



A COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS VARIABLES OF KABBADI AND FOOTBALL PLAYERS OF HNGU

MR. MEHUL S. JAYSVAL

*Ph.D Scholar, Department of Physical Education, HNGU., Patan (GUJ)-INDIA.

Abstract:

The purpose of the study was to compare the physical fitness variable of Kabbadi Player and Football Player. To fulfill the objective of the study 40 Kabbadi Player and Football Player male (20 each) players of HNGUni., Patan was selected. The age of the selected subjects ranged from 19 to 24 years. Only (Standing Board Jump and 50 yard dash tests) were used to measure the selected physical fitness variables of the players. The study was delimited to AAPHER youth fitness test. In order to analyze the data t-test was used to analyze the data and investigator observed the significant difference between Kabbadi Player and Football Player of HNGUni., Patan.

Keywords: Selected Physical Fitness Variables, Kabbadi & Football Players.

Introduction:

Kabbadi and Football is a sport that requires both muscular strength and endurance, and for this reason when training with Physical fitness exercises you need to concentrate on developing strong muscles with high endurance capabilities. Sports and Games sports are accepted as a cultural phenomenon. There is a constant Endeavour to achieve higher standard of performance. As a result, today's sports and games demand optimum fitness and highest degree of performance. Sports is all forms of usually competitive physical activity which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators. Hundreds of sports exist, from those requiring only two participants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. Physical fitness is not an end in itself but it is a means to an end. It provides us with a basis for optimal physiological health and capacity to enjoy a full life. As we regularly need food, rest and sleep so do we need daily exercise for the maintenance of our physical capabilities.

Physical fitness is a pre-requisite not only for excellence in competitive sport but is also closely related to defense and economic potential of a nation and for the quality of individual and social life. Physical fitness is a general concept defined in many ways by differing scientists. Here two major categories are considered: general fitness (a state of health and well-being), and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. Physical fitness used in two close meaning: General fitness (a state of health and well being) and Specific fitness (a task oriented definition based on the ability to perform specific aspects of sports or occupation). The participation in sports and physical education activities for good health, high degree of physical fitness, increases an individual's productivity. It is the need of every citizen irrespective of age and sex to participate and enjoy games, sports recreational activities. In endurance sports, coordinative abilities ensure higher movement effectiveness and movement economy. Where as in sport events they facilitate a higher movement frequency with high explosiveness and force application. In strength dominating sport they help in the application of short time maximum strength.

Physical fitness is the capacity of the heart, blood vessels, lungs and muscles to function at optimum efficient in previous years, fitness was destined as the capacity to carry out the day activities without undue fatigue. Automation, increased leisure time and changes in life style following the industrial revolution meant this criterion will be no longer sufficient. Optimum efficiency is the key. Physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities to be healthy, to resist hypokinetic diseases and to meet emergency situations. When you think of a person who is very physically fit, who do you see? An ultra-marathoner, a sprinter, a weightlifter, a gymnast, a professional football player, or maybe a guy on the beach with a six-pack?

Material Method:

The purpose of the study was to compare the physical fitness variable of Kabbadi Player and Football Player. To fulfill the objective of the study 40 Kabbadi Player and Football Player Male (20 each) players of HNGUni., Patan was selected. The age of the selected subjects ranged from 19 to 24 years. Only (Standing Board Jump and 50 yard dash tests) were used to measure the selected physical fitness variables of the players. The study was delimited to AAPHER youth fitness test. In order to analyze the data t-test was used to analyze the data.

Results and Discussion:

Table No: I
Comparison of Explosive Strength Component of Kabbadi Player and Football Player of HNGUni., Patan in Standing Broad Jump

Variable	Kabbadi Player		Football Player		SEd.	t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.			
Strength (Standing Broad Jump)	2.38	0.23	2.31	0.1	0.05	1.4	Significant

*Significant at .05 level

The mean score (2.38) of the explosive strength component of physical fitness Kabbadi Player is high than the mean score (2.31) of Football Player of HNGUni., Patan. However, the t-ratio is 1.4, which is significant at 0.05 level. High score better Explosive strength. It means that Kabbadi Player have better Explosive strength of physical fitness than the Football Player of HNGUni., Patan.

