

**Comparison of Explosive Power among Kabaddi Players and Kho Kho
Players of Yadadri Bhuvanagiri District between the age group of 14 to 16 Years**

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Abstract:

The purpose of the study was to find out the effect of Explosive Power among Kabaddi Players and Kho Kho Players of Yadadri Bhuvanagiri District. For the present study the 25 Kabaddi players and 25 Kho Kho Players of Yadadri Bhuvanagiri District between the age group of 14 to 16 Years.. The standing Broad Jump Test Pre and Post Test were conducted among two groups to assess the explosive power of legs. The Kabaddi Players Mean in Standing Broad Jump is 2.4867 and Kho Kho Players Mean is 2.3200 . The Standard Deviation of Kabaddi Players is 0.106 and Kho Kho Players is 0.052.Hence Kabaddi Players is having better Standing Broad Jump Performance compare to Kho Kho Players.The Sum of Squares and Mean Square between the Groups is 0.833 The F Value is 117.408 and Sig. of Anova is 0.000 that is below the value of 0,05. Hence there is difference between Kabaddi Players and Kho Kho Players in Standing Broad Jump i.e. explosive Power . The Kabaddi Players Performance is better than Kho Kho Players in Standing Broad Jump. Key Words: Explosive Power, Kabaddi, Kho Kho etc.

Introduction:

Sports form an important aspect of life. They play a vital role in bringing about physical, mental and social growth of individual at its best. Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, moderate-vigorous physical activity, exercise and rest. It is a set of attributes or characteristics seen in people and which relate to the ability to perform a given set of physical activities.

Kabaddi is a contact team sport played between two teams of seven players. The objective of the game is for a single player on offense, referred to as a "raider", to run into the opposing team's half of the court, touch out as many of their players and return to their own half of the court, all without being tackled by the defenders in 30 seconds. 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 touched or tackled, but are brought back in for each point scored by their team from a tag or a tackle.

The Pro Kabaddi League was established in 2014. The league modeled its business upon that of the Indian Premier League of Twenty20 cricket, with a large focus on marketing, the backing of local broadcaster Star Sports, and changes to the sport's rules and its presentation to make it more suitable for a television audience. The Pro Kabaddi League quickly became a ratings success on Indian television; the 2014 season was watched by at least 435 million viewers over the course of the season, and the inaugural championship match was seen by 98.6 million viewers

The game of Kho-Kho is based on natural principles of physical development. It is vigorous and fosters a healthy competitive spirit among youths. It is not merely running with speed but it's a 'CHASE' a natural instinct to overtake to pursue, to catch a kill. No doubt speed is the heart and to stand to a relentless pursuit of 9 minutes at a stretch (turn) this heart demands stoutness,

Purpose of the study: The purpose of the study was to find out the Explosive Power among Kabaddi Players and Kho Kho Players of Yadadri Bhuvanagiri District.

Methodology:

For the present study the 25 Kabaddi players and 25 Kho Kho Players of Yadadri Bhuvanagiri District between the age group of 14 to 16 Years.. The standing Broad Jump Test Pre and Post Test were conducted among two groups to assess the explosive power of legs.

Standing Broad Jump Test:

Purpose: To measure the power of the legs in jumping forward Equipment: Either a mat or floor may be used for this test marking material is needed for the starting line, along with a table measure to mark off increment of distance along the standing area.

Test administration: The subject toes a starting line, two feet from the end of a gymnasium mat held firmly in place against the wall, and jumps as far as possible. With a feet parallel to each other and behind the standing mark. The performer bends the knees and swings the arms and jumps as forward as possible. The best of three trails is recorded to the nearest inch. Scoring: The number of inches between the starting line and the nearest heel upon landing is the score. Three trails are permitted and then the best trails are recorded as the score.

Results and Discussion:

Table 1: One Way Anova Is Used To Test The Significance Mean Difference Between Kabaddi Players And Kho-Kho Players In Standing Broad Jump.

Descriptives	N	Mean	Std. Deviation	Std. Error
Kabaddi	60	2.4867	0.106	0.013
KhoKho	60	2.3200	0.052	0.006
Total	120	2.4033	0.118	0.010

ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	0.833	1	0.833	117.408	0.000
Within Groups	0.838	118	0.007		
Total	1.671	119			

The Kabaddi Players Mean in Standing Broad Jump is 2.4867 and Kho Kho Players Mean is 2.3200 . The Standard Deviation of Kabaddi Players is 0.106 and Kho Kho Players is 0.052.Hence Kabaddi Players is having better Standing Broad Jump Performance compare to Kho Kho Players.The Sum of Squares and Mean Square between the Groups is 0.833 The F Value is 117.408 and Sig. of Anova is 0.000 that is below the value of 0,05. Hence there is difference between Kabaddi Players and Kho Kho Players in Standing Broad Jump i.e. explosive Power . The Kabaddi Players Performance is better than Kho Kho Players in Standing Broad Jump.

Conclusion:

It can be concluded that there is a significant difference between Kabaddi Players and Kho Kho Players. The Kabaddi Players are having better explosive power compared to Kho Kho Players.

Recommendations:

Based on analysis of collected data, the investigators would like to recommend the research work to extend further more as mentioned below.

1. Similar research work should be done on similar set of sports to validate the results. Use a variety of training to develop physical strength, focusing on the development of other motivations through all methods that have to do with each quality to be created.

2. Further research, as well as the published findings, will contribute to the basketball coaching.

The study also helps the physical educationists and coaches understand the knowledge and performance of the players.

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