

A Comparative Study on Agility among Kabaddi and Kho Kho Players of Nalgonda District in Telangana**Ramavath Anjali**

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Abstract:

The Purpose of the Study is to find out the agility among the Kabaddi and Kho Kho Players of Nalgonda District in Telangana. The sample for the Study consists of 20 Female Kabaddi Players and 20 Female Kho Kho Players those who are doing the regular practice between the age group of 14 to 17 Years in Nalgonda District. To assess the agility the Agility Shuttle run Test is conducted between the Female Kabaddi and Kho Kho Players. The results of the Study shows Kho Kho Players are having the good agility compare to kabaddi Players. Kho-Kho and Kabaddi players need as special quality of agility. Both the games require a high degree of running maneuverability total body agility, so that the player is able to gain good court position and compete with his opponents on both offensive and defensive maneuvers. Also, it requires fast acceleration in order to be able to sprint to advantageous position while attacking and counter-attacking. **Key words:** Agility, Kabaddi, Kho Kho etc.

Introduction:

Kabaddi is a contact sport that originated in ancient India. Modern Kabaddi is therefore a synthesis of the game played in various forms under different names. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by India. Kabaddi has been played at the Asian Games since 1990.

Kabaddi can be played outdoors as well as indoors and has two main forms, International and Indian the rules for which differ slightly. In the international version there are two teams that contest in a match. Each team has a total of 7 players and both teams occupy opposite halves of the field.

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.

Kho kho is a tag sport from the Indian subcontinent. It is played by teams of twelve players, of which nine enter the field, who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games of the South Asia, the other being kabaddi. In Kho-Kho and Kabaddi agility ability is also a most important movement for attacking as well as defensive players. In case of Kho-Kho in the sitting position the player must be ready to jump or move each time the opponent close to him. So, both the game of Kho-Kho and Kabaddi required agility, while influence the performance of the game. That is why it is important to compare of agility between Kho-Kho and Kabaddi players.

ChGovardhan, Prof. M. Sivasankar Reddy (2026) A Comparative Study Of Selected Physical Fitness Components Between College Women Kabaddi And Kho-Kho Players. The purpose of the study was to compare the speed and agility between college women kabaddi and Kho-Kho players. To achieve this purpose of the study, sixty women players studying in different Sports academies in Andhra Pradesh, India were selected as subjects at random. Among them, thirty

kabaddi players and thirty Kho-Kho players were selected. Among the physical fitness components, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shuttle run. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. The results of the study showed that there was a significant difference between women kabaddi players and Kho-Kho players on speed and agility.

Sureshkumar N and Prasanna Kumara MD (2026) studied Speed, agility, and muscular strength among male Kabaddi and Kho-Kho players: A university-level comparative investigation. Speed, agility, and muscular strength are foundational physical fitness attributes in indigenous Indian contact and pursuit sports. The present study was undertaken to compare these three selected physical fitness components speed (30 m Dash), agility (Illinois Agility Test), and muscular strength (Hand Grip Strength) between male Kabaddi and Kho-Kho players representing Kuvempu University. A total of 60 male inter-collegiate and inter-university level athletes were selected using purposive sampling, comprising 30 Kabaddi players and 30 Kho-Kho players aged between 19 and 28 years. Speed was assessed using the 30 m Dash, agility was evaluated using the Illinois Agility Test (IAT), and muscular strength was measured using a calibrated Hand Grip Dynamometer for both right and left hands. A paired samples t-test was applied at the 0.05 level of significance to determine between-group differences. The results indicated a statistically significant difference in speed between Kho-Kho players ($M = 4.35s$) and Kabaddi players ($M = 4.71s$), with Kho-Kho players demonstrating superior sprint performance ($p = .000$). No statistically significant differences were found between the two groups in agility (Illinois Agility Test: $p = .508$), right-hand grip strength ($p = .561$), or left-hand grip strength ($p = .664$). Kho-Kho players exhibited significantly greater speed than Kabaddi players, consistent with the sport's pursuit-based movement demands. Agility and muscular strength levels were

comparable between the two groups, suggesting that both sports develop these components to equivalent degrees at the inter-collegiate competitive level.