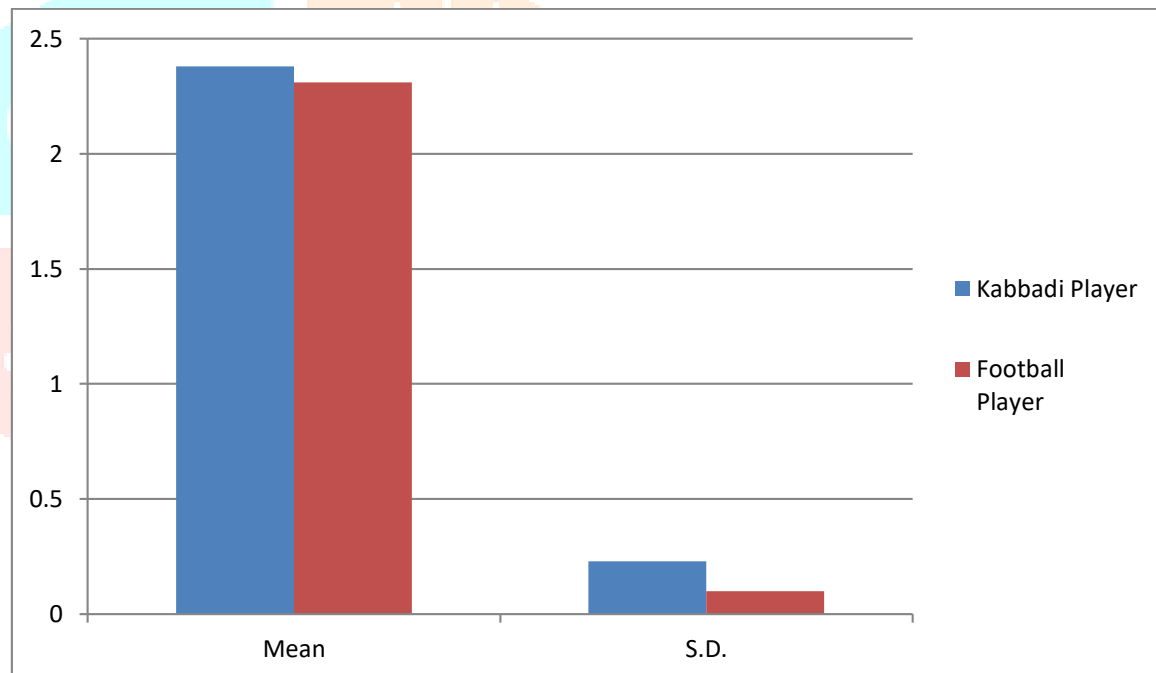


Fig-I: Comparison of Explosive Strength Component of Kabbadi Player and Football Player of HNGUni., Patan

Table No: II
Comparison of Speed Component of Kabbadi Player and Football Player of HNGUni., Patan in 50 yard dash

Variable	Kabbadi Player		Football Player		SEd.	t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.			
50 yard dash	7.79	0.55	7.17	0.51	0.16	3.88	Significant

*Significant at .05 level

The mean score (7.79) of the speed component of physical fitness of Kabbadi Player is high than the mean score (7.17) of Football Player of HNGUni., Patan. However, the t-ratio is 3.88 which are significant at 0.05 level. High score better speed. It means that Kabbadi Player have better speed of physical fitness than the Football Player HNGUni., Patan.

