

**COMPARATIVE STUDY ON SELECTED MOTOR FITNESS
VARIABLE BETWEEN DISTRICT LEVEL KHO-KHO AND
KABADDI PLAYERS**

A THESIS

**PRESENTED TO THE VIDYASAGAR UNIVERSITY
IN LIEU OF A THEORY PAPER
FOR THE DEGREE OF MASTER OF PHYSICAL
EDUCATION**

BY

SRIMATI HEMBRAM

ROLL: PG/VUEGS32/PED-IVS NO-21034

REGISTRATION NO-0001686 OF 2019-2020

**DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA
BHUPATINAGAR, PURBA MEDINIPUR
WEST BENGAL, PIN -721425AUGUST-2023**

DEPARTMENT OF PHYSICAL EDUCATION

Mugberia Gangadhar Mahavidyalaya

VIDYASAGAR UNIVERSITY

Mugberia -721425 West Bengal



SRIMATI HEMBRAM

M.P. ED Scholar

DECLARATION

I do hereby declare that, the research work entitled “**COMPARATIVE STUDY ON SELECTED MOTOR FITNESS VARIABLE BETWEEN DISTRICT LEVEL KHO-KHI AND KABADDI PLAYERS**” is an original piece of work done by me under the guidance and Supervision of Dr. Bodhisattwa Pradhan Assistant Professor, Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur ,that was approved by the research committee .I have specified ,by means of reference , the information from where the work the taken .To the best of my knowledge , this dissertation is not substantially the same as those ,which have already been submitted for a degree or other academic qualification at any other University .

Date: 31.07.23

SRIMATI HEMBRAM

(M.P. Ed Scholar)

DEPARTMENT OF PHYSICAL EDUCATION

Mugberia Gangadhar Mahavidyalaya

VIDYASAGAR UNIVERSITY

Mugberia -721425, West Bengal



Dr. Bodhisattwa Pradhan

Assistant Professor

Ref. No.....

Date.....

CERTIFICATE BY THE SUPERVISOR

This is to certify that, Miss ,Srimati Hembram is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar ,in the season of 2021-2023 .For the Master of Physical Education semester- IV carried out the research study under the supervision and guidance in partial fulfilment of the requirements for the master of physical education degree with his thesis entitled as “**COMPARATIVE STUDY SELECTED MOTOR FITNESS VARIABLE BETWEEN DISTRICT LEVEL KHO-KHO AND KABADDI PLAYERS**”

The material and data composed from students in this study are genuine and were collected by him.

Date: 31.07.23

Bodhi Sattwa Pradhan

(Dr.Bodhisattwa Pradhan)
Department of physical education
Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar :: Purba Medinipur
West Bengal :: India

