

## COMPARISON OF AGILITY BETWEEN KHO-KHO AND KABADDI PLAYERS OF G.K.V.HARIDWAR UNIVERSITY OF UTRAKHAND STATE



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### ABSTRACT

The purpose of the study was to compare the agility between Kho-Kho and Kabaddi players. 20 Kho-Kho & Kabaddi Male players were taken as the subjects for the study respectively, during Inter-collegiate of G.K.V. Haridwar University of Utrakhand State. The age group of the subjects was ranged from (18-25) years. To measure agility between Kho-Kho & Kabaddi players, Semo agility test was conducted on the subjects of present study. The data collected were subjected to descriptive statistics and student “t” test and level of significance was set at 0.05 levels. There was no significant difference found on agility between Kho-Kho and Kabaddi players.

**Keywords:** Agility, Kho-Kho & Kabaddi Players.

### INTRODUCTION

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. During the time of running the footwork or movement of the foot help him runner not to get out. On the other hand in Kabaddi also the attack must be agile enough to change the directions as fast as possible so not to get caught and to catch the more agile attacker the defense must move faster than the attacker to catch him or some time to push the opponent out of the playing field. 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.

### PURPOSE OF THE STUDY

- The purpose of the study was to compare the agility between Kho-Kho and Kabaddi players.

## METHODOLOGY

In order to compare the agility between Kho-Kho and Kabaddi players, twenty Kho-Kho (N=20) & twenty Kabaddi (N=20), male players were taken as the subjects for the study respectively from G.K.V. Haridwar University. Thus total number of subjects were (N=40) forty only. The age group of the subjects was ranged from (20-25) years. To measure agility between Kho-Kho & Kabaddi players, semo agility test was conducted on the subjects. The collected data were calculated by using descriptive statistic and student ‘t’ test and level of significance was set at 0.05 levels.

## RESULT

To find out the agility of Kho-Kho & Kabaddi players. Semo agility test was conducted on the subjects represented in Kho-Kho & Kabaddi. For the analysis of the present study, data were collected on agility between Kho-Kho and Kabaddi players, student ‘t’ test were applied. The mean and standard deviation of obtained data belonging to agility was measured by semo agility test of Kho-Kho and Kabaddi players have been presented following table.

**Table No: I**  
**MEAN, SD AND “t” TEST ON AGILITY BETWEEN KHO-KHO AND KABADDI PLAYERS**

Group	Mean	SD	Mean Difference	Standard Error	“t” Value
Kho-Kho	13.95	.726	0.65	0.383	1.697
Kabaddi	14.60	1.28			

Significance at 0.05 level,

Tabulated  $t_{0.05}(38) = 2.024$

From this findings clearly revealed that, no significant difference exist on agility between Kho-Kho and Kabaddi players, as Cal “t” value (1.697) is lower than Tab “t” value (2.024), Mean of agility of Kho-Kho players is better than Kabaddi players.

## DISCUSSION

Within the limitation of the present study the following conclusions were drawn on the basic of obtaining results. In this study there was no significant difference on agility between Kho-Kho and Kabaddi players. In case of both game agility is supreme,

key and indispensable, in both cases movements are more or less the same so the researcher thinks that's why this present study finds no significant difference between Kho-Kho and Kabaddi, Kho-Kho and Kabaddi most of the time some side ward and diagonal movement with jump or agility are there. 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.

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