

Training Programme of Khokho Game on Selected Kho-Kho Player through Physical Fitness and Psychological Dimension

Poonam Chaudhary

Lecturer Physical Education Diet Ghummanhera

Date of Submission: 08-07-2020

Date of Acceptance: 23-07-2020

ABSTRACT

Physical fitness is the state of one's body decided in term old enough, tallness, weight and chest extensions in term of nonappearance of deformities from illness, established affection or real sickness, full physical turn of events, energy, imperativeness and brilliant health ought to be found in one who is physically fit Anxiety is a multi framework reaction to an apparent danger or threat. It mirrors a mix of biochemical change in the body, the patient's very own history and memory and the social circumstance. These prerequisites might be anatomical, physiological or both. Nervousness is connected with sports brain research. During the last 10 to 15 years there has been a lot of contention in the sports brain research writing concerning a satisfactory meaning of uneasiness. Nervousness previously or during rivalries can upset your performance as player. A few sorts of players are increasingly inclined to feeling the impacts of tension on performance. The specialist has attempted to study of the impact of preparing system of Kho-Kho game on chosen player through physical fitness and mental measurement.

KEYWORDS: Physical, Fitness, Kho-Kho, Player, Sports etc

I. INTRODUCTION

1.1 KHO-KHO

The game of Kho-Kho a rational is the most well known game other than Kabaddi in rustic India having impressively long custom. At present it is generally well known among all the indigenous group games of India. Rivalries are held from school level to national level. Once in a while endeavors are being made to put this game fair and square of worldwide rivalry. The national enthusiasm for increasing the expectation of these games keeps on being high.

1.2 HISTORY OF KHO-KHO

Kho-Kho, an antiquated game of unified India, Probably was gotten from the distinctive technique and strategies of "Kuruksheetra" were in Mahabharata. The chariot fifth during the war and

crisscross pathways followed by the withdrawing fighters shows the development of chain play a barrier aptitude in the game of Kho-Kho. On the 13 the day of war, the head of Kaurav Army, Guru Dronacharya drew a run of the mill vital arrangement chakrabyuha keeping Jayadratha in primary passage with 7 fighters to attract and kill the adversary. Bir Abhimannu, the child of Arruna, Entered into the snare yet couldn't escape out and in the process got executed. He battled heroically alone against 7 fighters embraced by Abhumannu looks like Ring play a protection strategies in Kho-Kho game.

In the year 1936, during the occasion of Berlin Olympic one Kho-Kho group from Pune displayed the notable component of the game of Kho-Kho in Berlin. Kho-Kho, in view of common chiefs of physical turn of events, cultivates a healthy confrontational soul of group understanding. Asian title "96 was held in „tera flex" court at Kshudiram Anushilan Kendra, Kolkata.

Asian Kho-Kho federation (AKKF) appeared after the show game during third SAF Games held in Kolkata in 1987. Kho-Kho made its entrance into global sports region in a first Asian Kho-Kho Championship 96 held at Kolkata in 1996 under the Auspices of AKKF and KKF and sorted out by the west Bengal Kho-Kho Association (WBKKA), India and Bangladesh were the victors and next in line individually. The members are Bangladesh, Pakistan, Sri-Lanka's Nepal and host India. In second Asian Kho-Kho Championship in Dhaka 2000 India, Sri Lanka, Pakistan, Thailand, Japan and host Bangladesh partook.

1.3 FITNESS VARIABLES OF KHO-KHO

The fundamentals abilities of Kho-Kho are primarily pursuing and running under pursuing its comes shaft jump, chain kho, faking, make a plunge air and so forth under running it accompanies single chain, twofold chain, ring, faking, and so on.

Physical fitness is a property required for administration in for all intents and purposes every military power. Physical fitness contains two related ideas: general fitness (a condition of health and

prosperity) and explicit fitness (an errand arranged definition dependent on the capacity to perform explicit parts of sports or occupations). Physical fitness is commonly accomplished through exercise, right nourishment and enough rest. It is a significant piece of life. In earlier years, fitness was ordinarily characterized as the ability to complete the day's exercises without undue weakness. Be that as it may, as computerization expanded relaxation time, changes in ways of life following the modern unrest rendered this definition inadequate.