Email: mugberia_college@rediffmail.com

NCTE Recognized & NAAC Accredited with CGPA 2.71 Institution

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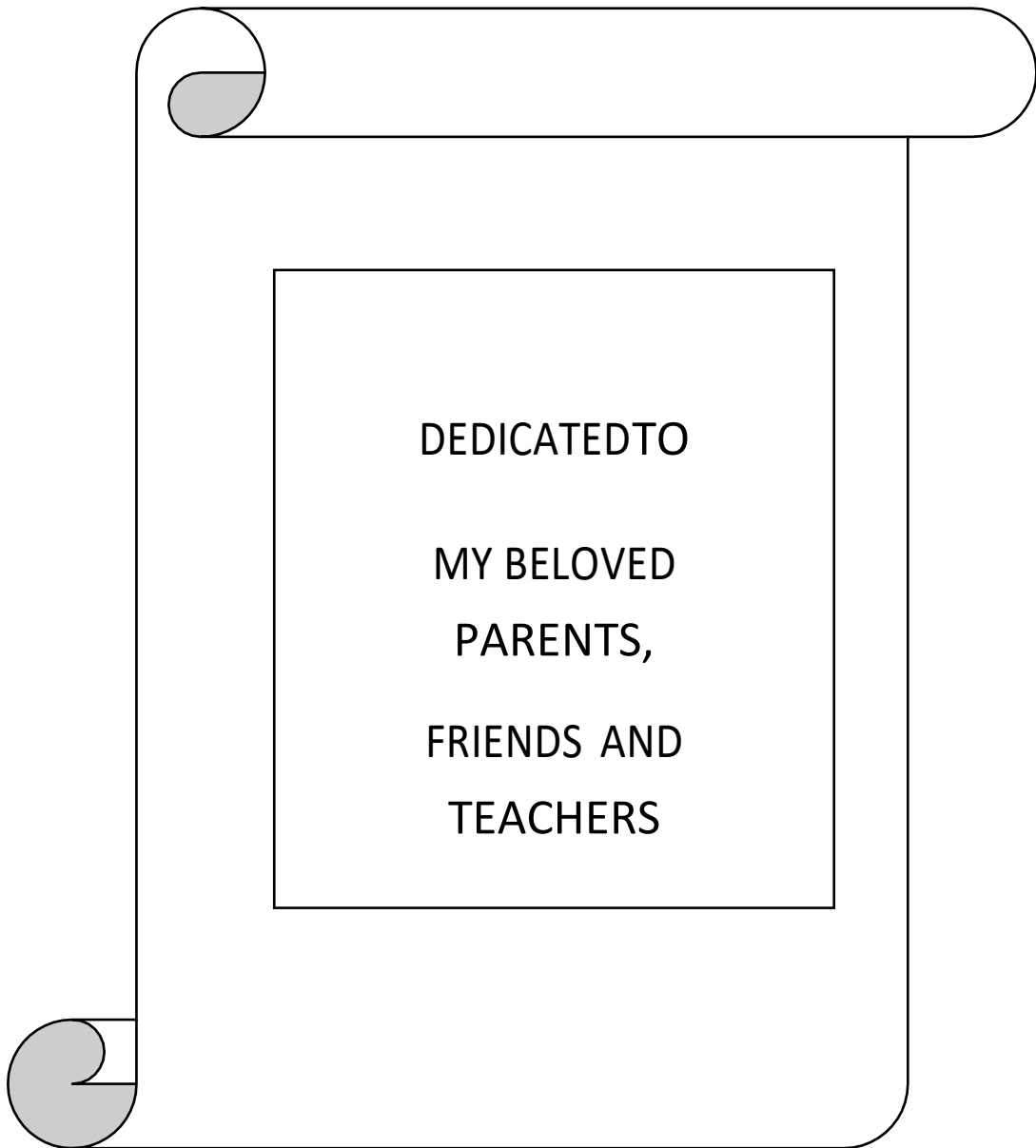
This is to certify that ~~Mr./Miss.~~ Mrs. SRIMATI HEMBRAM
Roll ^{PG/VUEGS32/PED-IVS} Number 21034 a PG / ~~UG~~ student of
SEM ^{IV}, Department of PHYSICAL EDUCATION has
successfully completed a dissertation / ~~project~~ entitled COMPARATIVE STUDY
ON SELECTED MOTOR FITNESS VARIABLE BETWEEN DISTRICT LEVEL
KHO-KHO AND KABADDI PLAYERS
for the paper MPCC - 403 in the year 2023

Date : 31.07.2023

Signature of HOD

Signature of Principal

Principal
Mugberia Gangadhar Mahavidyalaya



DEDICATED TO
MY BELOVED
PARENTS,
FRIENDS AND
TEACHERS

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TABLE OF CONTENTS

CHAPTER	PARICULARS	PAGE NO.
CHAPTER-: I	INTRODUCTION	
	General Introduction.....	
	Statement of the problem.....	
	Purpose of the study	
	Significance of the Study.....	
	Delimitation of the study.....	
1.6	Limitations.....	
1.7	Hypothesis.....	
1.8	Definition of the terms.....	
CHAPTER-: II	REVIEW OF RELATED LITERATUER	
	2.1 Review of Related Literature	
CHAPTER-: III	METHODOLOGY	
	Selection of the subject.....	
	Criterion of measures.....	
	Procedure for administering test.....	
	Measurement of personal data.....	
3.3.2	Age.....	
3.3.3	Height.....	
3.3.4	Weight.....	
	Measurement of Motor fitness.....	
3.4.1	50 Meters dash	
	4x10 Meters Shuttle Run.....	

Bend knee sit ups.....
Standing Broad Jump.....
12 Minutes Run /Walk

CHAPTER-:4 RESULTS AND DISCUSSION

Personal data.....
Motor fitness test.....
Hypothesis Testing.....
Discussion of the study.....