Amit Kumar Gautam and Susheel Kumar Gautam (2023) To present a thorough analysis of the parallels and differences between the two traditional Indian sports of Kho Kho and Kabaddi, this comparative study delves into their complex worlds. This study uses a systematic scientific method to focus on the Physical Fitness, rule variations, gameplay strategies, popularity, and societal significance of these games. We seek to illuminate the cultural, sporting, and strategic aspects of these two age-old athletic endeavours by examining the opposing dynamics of Kho Kho's agility and Kabaddi's physicality. We hope to shed light on the different dynamics between Kho Kho's evasion-centric strategy and Kabaddi's contact-based intensity through the presentation of factual data. It is anticipated that the research's conclusions will greatly advance knowledge of these sports and their role in contemporary Indian society

BuddhadevKandar and Debabrata Sarkar (2022) Studied to find out the level of physical fitness among Kabaddi and Kho-Kho players of Guru GhasidasVishwavidyalaya, Bilaspur. To achieve the purpose, 40 players were randomly selected from Guru GhasidasVishwavidyalaya, Bilaspur (20 players from Kabaddi and 20 players from Kho-Kho). To measure the physical fitness level of Kabaddi and Kho-Kho players selected test battery of AAHPER youth fitness test was used. The findings of the present study directs that the variables of speed, endurance and flexibility are found significant difference among Kabaddi and Kho-Kho players and it was also found that in agility there was no significant among Kabaddi and Kho-Kho players. The data was statistically analyzed by applying 't' test. The level of significance was fixed at 0.05. Further on conclusion it was found that the Kabaddi and Kho-Kho players were significantly differ on the variable such as speed, endurance and flexibility. However, it was found that Kabaddi and Kho-Kho players shows no significant difference on the variable of agility.

Purpose of the study:

The Purpose of the Study is to find out the agility among the Female Kabaddi and Kho Kho Players of Nalgonda District in Telangana

Methodology:

The sample for the Study consists 20 Female Kabaddi and 20 Female Kho Kho Players those who are doing the regular practice between the age group of 14 to 17 Years in Nalgonda District. To assess the agility the Agility Shuttle Run Test is conducted between the Female Kabaddi and Female Kho Kho Players

Table 1 : showing the Mean values and Independent Samples Test of shuttle run test for agility between Female Kabaddi and Female Kho Kho Players

Variables	Group	Mean	SD	t	P - Value
Shuttle Run Test	Kabaddi Players	15.59	0.21	2.54	0.000
	Kho Kho Players	14.31	0.57		

*Significant at 0.05 level

In Table –I the Mean Values of Kabaddi in Shuttle Run Test is 15.59 and Kho Kho Players is 14.31. Hence the Kho Kho Players are having good agility compare to Kabaddi Players. The results of the Study shows Kho Kho Players are having the good Agility compare to Kabaddi Players. Kho-Kho and Kabaddi players need as special quality of agility. Both the games requires a high degree of running maneuverability total body agility, so that the player is able to gain good court position and compete with his opponents on both offensive and defensive maneuvers. Also, it requires fast acceleration in order to be able to sprint to advantageous position while attacking and counter-attacking.

Conclusions:

The results have direct implications for sport-specific conditioning program design and talent identification in both Kabaddi and Kho-Kho. The results of the Study shows Kho Kho Players are having the good Agility compare to Kabaddi Players. Kho-Kho and Kabaddi players need as special quality of agility.

Recommendations:

1. Similar studies can be conducted on other Events and among Males.
2. This study also helps the physical educators and coaches to improve their training regime to excel in Kabaddi and Kho Kho.

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