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PHYSICAL AND MOTOR ABILITY VARIABLES AMONG INTERCOLLEGIATE KABADDI PLAYERS

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ABSTRACT

The Purpose of the present study was to compare the Motor ability variable namely self-confidence between Kabaddi intercollegiate male players. To achieve the purpose of the study sixty subjects (n-60) out of thirty players from Kabaddi discipline who were participating in intercollegiate tournaments were selected. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18-28 years. The study focused on physical and motor ability variable namely self-confidence. In summarizing the research on Motor ability characteristics and talent identification, I conclude that cross-sectional research on adults cannot be extrapolated for use in talent identification with adolescents. I propose that resources would be more effectively used in the provision of physiological training for adolescent soccer players, pending more sophisticated research on a wider range of Motor Ability variables.

History of Article

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Introduction

In modern competitive sports, the Self confidence in sportsmen has affected their performance. As the physical load during the training of sportsman for international competitions is also intensified, the sportsmen like other athletes are anxiety prone while participating in competitive sports. Each self is unique as it develops on the basis of unique organism, and the reactions to the various forces in the physical and social environment. There is a constant and continuous activity of adjustment and re-adjustment to the changing conditions. Thus, there is stability as well as

change in the self. Right through the growth processes, in all the physical, Physical and motor ability aspects, the self is a constant but ever growing organization. Change in self is revealed in the change in the ways one sees one self and the world as one acquires knowledge, skills, attitudes and various roles. Self-confidence plays a central role in the development and adjustment of self; it is through confidence that meanings are acquired and meaningful interaction between the individual and the environment take place.

There is an increasing awareness of one's self as the child grows up into adolescence and mature adulthood. Hence the study focuses on to know the level of self- confidence of the Kabaddi male players.

Game of Kabaddi:

Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges into the opponent court and try to touch the opponent closest to him, while the seven opponents make manoeuvres to catch the attacker. This is Kabaddi, the match of one against seven, known as the game of struggle.

History of Kabaddi:

The origin of the game dates back to pre-historic times played in different forms. The modern Kabaddi game was played all over India and some parts of South Asia from 1930. The first known framework of the rules of Kabaddi as an indigenous sport of India was prepared in Maharashtra in the year 1921 for Kabaddi competitions on the pattern of Sanjeevani and Gemini in a combined form. Thereafter a committee was constituted in the year 1923, which amended the rules framed in 1921. The amended rules were applied during the All India Kabaddi tournament organized in 1923.

The delimited as following:

- The study will be delimited to purposively select 100 male subjects age ranging from 16 to 19 years of Delhi schools, participated at Inter-Zonal and School National (SGFI) Kabaddi competition.
- The study will be delimited to 100 male players" at schools levels and 50 male players of Kabaddi.

- The investigation will be delimited to selected variables physical and motor ability parameters as under:-

❖ Physical

- a. Height
- b. Body weight
- c. BMI

❖ Physical Fitness Components

- a. Speed- 40m. Sprint
- b. Explosive Strength- standing broad jump
- c. Cardiovascular endurance- 12min. run/walk test
- d. Coordinative ability- 4X10m. = 40m. Shuttle run
- e. Flexibility- Sit/bend and reach test

❖ Motor Ability - The motor abilities measure with selected tests as under.

- a. Psychomotor ability- eye hand coordination test.
- b. Concentration- Grid concentration test
- c. Sports Competition Anxiety Test (SCAT)

Physical Characteristics and Kabaddi

In performance and high performance sport, a great importance is given to the physical condition. It is in fact the preoccupation for the adaptation of the sportsman's body to growing physical and mental efforts, to which all the parts of the human body participate. The contemporary Kabaddi game, characterised by high intensity motor activities, places upon players a wide spectrum of requirements on all their capabilities. One can hardly single out any ability or a characteristic which is not engaged in the performance of Kabaddi players. Basic and specific motor abilities and cardio-respiratory capacities, such as explosive strength, required at the centre line. As well as agility and speed which are indispensable for the efficient solving of game situations, a high level of aerobic capacity ensures the slower onset of fatigue and a fast recovery, whereas anaerobic capacity is responsible for

endurance in high intensity repetitive activities.

The Sport Commitment Model

Sport may be unique to other domains regarding the development of expertise. In sport, talent selection or identification may have to center on finding those individuals who have the commitment necessary to put in the hours of practice to achieve expertise.

Within the sport psychology literature, the sport commitment model offers some insight into this aspect. Since staying in sport (sustaining deliberate practice) is a consequence of this commitment, it is important to consider the sources of such commitment. This model suggests that commitment to sport is a function of several independent factors.

- Sport Enjoyment
- Involvement Alternatives
- Personal Investments

Sport Commitment

- Social Constraints
- Involvement Opportunities

Independent Variables & Criterion Measures

1. Explosive strength
2. Speed
3. Agility
4. Flexibility &
5. Cardiovascular Endurance

Measurement of Flexibility was measured by sit and reach test, Explosive strength was measured by Standing Broad Jump and recorded in meters, Speed was measured by 50 yard dash and recorded in seconds, Agility was measured by 4x10m shuttle run and recorded in seconds, Cardiovascular Endurance was measured by 12 minute run/walk cooper test and recorded in meters.

Kabaddi performance was measured by the five experts on the basis of these five criteria like as

- 1) Smoothness of movements during raid and catching raider,
- 2) Dodging movements during raid,
- 3) Total number of defensive and offensive skill used,
- 4) total number of out done by offender and defender,
- 5) Overall behavior during match.

For each criteria maximum 10 marks and over all 50 marks were awarded for measuring the performance.

Conclusion

Kabaddi favours body development with a muscular strength stamina and endurance; attributable to breath holding, which correspond to cardio-respiratory endurance. Individual needs to move faster in such a small area of 20'--30'[10-12mts], need to develop the flexibility and agility which indicates the player's eyes and body movement become quicker. If your body is flexible then only, you can kick, swirl grapple with ankle legs and things. Speed acceleration is also an important parameter through which strong leg muscles give more punch to the player. Agility and stamina are also very essentials. Agile and sprightly players who are capable of following each situation as it arises by skilful and quick movement have a great advantage over those players, who, for instance are not agile enough to shake off the man who is marking them out of game, or to do the same to an opposing forward for a player to be able to escape from a man marking him or for a defender to be able to mark his opposite number out of game, the player, apart from being a top class agility and cardiovascular endurance qualities that are displayed in sudden stops, unexpected change in direction, body revenue etc. which occur repeated every second of match. It was concluded that different phases of resistance training can be better utilized for improving

body composition variables by university level men Kabaddi players.

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