

Effect of Six Weeks Training on Physical Parameters on Kabaddi Players

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INTRODUCTION

Kabaddi is a sports which involved entire body, hands as well as legs, pulling in pushing strength tact and strategy keen observation, watchfulness and the long breath requiring very wide lung capacity. Kabaddi is a no doubt a team game, but it has all the demands of an individual sports item like jumping, running and throwing. In this way it is a peculiar game. Training is very essential for the kabaddi players which would surely enhance. Individual game skills increase their stamina and endurance and make them physically, stronger.

Gurpreet (1992) studied the impact of one year training program on some selected psychological did not make any difference in the psychological traits. Now here the question arose whether the training particularly of the motor activities could make any mark on the physical side of the sports person.

Hence the present study as be undertaken in physical college Patiala. If the training has any effect on the physical parameters on the kabaddi players.

The study aims at finding the six-weeks training on physical parameters of Kabaddi players, both boys and girls

Objective of Study

1. To measure the physical parameters of Kabaddi players both boys and girls separately before the start of training.
2. To give 6 weeks training program of the Kabaddi players.
3. To measure the physical parameters of Kabaddi players both boys and girls after the training program.
4. To find the difference between pre training and post training and physical measures of the subject.

Can the basis of the above objectives has been framed as below

- i. The training programs positively affect the physical parameters but the effect is different in different parameters.
- ii. Sex is not a discriminating factor so for as the effect of training on physical parameter.

Samples

The Study was done on 27 Kabaddi players of Govt. College of Physical education Patiala out of which 17 Males and 10 females. They were administer five test to measure the physical parameters.

Test: The following physical fitness test were used

1. 50 Meter Dash
2. Shuttle run (4x 10 m)
3. Standing broad jump.
4. Sit ups (In 30 Seconds)
5. Push Ups (In 30 Seconds)

1. **50 M Dash:** This test measures the speed of the subject and is also on indirect measure of this anarobic power for it steel tap, stop watch.
2. **Shuttle Run (4x 10M)** This test measures the ability to accelerate and to change direction are the agility of subject for it steel tap, stop watch was used.
3. **Standing Broadjump:** This test is meant to measure the strength power of the legs in jumping forward. Three trail was given and the best distance of the three trails was recorded as the score of the subject.

4. **Sit Ups:** This test measures the strength of the abdominal muscles. The total no of set up in (30 Sec) they was the score of subjects used stop watch.
5. **Push Ups (In 30 Sec):** The strength endurance of arm and shoulder muscles in measured by this test. The total no of correct in 30 sec as a score.

Procedure

All the 17 boys and 10 girls were given six weeks training program. The measure of physical parameter was measured and recorded. They were give one hour game practice for six weeks. Where are the emphasize on technique and skills of the game and efforts to boost performance. The practice was normal type under coach supervision. After the period of six weeks training the subjects were again give administrator five test of physical parameters and measure were recorded.

RESULT AND DISCUSSION

After the date collection mean and SD all the parameters were calculated and differences between their mean were found with the help of T-test. The result has been show following table.

Table I: Effect of Training on physical parameters of Subject (Boys)

Sr. No.	Parameters	After Training		Before Training		T	Significance
		Mean	SD	Mean	SD		
1	50 Mt Run	6.915	0.46	7.122	0.37	1.43	NS
2	Shuttle Run	9.714	0.67	10.446	0.35	3.98	P7.01
3	Standing Broad Jump	2.26	0.14	2.27	0.15	0.33	NS
4	Sit Ups	18.70	2.25	16.82	2.27	2.42	P7.05
5	Push Ups	32.35	4.69	29.88	4.84	1.51	NS

As per the above table show that in case of 50 M dash, standing broad jump, pushups and set ups there are significance impact of training. Where are the subject improve time in shuttle run and set ups.

Table II. Effect of Training on physical parameters of Subject (Girls)

Sr. No.	Parameters	After Training		Before Training		T	Significance
		Mean	SD	Mean	SD		
1	50 Mt Run	8.9	0.41	8.3	0.28	4.01	P 7.01
2	Shuttle Run	12.35	0.60	11.71	0.42	2.74	P 7.01
3	Standing Broad Jump	1.58	0.11	1.53	0.15	0.69	NS
4	Sit Ups	13.5	2.01	15.8	2.25	2.41	P7.05
5	Push Ups	16.2	2.20	17.3	2.40	1.07	NS

As per the above table show that significant improvement 50 M Dash shuttle run, sit ups. Why are the subject improve the time in 50M Dash shuttle run, Set up

CONCLUSION

The finding of study indicates that in case of 50M dash, standing broad jump and push-ups there no impact of training. But in case of shuttle run and set ups impact of training was find in boys.

In girls 50M Dash shuttle run and set ups impact was find, standing broad jump and push-ups no impact of training.

REFERENCES

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