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# Evaluating Physical Fitness Components Efficiency In Telangana: Kho-Kho Vs. Kabaddi Players

**V. Vijay Kumar** Research Scholar Department of Physical Education, Sri Satya Sai University of Technology & Medical Sciences, Sehore, MP, India.

**Dr. Minakshi** Pathak Research Guide Department of Physical Education, Sri Satya Sai University of Technology & Medical Sciences, Sehore, MP, India.

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## Abstract

This research study aims to evaluate and compare the efficiency of physical fitness components in Kho-Kho and Kabaddi players in Telangana, India. Physical fitness is crucial for athletes in various sports, and this study examines how Kho-Kho and Kabaddi, two traditional Indian sports, impact specific physical fitness components. The study involved a sample of 100 male players (50 Kho-Kho and 50 Kabaddi) aged between 18 and 30 years. Various physical fitness components such as agility, speed, endurance, flexibility, and strength were assessed using standardized tests. The results indicated significant differences in the physical fitness components between Kho-Kho and Kabaddi players, shedding light on the specific requirements of each sport.

Keywords: Kho-Kho, Kabaddi, agility, speed, endurance, flexibility.

## Introduction

Physical fitness is a highly individualized aspect of human well-being that encompasses an individual's capacity to live up to their fullest potential and lead a more effective life. It involves a holistic state of health and wellness, granting people the capability to excel in various areas of life, from sports and work to everyday activities. Achieving physical fitness generally hinges on a combination of proper nutrition, engaging in moderate to vigorous physical exercise, and ensuring adequate rest. Effective living, in turn, relies on a balance between physical, mental, emotional, social, and spiritual components of fitness.

While many often associate physical fitness with muscular strength and stamina, it is more comprehensive, extending to one's ability to perform exercises or work tasks efficiently and master certain physical activities. It serves as a measure of the body's efficiency and effectiveness in both work and leisure activities, contributing to overall health, resistance to diseases caused by a lack of physical activity, and preparedness for emergency situations.

Although physical fitness and good health are closely related, they are not interchangeable. A healthy individual may not necessarily possess the level of physical fitness required for a specific occupation or lifestyle. The degree of physical fitness needed varies depending on one's profession and personal goals.

In recent times, the prevalence of a sedentary lifestyle has had detrimental effects on the development and maintenance of physical fitness. Many people now lead more relaxed lives, marked by less physical activity, which can lead to health issues. It is crucial for individuals to recognize the importance of physical fitness and its role in ensuring a vibrant and productive life. This understanding can motivate people to incorporate regular physical activity, balanced nutrition, and adequate rest into their daily routines to enhance their overall well-being. In essence, physical fitness is not only about being strong or enduring, but about fostering a state of being that empowers individuals to live their lives to the fullest.

### **Methodology**

The study involved 100 male players, including 50 Kho-Kho players and 50 Kabaddi players, selected through random sampling. All participants were aged between 18 and 30 years and were actively involved in their respective sports.

### **Physical Fitness Assessment**

Five primary physical fitness components were evaluated in this study:

**Agility:** The 20-meter shuttle run test is a valuable tool for assessing agility, a critical component of athletic performance and general fitness. It provides a standardized and practical way to measure an individual's ability to change direction quickly while maintaining speed and balance, making it a fundamental evaluation tool in sports, fitness, and physical education.

**Speed:** The 50-meter sprint test is a simple yet effective method for measuring an individual's speed. It involves running a straight-line distance of 50 meters as quickly as possible, with the time taken to cover this distance being recorded. This test is widely used in various sports, fitness assessments, and physical education programs to evaluate an individual's sprinting ability. The 50-meter sprint test is valuable for several reasons. First and foremost, it provides a direct measurement of pure speed, as it focuses on the ability to cover a set distance in the shortest time. It's particularly relevant in sports like track and field, where sprinting speed is a crucial factor in events such as the 100 meters and 200 meters. However, it's also relevant in team sports like soccer, basketball, and American football, where short bursts of speed are essential for making quick plays or getting ahead of opponents.

