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Development of kabaddi defensive skills test for high school boys

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Abstract

The purpose of the study is to find the scientific authenticity of newly constructed Kabaddi Defensive skill tests. In this study the samples age is between fourteen to sixteen were participated. Total 08 tests namely Defensive footwork (Corners), Defensive footwork (Covers), Ankle hold, Thigh hold, Waist hold, Front Blocking (Covers), Front Blocking (Corners) and Blocking and Chest drop were administered. With this all sample's playing ability was also measured by 7 experts of Kabaddi game. To find the validity of the test each skill's score was correlated with playing ability score which was provided by the experts. To find the reliability test and retest score were correlated and to find out objectivity inter tester's scores were correlated. For all the statistical calculations Karl Pearson's coefficient of correlation was used. Results indicated that all the Kabaddi offensive skill tests found significant correlation with playing ability of players, hence tests are said to be valid. Test and retest scores were also highly and significant correlation with each other hence tests were said to be reliable. Last intertester's scores were also found significantly correlated with each other hence tests were said to be objective. Implication of the results were discussed in the paper.

Keywords: development, defensive, skill and test

Introduction

Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges attacks into the opponent court and tries to touch the opponent closest to him, while the seven opponents make maneuvers to catch the attacker. This is called the game Kabaddi, the match of one against seven, also known as the game of struggle.

S K. Manjunatha, Dr. S.M. Prakash (2018)^[7] constructed norms for skill test for Kabaddi players. For this purpose 500 State Level and south zone inter university Kabaddi players of south India were randomly selected to serve as subjects. Objectivity and reliability of the 15 test variables were obtained. The limited 25 samples from selected subjects were considered for the administration of tests. The skill tests norms are constructed the following Skills. Foot Work, Reaction Ability, Raiding Skill, Foot Touch Reach, Raiding Foot Work, Backward Shot Throw, Forward Medicine Ball Throw, Push Ups, Grip Strength Left hand, Grip Strength Right hand, Back Strength and Leg Strength, Toe Touch, Defensive Foot Work, Consecutive Hopping, Shuttle Run (6x10meters), Breath Holding Capacity.

Sport skill test

The development of sports skill had a long and productive history. Among the earliest were the Athletic Badge Test presented in 1913 by the Playground and Recreation Association of the USA. These tests were for the sports of Basketball, Tennis and Volleyball. Elizabeth Beall proposed other early skills tests in 1924 for Basketball by Brace and in 1925 for Tennis. The research council of the American Alliance for Health, Physical Education and Recreation (AAHPER) published several sport skill tests in the late 1960s that were developed from the combined efforts of researchers, city directors of physical education and public school teachers.

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The measurement and evaluation council of the AAHPERD formed a task force in 1979 to revise and expand the AAHPERD sports skill test series. The Basketball and Softball skill tests were revised and a Tennis test was added to the series.

Defensive skill in kabaddi

Kabaddi, as mentioned earlier, is a game of offence and defense. Defense is a team effort unlike offence, and requires immense mutual understanding, planning and co-ordination between the players. The portion of the court on which attack is made by the raider belongs to defensive players. These defensive players are also called antis or anti-raiders. The main task of the anti is to defend himself from a touch by the raider and at the same time, try to catch the raider and prevent him from reaching his home court with cant. This is the only game in which a defensive player also has an opportunity to score a point.

Rao as a coach and Research Scholar worked extensively on the game Kabaddi and in 2002 write a book on Kabaddi called "Modern Coaching in Kabaddi". Due to the work of research scholars and coaches modern day Kabaddi has reached new heights.

Purpose of the study

The purpose of the study was to develop Kabaddi skills test and standardize for high school boys, the age group of fourteen to sixteen years.

Hypotheses

The newly constructed Kabaddi defensive skill tests are reliable, valid and objective.

Methodology

Main objective of the study was to develop the Kabaddi defensive skill test battery for high school boys. For this purpose One hundred high school boys of fourteen to Sixteen year age group were randomly selected for the purpose. 20 students each were selected from five different High Schools of Dharwad and Haveri District.

