



EFFECT OF CHAIN AND POLE DIVE ON THE PERFORMANCE OF KHO-KHO PLAYERS

Mr. Gokul Parmar, Ph.D. Scholar,
Prof. Ajay Kumar, School of Physical Education,
Devi Ahilya University Indore (M.P.)

ABSTRACT

The purpose of the study is to find out the effect of chain and pole dive on the performance of kho- kho players. There are thirty (30) male and female Kho-Kho players were randomly selected as subjects for this study. The subjects' age ranged between 18 to 25 years and all were physically fit and thus were capable of performing all the tests efficiently. The variable chosen for this study is chain and pole dive. Paired t-test was applied at 0.05 Level of significance to find out the effect of chain and pole dive on the performance of Kho-Kho players. 8 weeks of training were given to the selected subject for 1 hour daily in the evening for 5 days in a week. Data were collected before the start Pre and Post test was collected on selected skills of kho-kho. It is found that Kho-Kho skills training for chain and pole dive significantly improves the performance of Kho-Kho players.

Keywords: Chain, Pole Dive, Agility and Speed.

INTRODUCTION

Kho-Kho is a peculiar indigenous practice that has been kept and handed down to the current generation, much like yogasana, malkhamb, lathi, phari-gadga, kabaddi, ataya-patya, langdi, and lagore viti-dandu. However, history is unable to provide a precise date or location for when or where they first appeared. It is widely acknowledged that Dnyaneshwar, Eknath, and Saint Tukaram are among the most prominent religious Saints and social reformers that the state of Maharashtra has produced. In their poetry writings, these saint poets have returned to the indigenous activities in an allegory at times under different names from 12th to 17th century countries. They do this in adoration of the deity. Because of a lack of available pieces, it's possible that throughout the Maratha time, these games and activities were only done on very exceptional occasions, like at fairs and festivals. In the realm of politics, Maharashtra has also taken the initiative to revitalize indigenous activities, particularly those involving team sports.

Playing Kho-Kho requires very little space and almost no equipment because it can be done anywhere. Any surface that is appropriate for use in open-field sports can be used to play the game. As it stands now, the game is played on surfaces that have been prepared from dirt or even on turf. It goes without saying that playing on the artificial ground and inside will be an option. The player in this game is required to make a decision as rapidly as possible. Young people who are in good physical shape like playing this activity, and the spectators get the thrill of seeing exciting sports to their satisfaction.

Anyone who aspires to play at a more advanced level should keep in mind that the fundamentals of the game's foundation cannot be neglected in any circumstance. Beginners, eager to achieve their goals, may decide to employ any strategy or tool that produces favorable outcomes. If a player can obtain momentary success against weaker opposition, he will likely continue to utilize an unsound technique for such a long time that it will become extremely difficult to change it.

The game of Kho-Kho is based on natural principles of physical and mental development and fosters a healthy combative spirit among the youth.

Players of Kho-Kho need to have excellent speed, agility, endurance, flexibility, dynamic balance, power, and response time because the nature of the game necessitates quick running both for fleeing from opponents and for switching up the players that you are playing against. It is necessary to choose a different path to both shake off the



opponent and get away from the situation. Because the game requires players to run for extended periods at varying speeds, endurance is an essential quality for a Kho-Kho player to possess.

A dynamic balance is required because the nature of the game requires that a player in Kho-Kho be able to pick up speed as rapidly as possible while also being able to check speed instantly. This requires the player to be able to maintain a dynamic balance. A player needs to have a good response time to be able to respond swiftly while chasing and turning, and as a result, a player needs to have a good reaction time.

METHODOLOGY

The purpose of the study is to find out the effect of chain and pole dive on the performance of Kho-Kho players. There are thirty (30) male and female Kho-Kho players were randomly selected as subjects for this study. The subjects' age was ranged between 18 to 25 years and all were physically fit and thus were capable of performing all the tests efficiently. The variable chosen for this study was chain and pole dive. 8 weeks of training was given to selected subjects for 1 hour daily in the evening for 5 days in a week. Data were collected before the start Pre and Post test was collected on selected skills of kho-kho.

FINDING AND RESULT

For each of the chosen groups the results pertaining to significant differences, if any, between pre-test and post-test means of Chain and Pole Dive were assessed by employing paired 't-test has given below:

Table No. 1
Comparison of mean values of pre and post-test of Chain

Test	Mean	Standard Deviation	Mean Difference	df	Standard Error	t-ratio
Pre-test	67.2	2.48	1.6	14	0.56	2.86*
Post-test	65.6	3.48				

*Significant at 0.05 level of significance $t_{(0.05)(14)} = 2.05$

Table – 1 shows that there is a significant difference among pre and post-test of chain in Kho-Kho players as the calculated value t-ratio 2.86 is higher than the tabulated t-value 2.05 at 0.05 level of significance. Thus, it is proven that eight (8) weeks of training had a significant effect on the performance of kho kho players. A graphical representation of the above table is made in figure no. 01.

