



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 763-764

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www.theyogicjournal.com

Received: 25-11-2017

Accepted: 27-12-2017

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A comparative assessment of body mass index among Kho-Kho and kabaddi players

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Abstract

The present study has been designed to investigate the body mass index of kabaddi and kho-kho players. For accomplish the study total 50 players (25 kabaddi and 25 kho-kho) were randomly selected as sample. All samples were selected from the Kurukshetra district. The age of the subjects was ranged from 16-19 years. To access the body mass index we used the formula $BMI = \text{Weight in Kg} \div \text{Height in metres}^2$ in the study. The data was analyzed by applying 't' test in the order to determine the difference of body mass index between kabaddi and kho-kho players. The level of significance was set at 0.05. A significant difference was observed between kabaddi and kho-kho players in their body mass index. We find out that kabaddi players having more body mass index in comparison of kho-kho players.

Keywords: body mass index, kabaddi, kho-kho

Introduction

A game is a human action equipped for accomplishing an outcome requiring physical effort and additionally physical aptitude, which, by its temperament and association, is aggressive and is by and large acknowledged similar to a game. While the weight file is a computation used to decide your level of muscle to fat ratio. It can enable a specialist to decide your general wellness and your danger of creating unending illnesses. In any case, BMI isn't the main factor your specialist considers, and it isn't a totally dependable appraisal for each body write. While BMI is a beginning stage to assess your wellbeing, it isn't immaculate. For instance, it doesn't represent sexual orientation, and ladies have a tendency to have more muscle versus fat than men. So as a lady, regardless of whether your weight file is in the typical range, you could at present have a high level of muscle versus fat. The figuring additionally doesn't represent bulk. Muscle measures more than fat, so on the off chance that you lift weights and have conditioned muscles, your BMI could be high regardless of whether you're not overweight.

Objectives of the Study

- To compare the body mass index between kabaddi and kho-kho players.

Hypothesis of the Study

- There would be no significant difference in body mass index of kabaddi and kho-kho players.

Research Process and Methodology

- The sample for the present study was 25-25 male players of kabaddi and kho-kho were randomly selected as sample from Kurukshetra district. The age of the samples was ranged 16-19 years.

Tool and Techniques

For measure the body mass index we used the formula $BMI = \text{Weight in Kg} \div \text{Height in metres}^2$.

Statistical Method

The obtained data were analyzed by applying t test in order to determine the body mass index

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between kabaddi and kho-kho players. The level of significance was set at 0.05. For obtaining reliable result

special statistics software (spss) was used.

Table 1: Mean difference between kabaddi and kho-kho players in their body mass index

S.No.	Variables	Group	N	Mean Score	SD	MD	df	t-value
1	Kabaddi	Male	25	22.20	1.97	2.52	48	5.16*
2	Kho-Kho	Male	25	19.68	1.42			

Table value at 0.05 level 2.00 with df 48

*Significant at 0.05 level.

Table 1 shows that 't' value (5.16). The mean score of body mass index between kabaddi and kho-kho players is higher than the table value 0.05. The mean score of kabaddi players

(22.20) is higher than the kho-kho players (19.68), which show the significant difference. It means that body mass index of kabaddi players is higher than the kho-kho players.

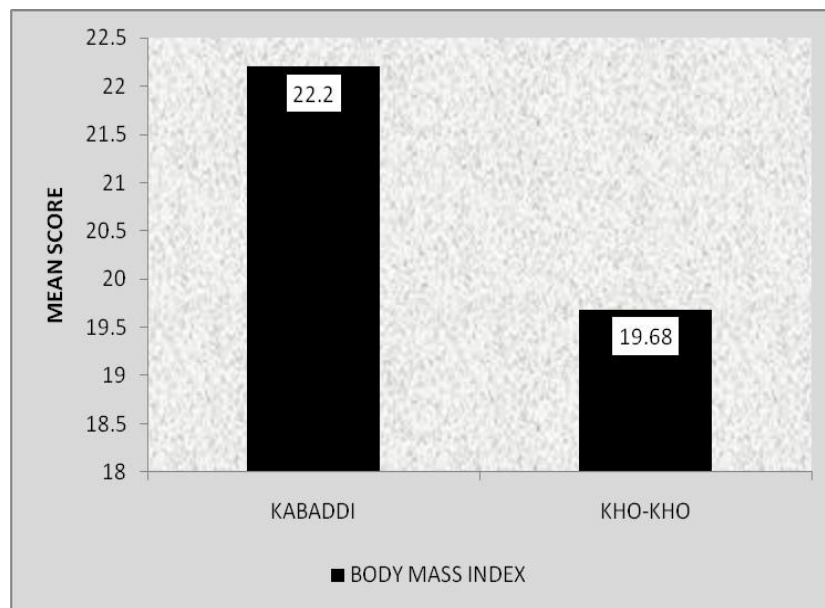


Fig 1: Mean difference between kabaddi and kho-kho players in their body mass index

Result

A significant difference was observed between kabaddi and kho-kho players in their body mass index. That is why hypothesis-1 “There would be no significant difference in body mass index of kabaddi and kho-kho players” which was formulated earlier was rejected. We observed that kabaddi players have more body mass index in comparison of kho-kho players.

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