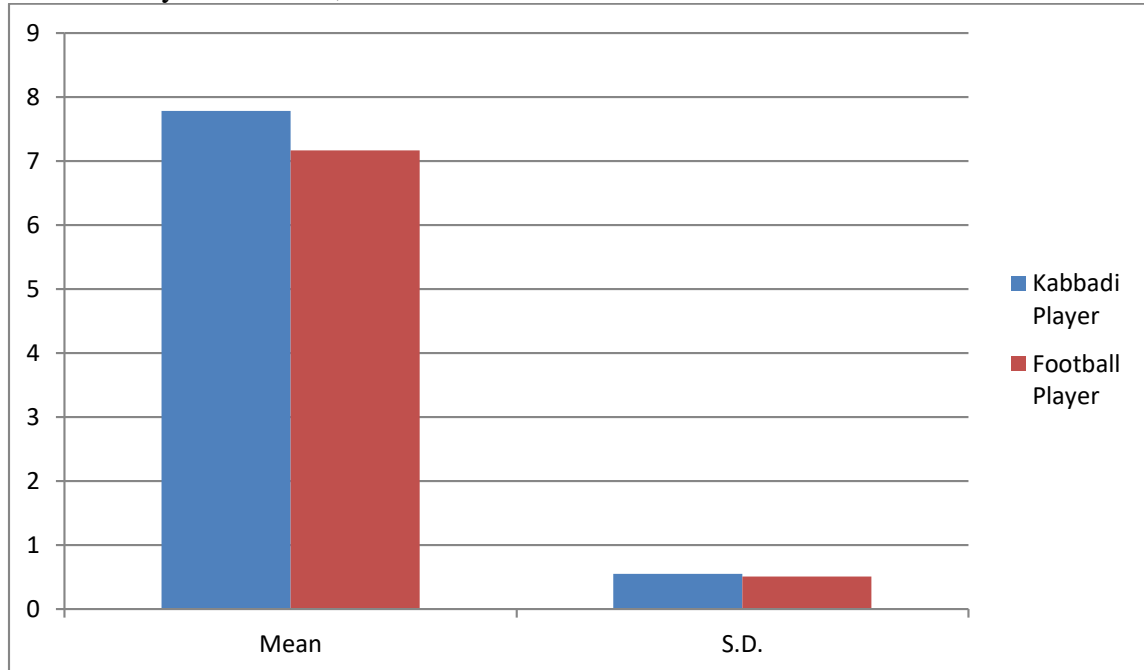


Fig-II: Comparison of Speed Component of Kabbadi Player and Football Player of HNGUni., Patan

Conclusion:

On the basis of the analysis of data the Kabbadi Players were having better mean values among speed and Explosive strength than Football Players.

Bibliography:

- Berdene Wyse, "Relationship Between Hand Arm Shoulder Strength, Height-Weight Ratio and Ability to Perform the Bent Arm Hang", Unpublished Master's Thesis, IOWA University of IOWA, M.A. in Physical Education, 1964, Completed Research in Health, Physical Education and Recreation, Vol.7 (1965).
- Chui, Edward F. "Effect of Isometric and Dynamic Weight Training Exercises Upon Strength and Speed of Movement", 1964.
- Daniel P. McNair, "Effect of Different Exercise Programme on the Development of Cardio-Vascular Fitness, Strength and Muscular Endurance", Completed Research in Health, Physical Education and Recreation, X (1968).
- Hartman E et al., The effect of age on physical fitness of deaf elementary school children, paediatric exercise science, 2007; 19:267-278.
- Gaurav V, Singh A, Singh S. A study of physical fitness variables among baseball players at different level of achievement scientific. Journal in sports and exercise 2011; 7(2):34-38.
- Gentova L. 'Energy and Macro nutrient requirements for physical fitness in exercising subjects.' Journal of clinical nutritional, 2010.
- Habbinen A. Association of physical fitness with health related quality of life in finish young men. Journal of health and quality of life outcomes 2010; 10:1477-7525.
- Haga M. Physical fitness in children with high competence is different from that in children with low motor competence. Journal of physiological therapy 2009;

89(10):1089-1097.

· Iahinone M, Mito R, Satio K. Physical activity fitness and health: Obesity and Lifestyle in Mamaica International collaboration in community health 2004; 1267:39-50.

· Koutedakis Y, Bouziotas C. National Physical education curriculum Motor and cardiovascular health related fitness in Greek adolescents. British Journal of Sports Medicine 2003; 37:311-314.