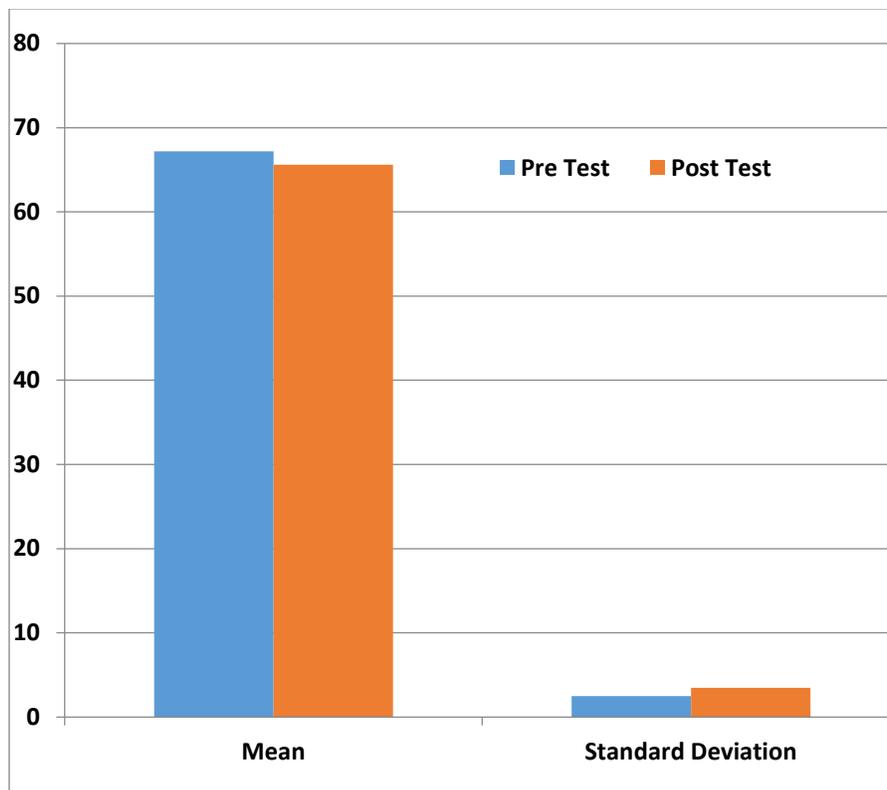


Fig. No. 1: Mean and Standard Deviation values of Pre and Post-test of Chain in Kho-Kho.

Table No. 2
 Comparison of mean values of pre and post-test of Pole Dive of Experimental Group

Test	Mean	Standard Deviation	Mean Difference	df	Standard Error	t-ratio
Pre-test	3.27	0.82	0.15	14	0.032	4.51*
Post-test	3.42	0.86				

*Significant at 0.05 level of significance $t_{(0.05)(14)} = 2.05$

Table – 2 shows that there is a significant difference among pre and post-test of chain in Kho-Kho players as the calculated value t-ratio 4.51 is higher than tabulated t-value 2.05 at 0.05 level of significance. Thus, it is proven that eight (8) weeks of training had a significant effect on the performance of kho kho players. A graphical representation of the above table is made in figure no. 02.

