



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1477-1479

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[www.theyogicjournal.com](http://www.theyogicjournal.com)

Received: 13-11-2018

Accepted: 18-12-2018

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## Anthropometric profile at different levels of achievements of male Kabaddi players of Madhya Pradesh

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### Abstract

The purpose of this study was to find out the anthropometric profile of Male Kabaddi Players at different level of achievement. For this purpose 120 male Kabaddi Players, 40 Kabaddi players at Inter University level, 40 Kabaddi players at Junior National Level and 40 Kabaddi players at Senior National Level were selected. All the subjects were the player from Madhya Pradesh and their age ranged between 17-28 years. The anthropometric variables were Height, Weight, Neck Circumference and Waist Circumference. Descriptive statistics were used to describe the anthropometric profile of the subjects at different level of achievement. The mean, standard deviation, minimum and maximum value of the groups were given at different level of achievement. As all the players have some level of achievement so overall findings have also been observed.

**Keywords:** Kabaddi players, height, weight, neck circumference

### Introduction

Kabaddi was basically an outdoor game but nowadays it is being played indoor and sometimes outdoor. It is played in the tropical countries of Asia. It is an indigenous game of India which was adopted by other Asian countries like Pakistan, Nepal, Bhutan, Bangladesh, Sri Lanka, Maldives, and Malaysia and recently by Japan and China also. The excitement and thrill provided by the game has made it very popular and Kabaddi is rightly called the 'Game of the masses' due to the new version of PKL, since spectators totally involve themselves and give the players a great deal of encouragement. Earlier the game required no equipment except a mud court but after its conversion into an indoor game it requires a rubber mat and a specific shoe to play. Kabaddi is a team game, played on a rectangular court, either out-door or indoor with seven players on the ground for each side. Each side takes alternate change of offence and defense. The basic 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. During play, the players on the defensive side are called "Antis" while the player of the offense is called the "Raider". Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The attack in Kabaddi is known as a "Raid". The catchers touched by the raider during the attack are declared 'out' if they do not succeed in catching, the raider before he returns to home court. These players can resume play only when their side points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider. The game demands strength with good body structure, and agility, muscular co-ordination. Breathe holding capacity, quick responses and a great deal of presence of mind. For an individual to face upto seven opponents and remain unscathed needs tremendous fitness of body and mind and the ability to concentrate as well as anticipate the opponent's moves. This can only be achieved with a lot of tactical preparation and maneuvering.

### Methodology

One hundred twenty (N=120), subjects were selected from Madhya Pradesh who have represented their University in Inter University tournament, or either represented their State in Junior or Senior Nationals.

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The age ranged between 17-28 years. The data of the anthropometric variables i.e. Height, Weight, Neck Circumference and Waist Circumference were collected for the purpose of this study. Height was measured using a standard stadiometer, and weight was measured using a standard calibrated weighing machine. Neck and waist circumference was measured using a calibrated standard measuring tape. Descriptive information,

(Mean, standard deviation, minimum and maximum) statistics were calculated using SPSS software.

### Findings

The descriptive information (mean, standard deviation, minimum and maximum) of Height, Weight, Neck Circumference and Waist circumference are presented with the help of table (1 to 4).

**Table 1:** Descriptive statistics of height at different levels of achievement of male Kabaddi players.

Variables	Groups/ Levels	Mean	Std. Deviation	Minimum	Maximum
Height	Inter University	167.52	5.29	158.00	176.00
	Junior National	164.65	2.89	159.00	170.00
	Senior National	167.35	5.63	157.00	178.00
	Total	166.50	4.90	157.00	178.00

Table - 1 indicates the mean, standard deviation, minimum and maximum values for Height of male Kabaddi players at different level of achievement i.e. Inter University level, Junior National Level and Senior National Level as well as the overall value combining all the three groups. The mean value for Height for male Kabaddi players at different level of achievements and overall are Inter University (167.52), Junior National (164.65), Senior National (167.35) and Overall (166.50). The standard deviation for Height for male Kabaddi players at different level of achievements and overall are Inter

University (5.29), Junior National (2.89), Senior National (5.63) and Overall (4.90). The minimum value for Height for male Kabaddi players at different level of achievements and overall are Inter University (158.00), Junior National (159.00), Senior National (157.00) and Overall (157.00). The maximum value for Height for male Kabaddi players at different level of achievements and overall are Inter University (176.00), Junior National (170.00), Senior National (178.00) and Overall (178.00).