CHAPTER-:5 SUMMARY, CONCLUSION & RECOMMENDATION

5.1 Summary.....
5.2 conclusion.....
Recommendation.....

REFERENCE

BOOKS.....
Dictionary.....
Journals.....

LIST OF TABLES

Table No	DESCRIPTION	PAGE NO
1.	Personal data of kho-kho and kabaddi players	
2.	Mean, S.D and t-values of 50 Meter Dash	
3.	Mean, S.D and t-values of 4x10 meters shuttle run	
4.	Mean, S.D and t-values of Bend knee sit ups	
5.	Mean, S.D and t-values of Standing Broad jump	
6.	Mean, S.D and t-values of 12Mins run/walk	

LIST OF FIGURES

Table no	Titles	page no
1.	Administration of personal data	
2.	Administration of 50-meter runs	
3.	Administration of 4x10 meters shuttle run.	
4.	Administration of Bend knee sit ups	
5.	Administration of Standing broad jump	
6.	Administration of 12 Mins run/ Walk	
7.	Personal Data (Height and Weight) Mean, S.D	
8.	Mean, S.D and t- values of the 50meters Dash	
9.	Mean, S.D and t-values of the 4x10 shuttle run	
10.	Mean, S.D and t-values of the Bend knee sit ups	
11.	Mean, S.D and t-values of the Standing broad jump	
12.	Mean, S.D and t-values of the 12 Mins run/walk	

SUMMARY, CONCLUSION AND RECOMMENDATIONS

In the chapter the summary of all previous had been in corporate. Conclusions draw on the basis of results obtained had also been put up in this chapter. Recommendations for future investigations and for practical application had been included in the chapter.

5.1 SUMMARY

The purpose of the study was to analyze the comparison between district level kho- kho and kabaddi players in respect of selected motor fitness. To achieve the purpose of the study, total 60 subjects were selected from Bankura and Murshidabad district. The selected subjects age group were ranging from 18-23 years.

The motor fitness variables selected for the present study were; speed, explosive strength, agility, muscular endurance, and endurance were measured by the 50meters dash, standing broad jump, 4*10 shuttle run, bend knees sit up, 12minutes run and walk. Equipment was used for the test stopwatch, measuring tape, stadiometer, weighing machine. Data was calculated by mean, standard deviation and independent samples 't' test was used with the help of Microsoft excel to find out the significant different in between two groups. The level of significance was set at ($p < 0.05$) level of significant. mean and SD of 12 METER RUN /WALK of kho-kho and kabaddi groups were 1892.67 ± 314.70 and 1850.00 ± 373.62 respectively. Comparing the mean value of 12-minute run /walk between kho-kho and kabaddi groups t-value was found -0.478 which was statistically not significant as 0.05 level. The height and weight mean score kabaddi players were higher than the kho-kho players. According to the statistical calculation the average value of 50mtrs dash, of kho-kho players higher than the kabaddi players. Average value of shuttle run and bend knees sit up of kho-kho players higher than kabaddi players. Average value of standing broad jump of kabaddi players higher than kho-kho player. Similarly average value of 12minutes run/walk of kho-kho- player higher than kabaddi players. In every component of motor fitness, there was only one significant difference found between kabaddi and kho-kho players i.e., standing broad jump.

5.2 Conclusions

On the basis of the results out the analysis of the data and within limitation of the present study following conclusions were drawn.

1. The height and weight mean score of kabaddi players were higher than the kho-kho players.
2. According to the statistical calculation the average value of 50mtrs dash, of kho-kho players higher than the kabaddi players.
3. Average value of shuttle run and bend knees sit up of kho-kho players higher than kabaddi players.
4. Average value of standing broad jump of kabaddi players higher than kho-kho player.
5. Similarly average value of 12minutes run/walk of kho-kho- player higher than kabaddi players.
6. In every component of motor fitness, there was only one significant difference found between kabaddi and kho-kho players that were standing broad jump.

5.3 Recommendations

On the basis of the results obtained and conclusions drawn the following recommendations were made and female for future investigation.

1. The results of the present study may be considered as review forthe further study.
2. The work can be done with a greater number of samples.
3. Similar study can be done withthe players of different discipline.
4. This study can be done with the age group of 18-23 for male and female subjects.