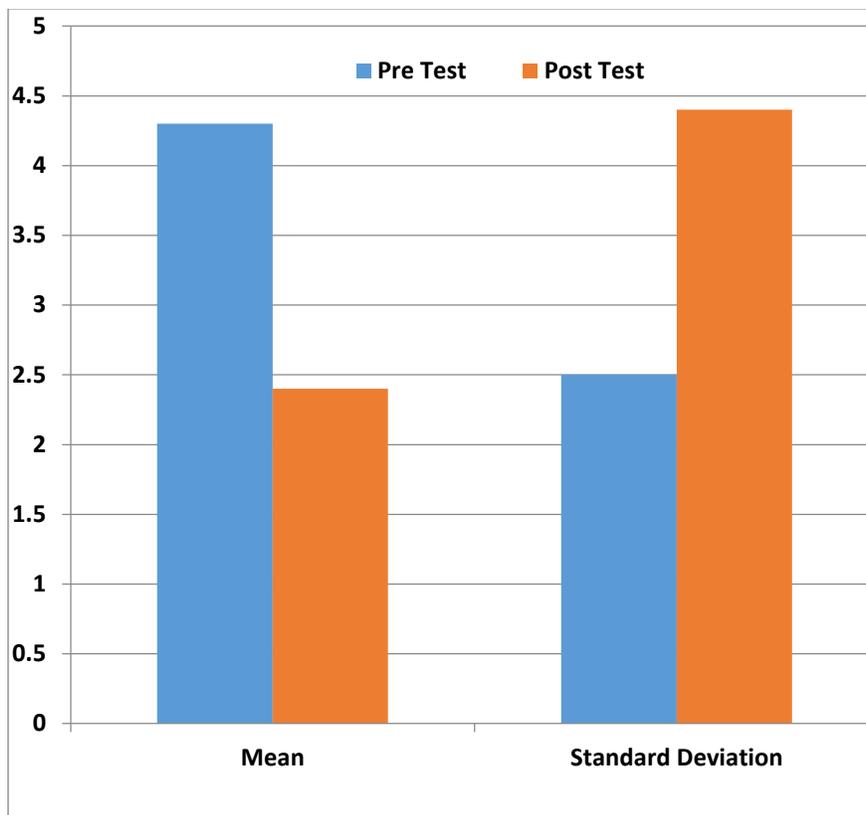


Fig. No. 2: Mean and Standard Deviation values of Pre and Post-test of Chain in Kho-Kho.

CONCLUSION

Moreover in terms of physical perspectives of Kho-Khoplaying has a significant contribution to the development of the Physical and motor fitness of players. On the basis of the analysis of data, the following conclusion may be drawn. Kho Kho skills training significantly improved the performance of chain and pole dive skills of Kho Kho players.

References:

- Amandeep Singh (2014). "Study of Selected Respiratory Indices Among Indigenous Game Players", Golden Research Thoughts ISSN 2231-5063 Impact Factor : 2.2052(UIF) Volume-4 | Issue-4 | Oct-2014.
- Baljinder Singh Bal, Parminder Jeet Kaur, Davinder Singh (2012). Effects of 6-week rope mallakhamb training on speed of movement, vital capacity and peak expiratory flow rate, Brazilian Journal of Biometricity, 2012; 6(1): pp. 25-32.
- Biddle, S. K., & Mohan S. J. (2012). A Comparative study of Speed among Kabaddi and Kho-Kho Players of Osmania University. International Journal of Health, Physical Education and Computer Science in Sports, Volume No. 6, No.1, pp. 70-71.
- Bosco, S. James and Gustafson F., William Measurement and Evaluation in Physical Education, Fitness and Sports (Englewood Cliffs, N.J. : Prentice Hall, Inc., 1983), p.159



- Charles, Corbin and Ruth, Lindsay., Concept of Physical Fitness (U. S. A. W. N. C. Brown Publication), (1991), p-2.
Corbin Charles and Ruth Lindsay, Concept of Physical Fitness (U. S. A. W. N. C. Brown Publication), (1991), p-2.
Hardayal Singh “Science of Sports Training”(New Delhi: D. V. S. Publication, 1991) , page. 15.
Heyward VH (2006). Advanced Fitness Assessment and Exercise Prescription, Human Kinetics publication, Champaign.
Mohanavalli P, Sreedhar K, Jothy (2013). Effect of silambam practice on body composition, and cardiovascular endurance among college girls, International Journal of Physical Education, Fitness and Sports. 2(4), ISSN 2277-5447
Rinku Tiwari (2015). “Reaction ability test for female Kho-Kho players”, International Journal of Physical Education, Sports and Health 2015; 2(1): pp. 177-179
Salgaonkar, A., Kulkarni, P., Katke, S., & Shaikh, A. (2020). Effects of fartleks training to improving endurance ability in male Kho-Kho players. International Journal of Physical Education, Sports and Health, 7(2), 254–259.
Singh Rupal, Hoshiyar Singh (2012). An evaluation of selected physical fitness variables of Kabaddi, Kho-kho& wrestling players from Haryana and Punjab, India, Research journal of physical education sciences.1(2): pp. 1-4
Singh, B. and Saini, S. (2014). Biomotor abilities between runner and chaser of Kho-Kho: a comparative study. Research Journal of Physical education sciences. 2(9): pp. 5-8.
Vishwajit Thakare (2015). “Effect of Mallakhamb on Vital Capacity and Cardiovascular Efficiency of High School Students”, Indian Streams Research Journal Impact Factor: 3.1560(UIF) ISSN 2230-7850 Vol. (5) 7, Aug – 2015.
<http://akilaavinuty.blogspot.com/2017/12/history-origin-and-development-of-kho.html>