A Comparative Study of Motor Fitness Component Between Kabaddi and Aatya Patya Players of Nagpur City of Maharashtra State

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Abstract:

Motor fitness refers to the efficiency of basic movement in addition to the physical fitness. For Kabaddi and Aatya Patya of players Strength, Agility and Speed are the important variables according to the sports science. Keeping in view the concept, this study was taken to compare the level of motor fitness between Kabaddi and Aatya Patya players. A Total number of 20 Kabbadi and Aatya Patya Players (10 Kabbadi and 10 Aatya Patya) were selected randomly from four Clubs of Nagpur City of Maharashtra. The present study is the descriptive survey. The criterion measures adopted for this study were Flexibility, Agility, strength and speed. The data collection tools used in the study were Sit and Reach, Shuttle Run, 50 yard dash and Standing Broad Jump. Data of Motors Fitness Components between Kabbadi and Aatya Patya players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant. It was found that in selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between Kabbadi and Aatya Patya players. Mean scores showed that Kabbadi Players showed better performance in all motor fitness components like Flexibility, Agility, strength and speed as compare to Aatya Patya Players. Based on the results it was concluded that Kabbadi Players have better motor fitness than Aatya Patya Players.

Keywords: Motor Fitness, Kabbadi and Aatya Patya Players.

Objectives:

1. A study of compare the level of motor fitness between Kabaddi and Aatya Patya players.
2. A study to descriptive survey of motor fitness between Kabaddi and Aatya Patya players.

Introduction:

Motor fitness is frequently chosen to achieve desirable goals. Motor fitness may be defined as the successful adaptation to stresses of one's life style. The requirement of fitness is highly specific for different sports. It is quite possible to feel fit when a few scientific states would prove that one was far from it in

physiological terms. A player may go to play a match knowing that by all standard of measurable fitness he is the fittest among the others and yet be quite unfit. It is also possible that one is very fit is one of the sports such as Basket ball, Volley ball, but when one swims a 100 meters quickly he/she gets out breath and feel quite tired. An athlete faces different types of physical stresses based on the nature of the activity concerned. For instance a wrestler, weight filter, a boxer and a foot baler need more strength, Endurance than a long jumper or a thrower does. But obviously strength is the requirement of all the sports and games. Motor fitness refers to the efficiency of basic movement in addition to the physical fitness. For Kabbadi and Aatya Patya players Strength, Flexibility, Agility and Speed are the important variables according to the sports sciences. Keeping in view the concept, this study was taken to compare the levels of motor fitness between Kabbadi and Aatya Patya players.

Material and Methods :

A Total number of 20 Kabbadi and Aatya Patya Players (10 Kabbadi and 10 Aatya Patya) were selected randomly from four Clubs of Nagpur City of Maharashtra. The present study is the descriptive survey. The criterion measures adopted for this study were Flexibility, Agility, strength and speed. The data collection tools used in the study were Sit and Reach, Shuttle Run, 50 yard dash and Standing Broad Jump. Data of Motors Fitness Components between Kabbadi and Aatya Patya players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

Table No 1.1

Descriptive Statistics of Motor Fitness Components of between Kabbadi and Aatya Patya players

Kabbadi players					Aatya Patya players			
Motor Fitness Components	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Flexibility	10	7.51	4.42	1.04	10	6.62	3.659	1.03
Agility	10	11.16	4.93	0.45	10	13.42	5.873	0.73
Strength	10	166.1	0.93	4.23	10	142.9	1.987	5.66
Speed	10	6.33	4.863	0.45	10	8.97	3.546	0.24

Table No. 1.2

Independent sample‘t’ test of Motor Fitness Components of between Kabbadi and Aatya Patya players

Motor Fitness Components	‘t’ value	df	Sig (2-tailed)	Mean Difference	Std. Error Difference
Flexibility	0.86	18	0.038	0.89	1.15
Agility	3.17	18	0.034	2.32	0.76
Strength	4.09	18	0.021	0.23	0.54
Speed	11.00	18	0.01	2.64	1.16

From the table no 1.2, the results of this study revealed that in all the selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between Kabbadi and Aatya Patya players.

Findings and Conclusion:

It was found that in selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between Kabbadi and Aatya Patya players. Mean scores showed that Kabbadi players showed better performance in all motor fitness components like Flexibility, Agility, strength and speed as compare to Aatya Patya Players. This finding was supported by the Berger and Paradis (2010) compared the physical fitness of children in order to compare the physical fitness in 10WA and Tokyo Japan. They recorded that Tokyo children scored better in all motor performance tests accepts on lie situps. They also found that Tokyo children had more chances for activity through physical classes than the 10WA group. Choudri (2002) Studied the comparative physical fitness between students of residential and non-residential schools (aged 12-14 years) and had tested physical fitness index (PFI), BMI and anthropometry measures of 50 residential school children and 40 non-residential school children of Bijapur, Karnataka. They reported that non-residential school children had poor physical anthropometry and showed a less PFI score, as compared to residential school children. Mahajan (2011) compared the physical fitness & skills of Korfball players from Pune city and Pune district zone. she concluded that there is significant difference found in girls in sit ups, shuttle run test but no significant difference in standing broad jump , field goal and speed pass test , in boys shuttle run field goal and shuttle run test show significant difference in sit ups, standing broad jump, accuracy and speed pass test. Based on the results in the present study it was concluded that Kabbadi Players have better motor fitness than Aatya Patya Players.

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