



ANALYSIS AND EFFECTS OF SPECIFIC TRAINING ON MOTOR FITNESS OF ANDHRA UNIVERSITY KABADDI PLAYERS.

SREEDEVI NALIVELUGULA, Research Scholar, Department Of Physical Education & Sports Sciences, Andhra University, Visakhapatnam.

Dr.N.VIJAY MOHAN, Professor, Department Of Physical Education & Sports Sciences, Andhra University, Visakhapatnam.

ABSTRACT:

This study aims to analyse the effects of specific training on the motor fitness of kabaddi players from Andhra University. The research will focus on evaluating the impact of a tailored training program on the players' motor fitness parameters, strength and flexibility. The study will involve a group of randomly selected kabaddi players who will undergo a specific training regime for a set period. Pre and post-assessments of the players' motor fitness parameters will be conducted using standardized tests and measurements. The results of this study will contribute to a better understanding of the effects of specific training on the motor fitness of kabaddi players, providing valuable insights for coaches and trainers in designing effective training programs for enhanced athletic performance.. The purpose of the present investigation was to determine the Analysis and Effects of specific training on motor fitness of Andhra University kabaddi players. To achieve this purpose subjects (N-30) selected from Andhra University players. The subjects ranged between 18 to 23 years. The training programme was given the 8 weeks specific training to the experimental group and control group tests the pre and post results from both groups. The subjects are divided into two equal groups. They were assigned randomly in to experimental group (n-15) and control group. The groups are consisting of (n15). The selected dependent variables are strength and flexibility. The selected criterion variables were strength tested with push ups and flexibility tested sit and reach test .The control group was not to participate in the training apart from the routine work. The collected data was analysed using t- test at 0.05 level of significance. The results of the study showed that improvement the strength and flexibility due to the effect of specific training on Andhra university kabaddi players. The control group did not improve the selected criterion variables.

KEYWORDS: Specific Training, strength, Flexibility, Kabaddi, Physical Fitness.

INTRODUCTION:

In the case of Kabaddi, the basic skills like holding, riding, blocking, and breath holding are highly needed. It is true that these skills are basic abilities for all Kabaddi players, but the performance potential depends on specific variables. The coaches and trainers may not be able to determine them by their subjective observations of performances alone. A scientific analysis of the player's performance with respect to their skills might help in a much more positive way. This will enable not only the right type of selection based on scientific data but also help in maximizing the player's potentials by regrouping and synchronizing the team talents that are available. Hence, the selection, the training, the performance and monitoring of game strategies can be updated by a study on scientific training and performance of the players. Though the players of the team are drawn from a particular age group, as in the case of University Teams, and their general skills measure to a standard level which has ensured their selection in their respective University Teams, their performance levels may vary, deciding the success or failure of their teams. In sports, successful performance in competition depends substantially on the physical characteristics, body composition, muscular performance, neuromuscular capability and mental ability of the players. Agility is a common term used in strength and conditioning and is often considered an essential element of many sports and activities. A boxer dodging a punch, a ballet dancer completing a pirouette, or a wrestler finishing a take-down could all be considered examples of agility. However, individuals involved in



the development and improvement of sports performance often regard agility as a locomotor skill whereby an athlete changes direction. This type of movement is frequently observed in most field and court sports such as soccer, basketball, football, and lacrosse. In this light agility is commonly defined as an effective and quick coupling of braking, changing directions and accelerating again while maintaining motor control in either a vertical or horizontal direction (Drabik,1996, Plisk,2000 and Verstegen & Marcello, 2001) [4, 11]. It is the ability to change the position entirely and accurately either in space or in ground (Wynn & Johnson, 1970). An athlete that displays good agility will most likely possess other qualities such as, dynamic balance, spatial awareness, rhythm, as well as visual processing (Ellis et al., 2000) [5]. So while agility can be simply defined as an ability to quickly stop and re-start motion, there is a high degree of complexity to this motor skill. Kabaddi is essentially an Indian game, which commands huge popularity in India as well as in its hinterland. In India, Kabaddi is popular in different names. In the southern parts of India, the game is referred to as Chedugudu or Hu-Tu-Tu. In eastern India, it is fondly called Hadudu (for men) and Kit-Kit (for women). The game is known as Kabaddi in northern India. Breath control, raid, dodging and movement of hand and feet are the basic skills that one has to acquire, in order to play Kabaddi. Physical fitness is the basic requirement for most of the tasks to be under taken by an individual in his daily life. Physical fitness is one's richest possession; it cannot be purchased but only obtained through regular routines of physical exercises. A close relationship exists between physical fitness and sports performance. In case the standard of games and sports in the country is to be improved, adequate stress have to be given for enhancing the physical fitness status of sports persons. Regular participation on training schedule improves all the important physical, physiological, psychological and motor fitness components.

