



COMPARISON OF SELECTED ANTHROPOMETRICAL AND PHYSICAL VARIABLES OF UNIVERSITY LEVEL KABADDI PLAYERS

Dr. Naresh Kumar

Assistant Professor in Department of Physical Education C.R.S.U, Jind

Abstract

Kabaddi is a combat sport that also involves physical contact. It is played between two teams, each of which consists of seven players, on a short, flat arena that is 10 metres by 13 metres (male) in size and is separated along the middle by a midline. The men's portion of the game lasts for a total of forty minutes (men's), which is broken up into two halves with a five-minute break in between each one. The game can be broken down into two distinct categories: offence and defence. Raider (the attacker) shall enter the opponent's court by continually repeating the word "Kabaddi"; and attempts to score points by using nis —lb to touch the opponents, or attempts to cross the bonus line. Raider may also attempt to score points by touching the opponents with their own hands. The kabaddi players were selected for the study using a systematic random sample method from the many kabaddi competitions held at the inter-zonal and zonal level.

Keywords: Kabaddi, raider, bonus line, court

Introduction

Defenders work together or separately to trap the raider, preventing him from crossing the midline with a cant, or they strive to avoid contact by staying at a safe distance. Both the raider and the anti-raider frequently triumph over the bodily weight of the opponent during the act of offence and defence.

Pushing, pulling, turning, falling, suddenly changing direction, keeping your balance, checking, holding, bending, and extending your limbs are all frequent defensive and offensive manoeuvres. These actions are important to many playing strategies. All of these things can be done, within certain boundaries, as long as they don't violate the laws of the game. Both the raider and the defending player (anti-raider) need to be at the top of their game in terms of speed, strength, endurance, coordination, agility, judgement, and intelligence to pull off such complex manoeuvres.

A high level of motor and coordinative ability is required to maintain these demanding motions without rest for forty minutes (Nataraj and Chandrakumar, 2006). It is crucial that these skills be put to good use in the workplace.

Scientists have pinpointed strength, stamina, velocity, agility, balance, and coordination as the physical performance elements. Motor skills are necessary for participation and success in sports at various levels. Success in performing a skill depends on a wide variety of motor talents working together and separately (Barrow and McGee, 1979).

Because different sports call for various motor skills, training for each sport is unique. Enhancement and preservation of performance are guaranteed by alternating training regimens performed over suitably extended periods of time and with varying load dynamics. When you train one skill, you automatically train others. Possession of innate motor skills is of little value if there is no accompanying training to hone and sustain them. Individual and team training of motor skills leads to peak performance and success in competition. Many studies have found that elite athletes share some commonalities in terms of body type and the quantity and quality of their motor skills, even if they are all quite different. Singh (1991), Matveyev (1981), and Harre (1982) all concur). High-level performance is ensured by a well-organized, long-term training regimen; the use of sophisticated facilities; the expertise of excellent coaches; and the support of sports science.

Review Of Literature

(Devaraju and Kalidasan 2012) studied “PREDICTION OF KABADDI PLAYING ABILITY FROM SELECTED ANTHROPOMETRICAL AND PHYSICAL VARIABLES AMONG COLLEGE LEVEL PLAYERS” The objective of the study was to determine whether or not certain anthropometrical and physical characteristics might accurately predict a player's ability to play Kabaddi at the college level. One hundred and forty four male inter collegiate Kabaddi players were chosen at random from various institutions in the state of Tamil Nadu in India. The players' ages ranged from 18 to 28 years old. All of the subjects had previously competed in the sport of Kabaddi for a minimum of three years, and the selection process limited the participants to those who had previously represented their respective colleges. Each participant was subjected to a battery of anthropometric examinations in the form of measures. These included the standing height, which was measured by a stadiometer; the body weight, which was measured by a weighing machine; and two length measures, which were measured by a Lufkin anthropometric tape: the arm length and the leg length. A standard testing methodology developed by the International Society for the Advancement of Kinanthropometry was adhered



