

**COMPARATIVE STUDY ON SELECTED MOTOR FITNESS  
AND ANXIETY BETWEEN KHOKHO AND KABADDI  
PLAYERS**

**A THESIS**

**SUBMITTED TO THE VIDYASAGAR UNIVERSITY  
A THEORY PAPER**

**FOR THE DEGREE OF  
MASTER OF PHYSICAL EDUCATION**

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**DECLARATION**

I do hereby declare that, the research work entitled " **COMPARATIVE STUDY ON SELECTED MOTOR FITNESS AND ANXIETY BETWEEN KHOKHO AND KABADDI PLAYERS**" is an original piece of work done under by the supervisor of Dr. Bodhisattwa Pradhan Assistant professor of Mugberia Gangadhar Mahavidyalaya which was approved by the research committee. I have specified, by means of reference, the information from where the work taken. To the best submitted for a degree or other academic qualification at any other University.

Date:31.07.23

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**CERTIFICATE BY THE SUPERVISOR**

This is to certified that **Indrajit Mondal** is a regular student of **Mugberia Gangadhar Mahavidyalaya under Vidyasagar University**, in the session of 2021-2023. **He is a student of master of physical education, semester-IV**, carried out his research study under my supervision and guidance in partial fulfillment of the requirements for the master of physical education degree with his thesis entitled " **COMPARATIVE STUDY ON SELECTED MOTOR FITNESS AND ANXIETY BETWEEN KHOKHO AND KABADDI PLAYERS**" the material and data composed from students in this study are genuine and were collected by him. The dissertation is satisfactory from the point of content and fulfills the requirements related to M.P. ED degree thus approved and forwarded for evaluation.

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**DEDICATED  
TO  
MY GUIDE  
&  
PARENTS**

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**INDRAJIT MONDAL**

# CONTENTS

CHAPTER	DESCRIPTION	PAGENO
	Title	I
	Certificate	Ii
	Dedication	Iii
	Acknowledgement	V
	Contents	vi –vii
	List of Tables	Viii
	List of Figures	Ix
<b>CHAPTER-I:</b>	<b>INTRODUCTION</b>	
1.1	General Introduction	1-9
1.2	Statement of the problem	7
1.3	Purpose of the study	7
1.4	Significance of the Study	7
1.5	Delimitation	7
1.6	Limitation	7
1.7	Hypothesis	8
1.8	Definition of related term	8
<b>CHAPTER –II:</b>	<b>REVIEW OF RELATED LITERATURE</b>	<b>10- 15</b>
<b>CHAPTER –III:</b>	<b>METHODOLOGY</b>	<b>16-25</b>
3.1	Selection of subject	16
3.2	Selection of Variables	16
3.3	Administration of collection	17
3.3.1	Personal Data	17-19
3.3.2	Motor Fitness Variables	20-25

3.3.3	Psychological Parameters	24
3.4	Statistical Procedure	25
<b>CHAPTER –IV: RESULT AND DISCUSSION</b>		<b>26-32</b>
4.1	Personal data	<b>26</b>
4.2	Motor Fitness	27
4.2.1	50 Meter Dash(second)	27
4.2.2	Shuttle Run (sec)	28
4.2.3	Standing Broad Jump(m)	29
4.2.4	Sit and Reach Test	30
4.3	Psychological Parameter	31
4.3.1	Sports Competition Anxiety	31
4.4	Hypothesis Testing	32
4.5	Discussion Of the study	32
<b>CHAPTER –V: SUMMARY, CONCLUSIONAND RECOMMENDATION</b>		<b>33-35</b>
5.1	Summary of the study	33
5.2	Conclusion	35
5.3	Recommendation	35
<b>BIBLIOGRAPHY</b>		<b>36-38</b>
<b>BOOK</b>		<b>36</b>
<b>JOURNALS</b>		<b>36</b>
<b>APPENDIX</b>		<b>39-47</b>