Table 1: Mean and standard deviations of composite score of skills of students and experts rating about playing ability of students and correlation.

S. No	Test Variables	Mean	Sd
1	Defensive footwork (Corners)	3.2225	0.57859
2	Defensive footwork (Covers)	3.4925	0.57859
3	Ankle hold	2.8242	0.49549
4	Thigh hold	3.8725	0.57859
5	Waist hold	2.2779	0.35099
6	Front Blocking (Covers)	3.3725	0.57859
7	Front Blocking (Corners)	3.3725	0.57859
8	Blocking and Chest drop	5.7488	0.61683
9	Experts rating Scores	3.9831	0.46547

Table 2: Validity, Reliability and objectivity Co - Efficient of Test Variables.

S. No	Name of the test	Validity (N=100)	Reliability (N=100)	Objectivity (N=100)
1	Defensive footwork (Corners)	-0.80	0.95	0.91
2	Defensive footwork (Covers)	-0.86	0.97	0.94
3	Ankle hold	-0.89	0.98	0.93
4	Thigh hold	-0.92	0.98	0.94
5	Waist hold	-0.86	0.99	0.96
6	Front Blocking (Covers)	-0.74	0.96	0.96
7	Front Blocking (Corners)	-0.78	0.99	0.87
8	Blocking and Chest drop	-0.66	0.97	0.91

Section of test items

Eight Kabaddi defensive Basic Skills tests were initially selected and the criterion used while selecting different test variables was the face validity of the respective test. Test comprises of various skills, the scholar searched the literature for skill tests in Kabaddi, consulted experts in the field and came to the conclusion and chose the following tests for the study viz. Defensive footwork (Corners), Defensive footwork (Covers), Ankle hold, Thigh hold, Waist hold, Front Blocking (Covers), Front Blocking (Corners) and Blocking and Chest drop.

Statistical techniques

To find out the scientific authenticity of the newly constructed tests Validity, Reliability and Objectivity has to be found. To find the Validity Kabaddi skill test scores were correlated with the experts rating scale. To find out the reliability test and retest scores were correlated and to find out objectivity inter testers ratings were correlated. Karl pearson's coefficient of correlation was used to calculate validity, reliability and objectivity of the tests significance level was kept at 0.05 level.

Results

Data was collected to test the hypothesis. Each and every skill are considered on the basis of student's performance and tested. These data's are collected from repeated tests conducted and these tests are explained in Methodology. And the collected data was analyzed using SPSS (Statistical Package of Social Sciences). Composite score of skills and experts rating were tested for their correlation.

Hypothesis: The composite score of defensive Kabaddi skills tests for school students are significantly in co-relation with their score of playing ability.

In the table given below, the Mean and Standard Deviation of composite scores of skills of students and experts rating about playing ability of students in correlation with Karl Pearsonco-efficient are described.

From the above table we can observe the Validity, Reliability and Objectivity of the different skill tests. Validity was established by correlating offensive skill scores with player's playing ability score which was done by game experts. From the above table in validity column we can observe that all the offensive skills are having negatively significant correlation with playing ability of the players. Here it is assumed that if the player finishes the skill in less time will earn high scores, so correlation is negatively found. All skills were significantly and highly correlated with playing ability of players hence we can conclude that constructed offensive skills are valid.

To obtain reliability, test and retest method was used. From above table reliability column we may observe that high and significant correlation between test and retest co-efficient. All the correlation co-efficient are above 0.9, hence they are highly correlated. So we can conclude that constructed offensive skill tests are reliable.

To obtain objectivity, inter tester's scores were correlated. From above table objectivity column we may observe that correlation co-efficient of two different tester's score are highly and significantly correlated with each other. So we may conclude that constructed offensive skill tests are objective.

Conclusion

So from this study we may conclude that, newly constructed Kabaddi offensive skill tests are valid, Reliable and objective. So they measures proper skill ability of players whatever objectives they are constructed for. Hence we can conclude that constructed Kabaddi offensive skill tests are scientifically authenticated.

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