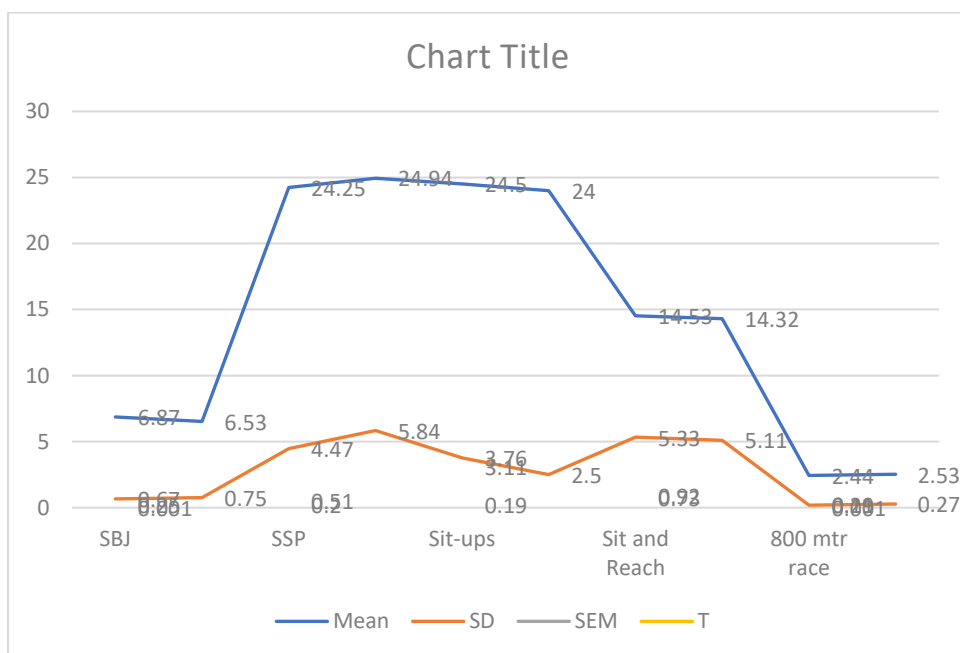
DOI : <https://doi.org/10.36676/irt.2017-v3i11-121>

to throughout the data collection process. The following series of tests were used to evaluate various aspects of physical fitness. The 50-meter sprint was used to evaluate speed, the sit-and-reach test was used to evaluate flexibility, the standing wide jump was used to evaluate leg explosive strength, modified sit-ups were used to evaluate muscular power, and the 2.4-kilometer run was used to evaluate muscular endurance. The playing ability was subjectively evaluated by three certified Kabaddi coaches to determine whether or not it should be considered a performance factor

(Anon 2014) studied “A Review on Selected Physical and Physiological Components of Inter Collegiate Kabaddi and Kho-Kho Players” To participate in any kind of sporting activity, you really need to have adequate physical fitness. To achieve a high level of success in sports, it is necessary to have motor traits such as speed, strength, endurance, and flexibility in addition to being physically fit. Conditioning is a term that refers to the process of enhancing a person's physical fitness as well as their motor abilities. Sports trainers and coaches place a strong emphasis on this aspect of player development. A solid conditioning programme is the foundation of an athlete's overall training and should be the first thing they focus on. General fitness and specialised fitness are two distinct categories of physical fitness. The term "general fitness" refers to the motor abilities that are required in any athlete, regardless of the sporting discipline they compete in. These traits include speed, strength, flexibility, endurance, and co-ordination. Each and every sport calls for specific motor abilities that are above and above the norm. Specific fitness is an increased degree of motor qualities attained by an athlete to meet the demands of a particular sport. This level of fitness is essential for participation in the sport. Several scientific studies have been conducted by researchers on the prediction of performance in Football (Nancy, 1980; Uppal and Roy, 1986), Basketball (Angyan, 1989; Garden, 1978), Tennis

FitnessVariable	Enthroprometric variables	No	Mean	SD	SEM	T
SBJ	67	50	6.87	.67	0.001	.25
	5” 6	50	6.53	.75		
SSP	65	50	24.25	4.47	0.51	.20
	5”7	50	24.94	5.84		
Sit-ups	68	50	24.5	3.76	0.19	3.11

