



Relationship between Selected Motor Fitness Components and Playing Ability of College Men Kho Kho Players

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Abstract

The purpose of the study was to find out the relationship between selected motor fitness variables and overall playing ability of college men kho kho players. To achieve this purpose, 15 kho kho players from different colleges in Namakkal were randomly selected, for research. The age group of the subjects was between 18 to 23 years. The investigator selected motor fitness variables, speed, agility and endurance to correlate with kho-kho playing ability of the college men. Single group randomized research design was followed for this study. Randomly selected 15 subjects were tested of their motor fitness variables, agility, speed and cardio vascular endurance and playing ability in kho-kho. The collected data were analysed through Pearson Coefficient of Correlation to find out the relationship between the motor ability variables and overall playing ability of Kho Kho players. It was found that there was significant relationship between speed, endurance and agility with kho-kho playing ability of college men.

Keywords: Speed, Agility, endurance, Kho-Kho, Men.

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Introduction

Physical Education has made rapid changes and progress since the beginning of the twentieth century. Leaders Physical Education need to interpret with the intelligence, the political, economic and social forces of the items and used these factors to create programme better suited to enrich the lives of persons enrolled in school and colleges. The general aim of Physical Education should be practically the same as that of all education. Physical Education is an integral part of education. Physical Education of taught well is a process of education, throughout interesting and self directed activity on the part of pupils. It is only through activity of the learner the education takes place. A person physically fit will be mentally alert and sound and will be more spectacular in all walks of his life. A weak child is a weak brick in the wall of a nation. If today's child weak and meek, he is considered as a liability not only to himself and to his family but also to the entire nation. The wealth of a nation depends entirely upon the health of every citizen of the country. Kho-Kho game played throughout the length and breath of this nation. This game requires limited play area and also inexpensive. It is very popular in the rural areas especially in Maharashtra Karnataka and Andhrapradesh. It is very strenuous outdoor indigenous game and playing almost every nook and corner of the country.

The game is very fast. It is simple in nature, but it improves agility, strength, speed, endurance, and flexibility. From the spectators point of view it is also very interesting and exhilaration. The play as a whole is full of wonderful activity gathers attention and attraction. In the view of "Nagasankara Rao" "Kho-Kho" is an indigenous game becoming very popular with more scientific technique. There is need to analyze the scientific techniques.

Methodology

The purpose of the study was to find out the relationship between selected motor fitness variables and overall playing ability of college men kho kho players. In this chapter selection of subjects, selection of variables, test administration and statistical technique followed were explained. To achieve this purpose, 15 kho kho players from different colleges in Namakkal were randomly selected, for research. The age group of the subjects was between 18 to 24 years. Single group randomized research design was followed for this study. Randomly selected 15 subjects were tested of their motor fitness variables, agility, speed and cardio vascular endurance and playing ability in kho-kho. The collected data were analysed through Pearson Coefficient of Correlation to find out the relationship between the motor ability variables and overall playing ability of Kho Kho players. Table I shows the obtained correlation coefficient between motor fitness variable speed and overall kho-kho playing ability of the college men.

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Results

Table I. Correlation Coefficient between Speed with Playing Ability of College Men Kho-Kho Players

Variables	Obtained 'r'	Required 'r'
Kho-Kho Playing Vs Speed	-0.627*	0.497

*Significant at 0.05 level

Table Value Required (df 1, 14) (0.05)= 0.497.

The obtained Coefficient of Correlation between Kho-Kho playing ability and speed of the college men showed 0.627, which was greater than the required 'r' value of 0.497. This proved that there was

significant relationship between speed and Kho-Kho playing ability of college men. Table II shows the obtained correlation coefficient between agility and overall kho-kho playing ability of the college men.

Table II. Correlation Coefficient between Agility with Playing Ability of College Men Kho-Kho Players

Variables	Obtained 'r'	Required 'r'
Kho-Kho Playing Vs Agility	0.729*	0.497

*Significant at 0.05 level

Table Value Required (df 1,14) (0.05)= 0.497.

The obtained Coefficient of Correlation between Kho-Kho playing ability and agility of the college men showed 0.729, which was greater than the required 'r' value of 0.497. This proved that there was

significant relationship between agility and Kho-Kho playing ability of college men. Table III shows the obtained correlation coefficient between agility and overall kho-kho playing ability of the college men.

Table III. Correlation Coefficient between Endurance with Playing Ability of College Men Kho-Kho Players

Variables	Obtained 'r'	Required 'r'
Kho-Kho Playing Vs Endurance	0.619*	0.497

*Significant at 0.05 level

Table Value Required (df 1,14) (0.05)= 0.497.

The obtained Coefficient of Correlation between Kho-Kho playing ability and endurance of the college men showed 0.619, which was greater than the required 'r' value of 0.497. This proved that there was significant relationship between endurance and Kho-Kho playing ability of college men.

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Conclusions

1. There was significant relationship between speed and kho-kho playing ability of college men.
2. There was significant relationship between agility and kho-kho playing ability of college men.
3. There was significant relationship between endurance and kho-kho playing ability of college men.

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