STATEMENT OF THE PROBLEM:

Analysis And Effects Of Specific Training On Motor Fitness Of Andhra University Kabaddi Players.

SIGNIFICANCE OF STUDY:

The study aims to know the effects of specific training on two groups i.e, Experimental group and control group. The result of the study might help to give an idea to physical education teacher, coaches and players.

METHODOLOGY:

The purpose of this study was to find out the impact of specific training on motor fitness among Andhra University kabaddi players. To achieve this purpose subjects (N-30) selected from Andhra University players. The subjects ranged between 18 to 23 years. The subjects are divided into two equal groups. They were assigned randomly in to experimental group (n-15) and control group. The groups are consisting of (n-15). The selected dependent variables are strength and flexibility. The selected criterion variables were strength tested with push-ups and flexibility tested sit and reach test. The training programme was given 8 weeks the programmes specific training daily 45 minutes up to 8 weeks. The control group was not to participate in the training apart from the routine work. The data collected data treated with dependent 't' test. The level of significance was fixed as 0.05 level .

The Table 1 reveals that computation of 't' ratio between the control and experimental group and control group of strength men kabaddi players. The experimental group of pre-test mean values of 9.00 and post-test mean values 12.13. The obtained' results of 23.50. It is greater than table value of 2.14 and control group of pre-test mean values of 8.13 and post-test mean values 8.33. The obtained't' results of 1.87. It is lesser than table value of 2.14. The experimental group shows that statistically proved that significant improvement of strength due to the impact of specific training of men kabaddi players .

Table 1: Mean And Standard Deviation And ‘t’ Ratio Of Experimental And Control On Strength.

GROUP	TEST	MEAN	DM	SD	σ DM	‘t’	TABLE VALUE
Experimental Group	Pre-Test	9		1.69	0.44		
			3.13			23.5	
	Post-Test	12.13		1.72	0.45		
							2.14
Control Group	Pre-Test	8.13		1.24	0.32		
			0.2			1.87	
	Post-Test	8.33		1.29	0.33		

