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A Comparative Study Leg Strength of Players of Kabaddi, Kho-Kho and Volleyball Of Gujarat State

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Abstract : The aim was A Comparative Study Leg Strength of Players of Kabaddi, Kho-Kho and Volleyball Of Gujarat State. In the present study, 72 players of Kabaddi, 72 of Kho-Kho and 72 players of Volleyball participated at state level in Gujarat State were randomly selected of Vadodara, Bharuch and Surat. All selected players were of 13 to 17 years of age. The Leg strength for Standing broad jump Test was measure of Meter/c.m. Statistical technique such as analysis of variance was applied to know aspects of Leg Strength of players of Kabaddi, Kho-Kho and volleyball of Gujarat State. Significance was examined at 0.05 levels by applying LSD Post Hoc Test to mean difference. 'F' ratio of strength of legs of male players of Kabaddi, Kho-Kho and volleyball of Gujarat State selected at state level was found 3.199, which followed significance at 0.05 levels. Mean of players of volleyball was found 2.6421, which was the highest among players of all three groups.

Introduction:

The term 'sport' is woven in our life in such a way that it seems the concept and thoughts are developed here. But it is not fact. The word 'Lila' was used for sport in Gujarati language in the past. The general meaning of "Lila" is amusement or game. Means, when any one person does any regulated game with group of persons is regarded as sport or game. Here, meaning of sport is not made limited for any one type of sport, but it focuses on all sports played with the help of limbs of body such as hands, legs etc. Indoor and outdoor sports and games such as Kabaddi, Football, Kho-Kho, Basketball, Handball, Volleyball, Table tennis etc are their best examples. Each sport has its unique existence so each sport is specifically connected to human life.

Objective of the Study :

A Comparative Study Leg Strength of Players of Kabaddi, Kho-Kho and Volleyball Of Gujarat State

Selection of Subjects :

In the present study, 72 players of Kabaddi, 72 of Kho-Kho and 72 players of Volleyball participated at state level in Gujarat State were randomly selected of Vadodara, Bharuch and Surat. All selected players were of 13 to 17 years of age.

Criterion measurement :

No.	Variable	Test	Measurement
1	Legs strength	Standing broad jump	Meter/c.m.

Statistical Procedure

Statistical technique such as analysis of variance was applied to know aspects of Leg Strength of players of Kabaddi, Kho-Kho and volleyball of Gujarat State. Significance was examined at 0.05 levels by applying LSD Post Hoc Test to mean difference.

Result of the Study :

Table – 1

Analysis of Variance of Legs Strength of Male Players of Kabaddi, Kho-Kho and Volleyball of Gujarat State

Sport	Mean	Subject	Sum of classes (SS)		df	MD	'F'
Kabaddi	2.4319	72	B	1.702	2	0.851	3.199*
Kho-Kho	2.4887	72					
Volleyball	2.6421	72	W	56.640	213	0.266	

*Significance at 0.05

$$\text{Tab 'F'} = (2,213) = 3.038$$

It is observed in table – 1 that, mean of strength of legs of male players of Kabaddi, Kho-Kho and volleyball of Gujarat State selected at state level was 2.4319, 2.4887 and 2.6421 respectively. Sum of squares of all groups was found 1.702 and sum of classes between all scores was found 56.640. Mean deviation of all groups was 0.851, whereas mean deviation of all scores was found 0.266. 'F' ratio was found 3.199, which was found significant at 0.05 levels $(2,213) = 3.038$. Significant difference among the means calculated by LSD which have been presented in table – 2.

Table – 2

Critical Ratio Between Mean of Legs Strength of Male Players of Kabaddi, Kho-Kho and Volleyball of Gujarat State

Group			Mean difference	Critical difference
Kabaddi	Kho-Kho	Volleyball		
2.4319	2.4887		0.056	0.169
2.4319		2.6421	0.210*	
	2.4887	2.6421	0.153	

* Significance at 0.05 levels.

Mean difference between sports groups is can be seen in table – 2. The above table shows difference between players of Kabaddi, Kho-Kho and volleyball and indicates how much increase is found in groups by comparison to critical ratio. The highest difference was found between groups of Kabaddi and volleyball (0.210), in which the highest legs strength was found in players of volleyball (2.6421). The findings have been graphically presented in figure - 1

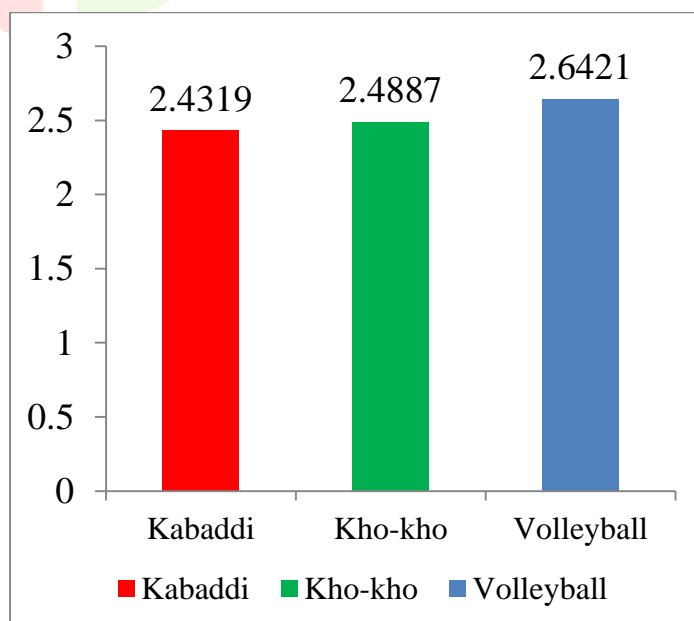


Figure – 1

Mean of Legs Strength of male players of Kabaddi, Kho-Kho and Volleyball of Gujarat State

Conclusion:

- 'F' ratio of strength of legs of male players of Kabaddi, Kho-Kho and volleyball of Gujarat State selected at state level was found 3.199, which followed significance at 0.05 levels. Mean of players of volleyball was found 2.6421, which was the highest among players of all three groups.

Reference :

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