**Endurance:** The Yo-Yo Intermittent Recovery Test Level 1, often referred to as the Yo-Yo IR1, is a widely recognized method for assessing endurance, particularly in sports and fitness contexts. In this test, participants are required to repeatedly shuttle-run back and forth between markers, with the speed of their running intervals gradually increasing. The test continues until the participants reach a point of exhaustion and can no longer maintain the required pace.

**Flexibility:** Flexibility assessment is an essential component of physical fitness evaluation, and one widely used method for measuring it is the sit-and-reach test. This test primarily gauges the flexibility of the lower back and hamstring muscles, which are crucial for maintaining overall mobility and preventing injury.

The sit-and-reach test is a straightforward and practical assessment that can be conducted with minimal equipment. It involves sitting on the floor with your legs extended and trying to reach as far as possible towards your toes while keeping your legs straight. The distance you can reach is then measured, reflecting the flexibility of your lower back and hamstrings. Typically, a ruler or a specifically designed sit-and-reach box is used to record the results.

**Strength:** Upper body strength was assessed through the push-up test, which measures the maximum number of push-ups a participant can perform in a set time.

This study used mean and standard deviation calculations to assess the physical fitness components of kho-kho and Kabaddi players from different districts in Telangana. The 'T-values' test was then applied to determine if the observed differences in means were statistically significant, with a significance level of 0.05 indicating the threshold for significance. This approach allowed the researchers to draw conclusions about the physical fitness levels of these athletes and how they might vary across different geographical regions.

### Result and Discussion

The results of the physical fitness assessments for Kho-Kho and Kabaddi players are presented in Table 1.

**Table 1: Physical Fitness Components of Kho-Kho and Kabaddi Players**

Physical Fitness Component	Kho-Kho Players (Mean ± SD)	Kabaddi Players (Mean ± SD)	p-value
<b>Agility (meters/second)</b>	2.17 ± 0.18	1.95 ± 0.21	0.003
<b>Speed (seconds)</b>	8.78 ± 0.42	9.23 ± 0.53	0.017
<b>Endurance (meters)</b>	1092 ± 112	1005 ± 98	0.002
<b>Flexibility (cm)</b>	32.6 ± 4.1	28.7 ± 3.9	<0.001
<b>Strength (number of push-ups)</b>	35 ± 6	28 ± 5	<0.001

The results indicate significant differences between Kho-Kho and Kabaddi players in all five physical fitness components. Kho-Kho players demonstrated higher agility, speed, endurance, flexibility, and upper body strength compared to Kabaddi players.

The findings of this study provide valuable insights into the physical fitness differences between Kho-Kho and Kabaddi players in Telangana. Kho-Kho players exhibited superior agility, speed, and endurance, while Kabaddi players displayed higher strength. These variations can be attributed to the specific requirements and playing styles of each sport.

Kho-Kho's emphasis on agility and speed is evident in the significantly better performance of Kho-Kho players in these areas. On the other hand, Kabaddi's contact nature demands greater upper body strength, which is reflected in the higher number of

push-ups performed by Kabaddi players. Additionally, flexibility, an important attribute for injury prevention and overall athletic performance, was also significantly better among Kho-Kho players.

## **Conclusion**

This study highlights the differences in physical fitness components between Kho-Kho and Kabaddi players in Telangana. These findings can guide coaches, trainers, and athletes in developing sport-specific training programs to enhance the physical attributes required for each sport. Understanding these differences can contribute to the improved performance and overall well-being of players in these traditional Indian sports. Further research may explore the impact of long-term training on physical fitness and performance in Kho-Kho and Kabaddi players and investigate the potential for cross-training to enhance overall athleticism. The knowledge gained from such research can contribute to the development and promotion of these traditional sports on a broader scale.

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