<b>TABLE NO.</b>	<b>LIST OF TABLES</b>	<b>PAGE NO.</b>
<b>1</b>	<b>Mean and SD of personal data of kho-kho and kabaddi group were presented table no -1</b>	<b>26</b>
<b>2</b>	<b>Mean, SD and t-value of 50-meter dash was presented it table no- 2</b>	<b>27</b>
<b>3</b>	<b>Mean, SD and t-value of 4*10 shuttle run was presented it table no- 3</b>	<b>28</b>
<b>4</b>	<b>Mean, SD and t-value of standing broad jump was presented it table no- 4</b>	<b>29</b>
<b>5</b>	<b>Mean, SD and t-value of sit and rich test were presented it table no- 5</b>	<b>30</b>
<b>6</b>	<b>Mean, SD and t-value of scat test was presented it table no- 6</b>	<b>31</b>

<b>FIGURE NO.</b>	<b>LIST OF FIGUR</b>	<b>PAGE NO.</b>
<b>1</b>	<b>Measurement of Height</b>	<b>18</b>
<b>2</b>	<b>Measurement of Weight</b>	<b>19</b>
<b>3</b>	<b>Measurement of Speed</b>	<b>20</b>
<b>4</b>	<b>Measurement of Agility</b>	<b>21</b>
<b>5</b>	<b>Measurement of Leg Explosive Strength</b>	<b>22</b>
<b>6</b>	<b>Measurement of Flexibility</b>	<b>23</b>
<b>7</b>	<b>Measurement of Anxiety Test (SCAT)</b>	<b>24</b>
<b>8</b>	<b>Fig. no-8 graphically represented of mean and SD of 50-meter dash kho-kho and kabaddi groups.</b>	<b>27</b>
<b>9</b>	<b>Fig.9 graphically represented of mean and SD of 4*10 shuttle run kho-kho and kabaddi groups.</b>	<b>28</b>
<b>10</b>	<b>Fig.10graphically represented of mean and SD of standing broad jump kho-kho and kabaddi groups.</b>	<b>29</b>
<b>11</b>	<b>Fig. no-11 graphically represented of mean and SD of sit and rich test kho-kho and kabaddi groups.</b>	<b>30</b>
<b>12</b>	<b>Fig. no-12 graphically represented of mean and SD of sports competition anxiety kho-kho and kabaddi groups.</b>	<b>31</b>

## SUMMARY, CONCLUSION, AND RECOMMENDATION

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

### 5.1 Summary

The purpose of the present study was to analyze the comparison between male Kho-Kho and kabaddi players in respect of selected motor fitness and anxiety. To achieve the purpose of the study, total 60 students were selected from Murshidabad District. Generally, we classified the term fitness into two categories that is performance related fitness or motor fitness and health related fitness. Motor fitness is a person's ability to perform in a specific activity with a regional efficiency. The selected subjects were of age group ranging from 18-24 years. The subject was randomly divided into two group Kho-Kho and Kabaddi players consisted of 30 subjects for each group.

The motor fitness variables selected for the study were; speed, agility, leg explosive strength, and flexibility was measured by the 50-meter dash, shuttle run, standing broad jump, and flexibility. Equipment was used for this test's Weighing machine, Stadiometer, Measuring tape, Stopwatch, and questioners. The test was administered for both groups at various days from selected clubs. Data was calculated by mean, SD and independent sample's test was used with the help of Microsoft excel to find the significant difference in between two group. The level of significant was set at 0.05 level of confidence. Mean and SD of Kho-Kho and Kabaddi players.

The present study was planned to analyses the motor fitness and anxiety status on male Kho-Kho and kabaddi players of college in Murshidabad Districts (west Bengal) the study is therefore needed to know the level motor fitness and anxiety of college level players. According to the problems was stated as"– **“Comparative study on selected motor fitness and anxiety between Kho-Kho and Kabaddi players”**

A total of sixty (60) male subjects of college level players Murshidabad Districts were selected subjects for the present study. The subjects were divided into two groups- Kho-kho (30) and Kabaddi Players (30). The selected personal data were age, height and weight. In motor fitness parameters selected were 50-Meter Dash, Shuttle Run, Standing Broad Jump, and Sit and rich Test. All these selected parameters were measured by using standardized tests viz. In psychological parameters selected was anxiety. Anxiety was measured by using standardized questioner.

