

**A COMPARATIVE STUDY OF AGILITY AMONG KABADDI AND KHO-KHO PLAYERS OF DR. RMLA UNIVERSITY, AYODHYA OF UTTAR PRADESH STATE**



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**ABSTRACT**

The objective of the study was to compare the agility among Kabaddi and Kho-Kho players. 20 Kabaddi & Kho-Kho male players were selected as the subjects for the present study respectively. The age group of the subjects was ranged from (18-27) years. To measure agility among Kabaddi and Kho-Kho 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 among Kabaddi and Kho-Kho players.

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

**INTRODUCTION**

Agility in sport is defined as "a rapid whole-body movement with change of velocity or direction in response to a stimulus" (Sheppard, 2005). Meaning agility must involve a reaction to a stimulus, for example, a goalkeeper reacting and saving a penalty kick in Football.

Though the terms 'agility' and 'change of direction speed' are often used interchangeably, recent knowledge has distinctively separated the two. Put simply, agility involves reactive abilities in unpredictable environments, whilst change of direction speed focuses purely on physical ability and is typically performed in pre-planned environments. This infers that traditional agility tests (e.g. t-test and pro-agility) are not actually capable of measuring agility, and thus should be referred to as change of direction speed tests. Recent research has shown that higher-level athletes perform better on agility tests than lower-level athletes, but the same does not apply to change of direction speed tests.

'Curiosity is the best Quality of a Good Researcher'

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Over the past several decades, ‘agility’ appears to have been referred to as almost anything that requires an athlete to quickly change direction multiple times. As a prime example, the T-test, Illinois agility test, arrowhead agility test, and pro-agility test have all historically been referred to as agility tests, simply because they require an athlete to complete a pre-planned course of directional changes as quickly as possible. However, it is important to understand from hereinafter these tests are not actually a measure of agility, but instead a measure of ‘change of direction speed.

#### OBJECTIVE OF THE STUDY

The objective of the study was to compare the agility among Kabaddi and Kho-Kho players.

#### DESIGN OF THE STUDY

20 Kabaddi & Kho-Kho male players were selected as the subjects for the present study respectively. The age group of the subjects was ranged from (18-27) years. To measure agility among Kabaddi and Kho-Kho 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.

#### 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 KABBADI 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 case movements are more over same so the researcher thinks that’s why this present study find no significant difference between Kho-Kho and Kabaddi, Kho-Kho and Kabaddi most of the time some time 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 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.

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