**Table 2:** Descriptive statistics of weight at different levels of achievement of male Kabaddi players.

Variables	Groups/ Levels	Mean	Std. Deviation	Minimum	Maximum
Weight	Inter University	66.55	9.42	47	84
	Junior National	63.57	2.98	57	68
	Senior National	68.09	7.59	54	84
	Total	66.07	7.38	47	84

Table - 2 indicates the mean, standard deviation, minimum and maximum values of Weight of male Kabaddi players at different level of achievement i.e. Inter University level, Junior National Level and Senior National Level as well as the overall value combining all the three groups. The mean value for Weight for male Kabaddi players at different level of achievements and overall are Inter University (66.55), Junior National (63.57), Senior National (68.09) and Overall (66.07). The standard deviation for Weight for male Kabaddi

players at different level of achievements and overall are Inter University (9.42), Junior National (2.98), Senior National (7.59) and Overall (7.38). The minimum value for Weight for male Kabaddi players at different level of achievements and overall are Inter University (47), Junior National (57), Senior National (54) and Overall (47). The maximum value for Weight for male Kabaddi player at different level of achievements and overall are Inter University (84), Junior National (68), Senior National (84) and Overall (84).

**Table 3:** Descriptive statistics of neck circumference at different levels of achievement of male Kabaddi players.

Variables	Groups/ Levels	Mean	Std. Deviation	Minimum	Maximum
Neck Circumference	Inter University	33.85	2.00	30.00	39.00
	Junior National	36.50	2.34	33.00	43.00
	senior National	34.87	1.86	31.00	40.00
	Total	35.07	2.33	30.00	43.00

Table - 3 indicates the mean, standard deviation, minimum and maximum values of Neck Circumference of male Kabaddi players at different level of achievement i.e. Inter University level, Junior National Level and Senior National Level as well as the overall value combining all the three groups. The mean value for Neck Circumference for male Kabaddi players at different level of achievements and overall are Inter University (33.85), Junior National (36.50), Senior National (34.87) and Overall (35.07). The standard deviation for Neck Circumference for male Kabaddi players at different

level of achievements and overall are Inter University (2.00), Junior National (2.34), Senior National (1.86) and Overall (2.33). The minimum value for Neck Circumference for male Kabaddi players at different level of achievements and overall are Inter University (30.00), Junior National (33.00), Senior National (31) and Overall (30). The maximum value for Neck Circumference for male Kabaddi players at different level of achievements and overall are Inter University (39), Junior National (43), Senior National (40) and Overall (43).

**Table 4:** Descriptive statistics of waist circumference at different levels of achievement of male kabaddi players.

Variables	Groups/ Levels	Mean	Std. Deviation	Minimum	Maximum
Waist Circumference	Inter University	80.77	4.27	67.00	89.00
	Junior National	84.05	2.56	80.00	89.00
	senior National	81.45	2.76	75.00	86.00
	Total	82.09	3.55	67.00	89.00

Table-4 indicates the mean, standard deviation, minimum and maximum values of Waist Circumference of male Kabaddi players at different level of achievement i.e. Inter University level, Junior National Level and Senior National Level as well as the overall value combining all the three groups. The mean value for Waist Circumference for male Kabaddi players at different level of achievements and overall are Inter University (80.77), Junior National (84.05), Senior National (81.45) and Overall (82.09). The standard deviation for Waist Circumference for male Kabaddi players at different level of achievements and overall are Inter University (4.27), Junior National (2.56), Senior National (2.76) and Overall (3.55). The minimum value for Waist Circumference for male Kabaddi players at different level of achievements and overall are Inter University (67.00), Junior National (80.00), Senior National (75.00) and Overall (67.00). The maximum value for Waist Circumference for male Kabaddi players at different level of achievements and overall are Inter University (89.00), Junior National (89.00), Senior National (86.00) and Overall (89.00).

### Conclusion

As per the objectives of the study it can be concluded that the mean height was minimum in Junior National Kabaddi Boys Group which can be attributed to growth characteristics of that age group i.e. Junior Kabaddi boys may not have attained their potential maximum height whereas Senior and Inter University boys may have attained their potential height.

As far as the weight is concerned, the mean weight was found minimum in junior national group and was maximum in senior national group, whereas the range was found to be maximum in Inter University group.

The mean neck circumference and mean waist circumference of Junior national group was found to be greater than the mean neck circumference and mean waist circumference of Senior national group and Inter University group. They were also greater than the overall mean neck circumference and overall waist circumference.

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