50-Meter Dash for Speed, Shuttle Run for Agility, Standing Broad Jump for Leg Explosive Strength, Sit and Reach Test for Flexibility and Sports Scat Test for Anxiety.

The data were analyzed by using standard statistical technique. The mean and SD were calculated as descriptive statistics and 't' test was employed between the groups. The level of significance assess the statistically values obtained was set at 0.05 level of confidence. The statistical calculations were computed by using SPSS version 23.

Regarding 50-meter dash the Kho-Kho players was significantly higher than the Kabaddi players respectively.

Mean values among the two groups were found significantly different. Kho-Kho Players possessed higher mean in speed followed by Kabaddi players.

Analyzing motor fitness among two groups it was observed that in speed was significantly differ between Kho-Kho and Kabaddi players.

Regarding Shuttle Run, the Kho-Kho was significantly higher than the Kabaddi players respectively.

Mean values among the two groups were found significantly different. Kho-Kho possessed higher mean in agility. Shuttle Run followed by Kho-Kho and Kabaddi players.

Analyzing motor fitness among two groups it was observed that in agility was significantly differ between Kho-Kho and Kabaddi players. 0.05 level significant between Kho-Kho and Kabaddi players.

Regarding Standing Broad Jump the Kho-kho players was significantly higher than the Kabaddi players respectively.

Mean values among the two groups were found significantly different. kabaddi players possessed higher mean explosive power of leg. Standing Broad Jump followed by Kho-kho and Kabaddi players.

Analyzing motor fitness among two groups it was observed that in explosive power was significantly differ between Kho-Kho and Kabaddi players at 0.05 level significant between Kho-Kho and Kabaddi players.

Regarding Sit and Reach Test, the Kho-kho players was significantly higher than the Kabaddi players respectively.

Mean values among the two groups were found significantly different. Kabaddi players possessed higher mean in flexibility. Sit and Reach Test. followed by Kho-Kho and Kabaddi players.

Analyzing motor fitness among two groups it was observed that in flexibility was

significantly differ between Kho-Kho and Kabaddi players. 0.05 level significant between Kho-Kho and Kabaddi players.

Regarding Sports Anxiety, found between the Kho-Kho and Kabaddi players. Motivation was not significant.

Mean values among the two groups were found not significant difference.

Analyzing psychological variable among two groups it was observed that in coordination was not significant difference between Kho-Kho and Kabaddi players.

## **5.2 Conclusions**

On the basis of the result obtained and within the limited scope of this study the following conclusion were drawn:

1. Mean difference existed in height among the two groups. Kabaddi higher than the Kho-kho players.
2. Mean difference existed in weight among the two groups. Kabaddi were heavier than the Kho-kho players.
3. Kho-kho players had the best sprinting performance than the Kabaddi players.
4. Agility of Kho-Kho was higher than the Kabaddi players.
5. Leg explosive strength of Kabaddi was higher strength than the Kho-kho players.
6. Kho-Kho players were more flexibility than the Kabaddi players. Two groups were significantly different from Kho-Kho and Kabaddi players in sit and reach test.
7. Kabaddi was more anxiety level than the Kho-kho players. Two groups were significantly different from Kho-Kho and Kabaddi players in anxiety test.

## **5.3 Recommendations**

On the basis of the results obtained and conclusions drawn the following recommendation were made for future investigations.

1. The same study can also be conducted on male Kho-Kho and Kabaddi players.
2. Similar study can be conducted on national and international level Kho-Kho and Kabaddi players.
3. Similar study can be taken for other disciplines.
4. Similar study can be conducted on Kho-Kho and Kabaddi players of performance and competitions.
5. Similar study can be conducted on school level players both for boys and girls.
6. Further similar study can be undertaken on college boys of different age groups as well as subject belonging to various community backgrounds within the state and between in the state of India.