



A COMPARATIVE STUDY ON ENDURANCE BETWEEN KHO-KHO AND KABADDI PLAYERS

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ABSTRACT:

The endurance and strength play a vital role in performance of any sports. The purpose of this present study was to compare endurance between Kho-Kho and Kabaddi players. To achieve the purpose sixty, inter collegiate level male players were selected as subjects, in which 30 from Kho-Kho and 30 from kabaddi. The Cooper's 12-minute run and walk test was used to assess the endurance of selected subjects. The descriptive statistics mean, SD and 't' test was employed to analyse the collected data. The result showed that there was significant difference found between Kho-Kho and Kabaddi players related to strength and endurance.



KEYWORDS: Strength, Endurance, Kho-Kho, Kabaddi.

INTRODUCTION:

Physical parameters are very essential in athletics where the athletes have to perform with endurance and strength endurance for a longer period with breathing mechanism and along with lot of concentration attention and mental toughness. The athletes need to have greater physical fitness and mental toughness for effective physical fitness characteristics play an important role in deciding the performance level and also they have their importance in the field of athletics. Somewhat or altogether physical fitness parameters have definite effects on the performance of athletes.

Endurance in sports can be defined as the ability to maintain exercise intensity over a long period of time and resistance to fatigue. It is well documented that during endurance sports, athletes must regulate their rate of work output in order to optimize their overall performance. (Drinkwater.Ej. et.al, 2008).

OBJECTIVE OF THE STUDY:

The objective of the study was to compare endurance between Kho-Kho and Kabaddi Players.

HYPOTHESIS:

There would be no significance difference between Kho-Kho and Kabaddi players related to endurance.

METHODOLOGY:**Selection of Subjects:**

To achieve the purpose of the study 60 male subjects were randomly selected in which 30 from Kho-Kho and 30 from Kabaddi. The selected subjects were intercollegiate level players. The age range of subjects were 18 to 22 years.

Selection of variables:

To achieve the purpose of the study endurance was selected as variable.

Selection of Test:

To achieve the purpose of the study the Cooper's 12-minute run/walk test was selected. The distance covered by the subject was taken as score.

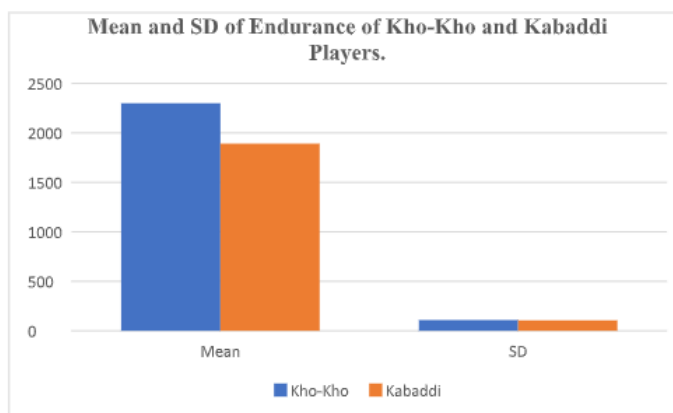
ANALYSIS AND INTERPRETATION OF DATA:

Table-1
Mean, SD and 't' test of Endurance of Kho-Kho and Kabaddi Players.

Groups	Mean	SD	't' value
Kho-Kho	2299.567	108.83	14.75*
Kabaddi	1891.584	105.33	

*Significant at 0.05 level

Figure-1
Mean and SD of Endurance of Kho-Kho and Kabaddi Players.



The table -1 depicts that the mean value of Kho-Kho and Kabaddi players related to endurance were 2299.567 and 1891.584 respectively. The SD of Kho-Kho and Kabaddi players related to endurance were 108.83 and 105.33 respectively. The 't' value 14.75 which was significant at 0.05 level. It clearly shows that there was significant difference found between Kho-Kho and Kabaddi players. In Kho-Kho players were used run throughout the match where as in Kabaddi the no running movement during match. Hence, the null hypothesis was rejected and alternative hypothesis was accepted.

CONCLUSION:

On basis of the findings, In Kho-Kho players were used run throughout the match where as in Kabaddi the no running movement during match and it was concluded that there was significant difference found between Kabaddi and Kho-Kho players in relation to endurance.

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