	5''8	50	24	2.50		
Sit and Reach	60	50	14.53	5.33	0.73	.92
	5''6	50	14.32	5.11		
800 mtr race	65	50	2.44	.19	0.001	.21
	5''7	50	2.53	.27		



(Roeter, 1992), Volleyball (Marey, 1991), Hockey (Champma, 1980; Shergill, 1992). There are many other studies available on the prediction of performance, in other sports. It was also revealed by experts that there exists a relationship between motor and coordinative abilities with performance. It was established that certain motor abilities are dominant and game-specific. The degree of presence and dominance depends upon the nature of movements, duration of activity, rules of the game, and level of sportspersons. These aspects assist the coach in directing the training, to achieve higher level of performance, in competition. These studies give direction to the researchers and coaches of Kabaddi, the game that is lesser known till now, to tackle the problems associated with the research.

All the selected motor abilities in this study are essential to give good performance. It is expected that few motor abilities are dominant and are predictors of performance. This helps the coaches in planning the programmed. Conditioning experts/coaches, who work with Kabaddi players, focus much of their time and effort on developing programmed to enhance physical performance. It is difficult to speculate; and there is little scientific evidence to suggest



DOI : <https://doi.org/10.36676/irt.2017-v3i11-121>

which combination of physical abilities could best predict physical performance. The purpose of this study was to examine the relationship of motor abilities with the game performance of junior national male Kabaddi players and to examine the motor ability components, as the predictors of performance.

Methodology

In order to achieve the purpose of the study, a systematic random sampling device was to select 50 inter-zonal level and 50 zonal level male Kabaddi players from K.U.K during the coaching camp, prior to the participation inter-collegiate tournaments. The following physical variables test were selected and administered. The tests were: Standing Broad Jump, Standing Shot put test, Sit-Up test, Sit and Reach test and 800 mtr run. All the tests were administered by following the standard procedure.

Shot put in shoulder and arm strength, Sit and Reach test in flexibility and 800 meter run in cardio vascular Endurance.

The result showed that the significant difference was observed between inter-zonal level and zonal level kabaddi players and inter-zonal level players are better in Sit-ups in abdominal strength than the zonal level players.

In overall, the total results have non significant difference observed between inter-zonal level and zonal

level kabaddi players. Recommendations 1 The study will help the coach and trainer in designing conditioning programmed to improve motor fitness of kabaddi players.

2. Coaches and trainer should conduct periodical test of strength, endurance and flexibility of the players to evaluate the effectiveness of their conditioning program. .

References

- Angyan, L. et al (1989). Relationship of Anthropometrical, Physiological and Motor Attributes to Sport- Specific Skills, Journal of Sports Medicine and Physical Fitness, 29, 4, 369-78.
- Barrow, Harold M., & McGee, Rosemay. (1979). A Practical Approach to Measurement in Physical Education, 3rd ed; Philadelphia: Lea and Febiger.

- Campbell, Donald W. (1980). The Relationship of Selected Measures of Physical Performance and Structure to Quality of Performance in Collegiate Football, *Completed Research in Health, Physical Education and Recreation*, 22, p. 142.
- Champman, Nancy. (1980). An Investigation of Prediction of Success in Women's Field Hockey, *Research Abstract Papers AAHPERD Convention*, 40, 8.
- Davis, D.S. et al. (2004). Physical Characteristics that Predict Functional Performance in Division I College Football Players, *Journal of Strength and Conditioning Research*, 18, 1, p. 115-120.
- Garden, Patricia Ann (1978). Prediction of Basketball Playing Ability of College Women by Selected Test, *Dissertation abstracts International*, 38, 6, p. 3449-A. Harre, Dietrich, *Principles of Sports Training*. Berlin: Sportsverlog, 1982.
- Marey, S. et al (1911). Determination of Player Potential in Volleyball: Coaches' Rating versus Game Performance, *Journal of Sports Medicine and Physical Fitness*, 31, 2, p. 161-164. Y-- 7 November 12-13, 2014