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Comparative analysis of maximum strength between handball and kabaddi players

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Abstract

The purpose of the study was to find out the significant differences on selected strength parameters between handball players and kabaddi players from various department in Annamalai University were selected as subjects ranged between 17-25 years. To achieve this purpose of the study fifteen handball players and fifteen kabaddi players were selected as subjects. The selected subjects were tested on selected criterion variable maximum strength (Back strength). The selected criterion variable back Strength was measured by administering Back Lift with dynamometer. Collected data's were put in to statistical analysis and the level of significance was at 0.05 level. The statistical procedures t-ratio was used to find out the significant difference, if any between handball and kabaddi players on selected criterion variables. Kabaddi players are having more leg strength than the handball players.

Keywords: Kabaddi, handball, maximum strength (Back Strength)

1. Introduction

Sports play a very important role in the modern society. It is important to individuals a group, a nation and indeed the world. Throughout the world, sport has a popular appeal among people of all ages and both sexes. Sport is in man's blood; sport is recreation as well competition. Basically, sports are individual; activities relating and revitalizing in nature and meant to provide opportunities to the individual to make the "fullest" and the most intelligent use leisure time.

Today sports is a worldwide phenomenon in no period of the world history sport was so popular organized and important as today. There are bodies at club, district, state and national level, which also encourage participation in sports and are responsible for providing technical and material facilities for conducting coaching camps and so.

There is no need to have an expert opinion underlining the importance of fitness and wellness. We all knew that a fit body can sustain a strong and healthy mind. Reasons which stress on the importance of fitness should be understood. A general definition of physical fitness is the body's capability to carry out day-to-day physical activities easily. A healthy body which is free from any ailments or diseases can also be termed as fit. Staying fit is important for people from all age groups. Nowadays, even toddlers' fitness is an area of study and is given due importance. Let us understand more

Physical fitness has been defined as the ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and to meet unusual situations and unforeseen emergencies. It is something more than "not being sick" or merely "being well". It is different from resistance to or immunity from disease. It is a passive quality, extending on a scale from death to "abundant life". All living individuals have some degree of physical fitness which varies considerably indifferent people and in the same person at different times ^[1].

2. Materials and methods

2.1 Statistical technique

The study under investigation was intended to compare the strength parameter. Among ha

dball players and kabaddi players the 't' ratio formula was used $t = \frac{Dm}{\sigma Dm}$.

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2.2 Selection of subjects

To fulfil the purpose of the study 15 handball players and 15 kabaddi players from various departments in Annamalai University were selected as subjects ranged between 17-25 years.

2.3 Selection of variable

In the present study, the investigator selected the maximum strength Variable namely back strength. The selected criterion variable was measured by administering Back Lift with dynamometer.

3. Results & Discussion

3.1 Analysis of the Data

Back strength

The data collected on back strength was analysed and presented in Table 1.

Table 1: The mean, standard deviation, and 't' ratio of handball and kabaddi players on back strength

	Mean	Standard Deviation	t - ratio
Handball Players	84.73	0.79	8.87*
Kabaddi Players	87.33	0.81	

* Significant at 0.05 level of confidence. (The table value required for significance at 0.05 level with DF 1, 28 was at 2.05).

Table 1 showed that the mean values of handball players and kabaddi players on back strength were 84.73 and 87.33 respectively. The obtained 't' ratio value of 8.87 was greater than required table value 2.05 for significance at 0.05 level of confidence with DF 1, 28. The results of the study shows that there was a significant difference that exist among handball players and kabaddi players on back strength

The mean values of handball players and kabaddi players on back strength are graphically represented in Figure 1.

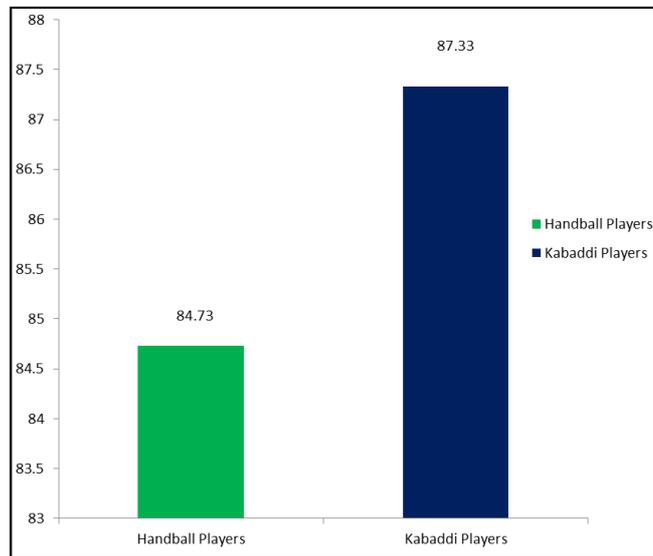


Fig 1: The mean values of handball players and kabaddi players on back strength

4. Conclusions

Kabaddi players are having more back strength than the handball players.

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