Figure 1: Mean Values Of Experimental And Control Group On Strength

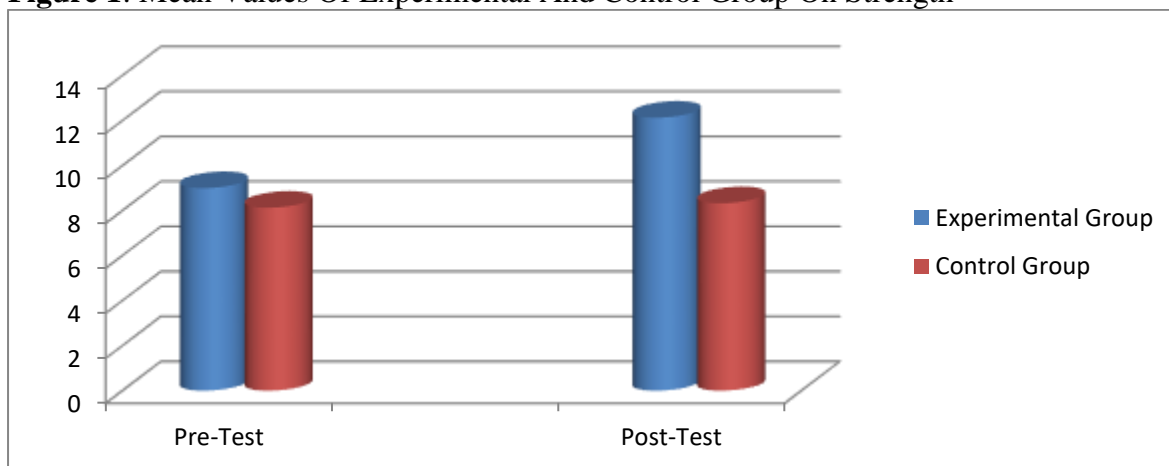


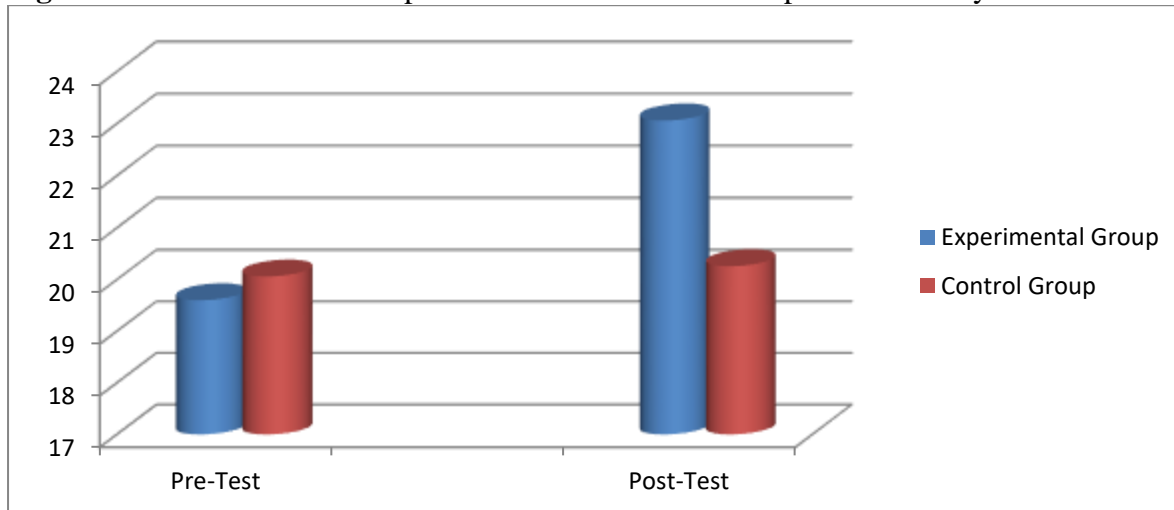
Table 2: Mean And Standard Deviation And ‘t’ Ratio Of Experimental And Control Group On Flexibility.

GROUP	TEST	MEAN	DM	SD	σ DM	‘t’	TABLE VALUE
Experimental Group	Pre-Test	19.6		1.68	0.44		
			3.46			18.06	
	Post-Test	23.06		1.83	0.47		
							2.14
Control Group	Pre-Test	20.06		1.68	0.43		
			0.2			1.88	
	Post-Test	20.26		1.78	0.45		

The Table 2 reveals that computation of ‘t’ ratio between the control and experimental group and control group of flexibility men kabaddi players. The experimental group of pre-test mean values of 19.60 and post-test mean values 23.06. The obtained ‘t’ results of 18.06. It is greater than table value

of 2.14 and control group of pre-test mean values of 20.06 and post-test mean values 20.26. The obtained 't' results of 1.88. It is lesser than table value of 2.14. The experimental group shows that statistically proved that significant improvement of flexibility due to the impact of specific training of men kabaddi players .

Figure 2: Mean Values Of Experimental And Control Group On Flexibility.



DISCUSSION ON FINDINGS:

The result of the study shows that experimental group improved on strength and flexibility due to the specific training on men kabaddi players.

CONCLUSION:

It is concluded that experimental group significantly improved on strength and flexibility due to impact of specific training on Andhra university players.

The control group did not improve the selected criterion variables of strength and flexibility of Andhra University players.

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