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Rajveer Singh

Assistant Professor, Department
of Physical Education, S.G.G.S.
Khalsa College, Mahilpur,
Punjab, India

Relationship of motor abilities with performance of male kabaddi players

Rajveer Singh

Abstract

The purpose of the study was to examine Relationship of motor abilities with performance of male kabaddi players of Chandigarh Government Colleges. 25 Kabaddi players who participate in inter college competitions were selected randomly as subject for six tests consisting Strength, Flexibility and Cardiovascular endurance. Marks obtained during the competitions were taken as competitive performance. To established relationship between selected physical abilities tests and competitive performance persons product moment correlation was worked out. The results show that competitive performance is significantly correlated with Push-ups, Sit-ups, Pull-ups, Hip flexion, Hip Extension and Harvard Step Test. Results also indicates non-significant correlation of Hip Extension (Bridge) with competitive performance.

Keywords: flexibility and cardiovascular endurance, male kabaddi players

Introduction

Kabaddi is a 4,000-year-old team sport originated in India and played by many South Asian nations. The name derives from a Tamil word meaning “holding of hand”, which is the crucial aspect of play. The game was introduced in the Indian Olympic Games at Calcutta in 1938. Kabaddi is a contact team sport. Played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, tag out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are tagged or tackled, but are brought back in for each point scored by their team from a tag or tackle. It is popular in the South Asia and other surrounding Asian countries. Although accounts of kabaddi appear in the histories of both ancient India and Bangladesh, the game was popularized as a competitive sport in the 20th century. It is the state game of the Indian states of Andhra Pradesh, Bihar, Haryana, Karnataka, Kerala, Maharashtra, Punjab, Tamil Nadu, Telangana, and Uttar Pradesh.

Kabaddi originated in the modern Tamil region of the Indian subcontinent, which is predominantly present-day Tamil Nadu and parts of other South Indian states of India. Tamil empire spread this game to South East Asia during their sea trade. The word Kabaddi has been derived from the Tamil word “kai-pidi” which means “to hold hands”. The exact origins of Kabaddi are disputed, with theories suggesting that Kabaddi originated from either the Vedic period of ancient India, or the Sistan region of present-day Iran. The game was said to have been popular among the Yadava people; an abhang by Tukaram stated that the god Krishna played the game in his youth, while the Mahabharata contains an account of Arjuna being able to sneak into hostile areas and take out enemies unscathed, which parallels the gameplay of kabaddi. There are also accounts of Gautama Buddha having played the game recreationally. Despite these conflicting claims, India has been credited with having helped to popularize Kabaddi as a competitive sport, with the first organized competitions occurring in the 1920's, their introduction to the programme of the Indian Olympic Games in 1938, the establishment of the All-India Kabaddi Federation in 1950, and it being played as a demonstration sport at the inaugural 1951 Asian Games in New Delhi. These developments helped to formalize the sport, which had traditionally been played in villages, for legitimate international competition.

Correspondence

Rajveer Singh

Assistant Professor, Department
of Physical Education, S.G.G.S.
Khalsa College, Mahilpur,
Punjab, India

After being demonstrated again at the 1982 Asian Games in Delhi, Kabaddi was added to the Asian Games' programme beginning in 1990.

Material and methods

25 Kabaddi players who participate in inter college competitions of Panjab University; Chandigarh were selected as subjects. They belonged to the age group 18-24 years. The following tests were conducted on each player.

1. Push-Ups

2. Sit-Ups
3. Pull-Ups
4. Hip Flexion
5. Hip Extension (Bridge)
6. Harvard Step Test
7. Competitive Performance

Result and discussion

Mean standard derivation and correlation value between motor abilities variables and competitive performance.

Table: Mean standard derivation and correlation value between motor abilities variables and competitive performance.

| S. No | Motor abilities test correlated with competitive performance | Mean | SD | Co-efficient of correlation |
|-------|--|--------|-------|-----------------------------|
| 1 | Competitive Performance | 23.590 | 5.021 | |
| | Push-Ups | 23.05 | 7.97 | .675* |
| 2 | Competitive Performance | 23.590 | 5.021 | |
| | Sit-Ups | 23.20 | 9.06 | .861 * |
| 3 | Competitive Performance | 23.590 | 5.021 | |
| | Pull-Ups | 5.03 | 2.67 | .686* |
| 4 | Competitive Performance | 23.590 | 5.021 | |
| | Hip Flexion | 19.92 | 2.86 | .683* |
| 5 | Competitive Performance | 23.590 | 5.021 | |
| | Hip Extension | 47.78 | 11.01 | -.418* |
| 6 | Competitive Performance | 23.590 | 5.021 | |
| | Harvard Step Test | 61.103 | 5.41 | .525* |

*Significant at 0.05 level. ($r_{0.05(23)} = .396$)

It is evident from the table that there is significant correlation of Push-Ups, Sit-Ups, Pull-Ups, Harvard Step Test, and Hip Flexion with performance at 0.05 level of significance. The Hip Extension has negative but significant correlation with performance. The negative sign is due to minimum distance means more Hip flexibility.

Conclusion

It is concluded from the present study that the competitive performance of male kabaddi players is influenced by strength, flexibility & cardiovascular fitness. The results of the study is a great value in designing the training program of kabaddi players.

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