent physical activities that are considered as important aspects of the softball game and contribute to the high performance of the team. Fitness testing is useful for assessing and monitoring softball players and is complimentary to develop the technical skills, tactics and cognitive abilities that contribute to performance in softball. Examination of fitness profile would be great importance for optimal construction of the strength/power and endurance training programs to improve performance. Quantifying changes in anthropometric and motor fitness variables will also provide valuable information for talent identification and development, and assist fitness and conditioning coaches in evaluating the effectiveness of conditioning programs and prescription of training.

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Physical fitness is the capacity to carry out reasonably well various forms of physical activities without being excessively tired and includes qualities importance to the individual's health and well-being. Regular participation in vigorous exercise increases physical fitness. A high level of physical fitness is desirable for a full, productive life. Sedentary living habits and poor physical fitness have a negative impact on both health and daily living.

**Purpose of the Study**

The main objective of this study was to compare the explosive power, speed, agility and flexibility of kabaddi men players.

**Methodology**

To achieve the purpose of the study, and data was collected

from 30 students (N=30) men inter-university and inter-college players between the age group of 18 to 25 years. The subjects were assigned in to two groups. Group A-inter-university (N1=15) and group B-Inter-college (N2=15). Motor fitness components explosive power, speed, agility and flexibility are selected for as variables

**Statistical Technique**

The collected data was analyzed by using statistical technique with the help of SPSS 20<sup>th</sup> version.

**Results**

After analyzing the data within the limitation of the study results are presented in the following tables.

**Table 1.** Shows Mean, standard deviation t value of inter-university and inter college kabaddi men players.

Variables	Number of subjects	Group	Mean	Standard Deviation	't' value
Explosive Power	15	Int-Uni	238.00	20.60	2.094*
	15	Int-Col	221.86	21.57	

Significant at 0.05 level.

The above table indicates the mean value, standard deviation and 't' value of Explosive power of kabaddi players.

inter-university kabaddi men players have demonstrate better explosive power than the inter-college kabaddi men players.

**Table 2.** Shows Mean standard deviation 't' value of inter-university and inter college kabaddi men players.

Variables	Number of Subjects	Group	Mean	Standard Deviation	't' Value
Speed	15	Int-Uni	6.53	0.34	3.173
	15	Int-Col	6.97	0.41	

Significant At 0.05 Level.

**Speed**

The Mean and SD values of inter-university the sub-variable speed as 6.53 and 0.34 respectively. However inter-college had Mean and SD values as 6.97 and 0.41 respectively. The (t) value 3.173 as shown in the table above was found statistically significant, but while comparing the mean values of both the groups it has been observed that inter-university kabaddi men players have demonstrate better Speed then the inter-college kabaddi men players

The above table indicates the mean value, standard deviation and 't' value of speed of kabaddi players.

**Table 3.** Shows Mean standard deviation t value of Inter-University and inter college kabaddi men players.

Variables	Number of Subjects	Group	Mean	Standard Deviation	't' Value
Agility	15	Int-Uni	10.28	0.58	3.217*
	15	Int-Col	11.08	0.76	

Significant At 0.05 Level.

**Agility**

The Mean and SD values of inter-university the sub-variable Agility as 10.28 and 0.58 respectively. However inter-college had Mean and SD values as 11.08 and 0.76 respectively. The (t) value 3.217 as shown in the table above was found statistically significant, but while comparing the mean values of both the groups it has been observed that inter-university kabaddi men players have demonstrate better Agility then the inter-college kabaddi men players.

The above table indicates the mean value, standard deviation and 't' value of agility of kabaddi men players.

**Table 4.** Shows Mean standard deviation t value of inter-university and inter college kabaddi men players.

Variables	Number of Subjects	Group	Mean	Standard Deviation	't' value
Flexibility	15	Int-Uni	12.30	2.94	3.118*
	15	Int-Col	9.78	1.11	

Significant at 0.05 level.

**Flexibility**

The Mean and SD values of inter-university the sub-variable flexibility as 12.30 and 2.94 respectively. However inter-college had Mean and SD values as 9.78 and 1.11 respectively. The (t) value 3.110 as shown in the table above was found statistically significant, but while comparing the mean values of both the groups it has been observed that inter-university kabaddi men have demonstrate better Flexibility then the inter-college kabaddi men players.

The above table indicates the mean value, standard deviation and 't' value of flexibility of kabaddi men players.

**Conclusion**

Explosive Power Mean and SD values of inter-university the sub-variable explosive power as 238.00 and 20.60. However inter-college had Mean and SD values as 221.86 and 21.57 respectively. The (t) value 2.094 as shown in the table above was found statistically significant, but while comparing the mean values of both the groups it has been observed that

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