Various games gave to do the body exercises, in an unexpected way. Kho-Kho players are similarly conducive to building up these aptitudes among players. The hypothesis of Physical capacities is however it is quickly getting acknowledgment in the realm of sports. Be that as it may, there is no broad understanding in regards to the quantity of coordinative capacities required for sports.

1.4 CHARACTERISTICS OF KHO-KHO PLAYERS

Game of Kho-Kho is dominantly characterized by seeking after the rival players and furthermore players getting sought after. In the speech of Kho-Kho game seeking after the rival players is called Chasing, when the players of the group pursue their partners, the person's who are sought after attempt to get away or abstain from being captured. This demonstration of getting away from being captured or labeled is known as Dodging. In Kho-Kho coordinates ordinarily there will be two innings. In every inning, each group will pursue for one span (9 minutes/7 minutes) and evade for another term (9 minutes/7 minutes). This infers each individual from a group ought to be chaser during a pursuing turn and dodger, in the event that one gets a chance to evade. Never the less it isn't unprecedented among groups of standard to have several master chasers, master dodgers and a couple of allrounders who have reasonable degree of competency in both pursuing and evading. The jobs of pursuing and avoiding request from the players various arrangements of physiological, engine and mental qualities. It might be noticed that no examination contemplates were made to recognize chasers, dodgers and allrounders in exceptionally clear terms, endeavors were made by individuals related with kho-kho preparing and instructing to distinguish distinctive classification of Kho-Kho players observationally.

Chasers : Players who are offered with ideal development speed, leg touchy force, capacity of changing bearings rapidly and unequivocally forceful conduct, chance taking capacity oblivious

of wounds, venturistic demeanor, solid continuance, sound-related, visual, contact discernment and response time.

Dodgers : Players who are gave with better of vigorous limit, dexterous developments, which are transcendently crisscross residual, making 1800 turning development, avoiding, visual and sound-related discernment, quality perseverance and smoothness.

Allrounders: Players who are blessed with a reasonable level of physiological, engine and mental attributes of the two chasers and dodgers.

II. LITERATURE REVIEW

Jesudoss, Samuel (2019) The reason for this study was to think about the physical fitness factors between kho-kho and kabaddi players of higher auxiliary school girls. To accomplish the reason for the study, chose 15 kho-kho players and 15 kabaddi players from P.S.G.G. Kanya Gurukulam Higher Secondary School, Peelamedu, Coimbatore. who didn't take part in any of the unique preparing or the training program. Anyway they were permitted to partake in their ordinary physical education classes in the school according to their educational plan. The subjects were matured somewhere in the range of 20 and 25. For the study, the physical fitness factors chose were Endurance and Flexibility. To see if there was any critical contrast between kho-kho and kabaddi players, the reliant 't' proportion was utilized. The aftereffect of the study indicated that the there was a critical contrast in Endurance and Flexibility between kho-kho and kabaddi players of Higher Secondary School girls.

Shesh Nath Chauhan, Mohammad Gulam Sabir (2018) Sports Achievement inspiration is the propensity to attempt for progress and to pick objective arranged achievement or disappointment in exercises or games. Sport Achievement inspiration is a successful excitement state coordinating conduct of competitor in an accomplishment arranged activity cognitively assessed as possibly fulfilling. The reason for the study was to look at the degree of sports accomplishment inspiration between Male Kabaddi and KhoKho players of Banaras Hindu University. To accomplish these reason 40 male (Kabaddi=N-20 and Kho-Kho=N-20) entomb college players who were at that point took part in Inter college competition in 2016-2017 from Banaras Hindu University Varanasi, were chosen based on straightforward irregular testing methodology. The age extended between 19-24 years. For the particular reason for the current study and researcher own understanding the survey sports Achievement

Motivation scale built by Dr. M.L. Kamlesh was utilized. The data was broke down by applying t-test so as to decide the sports accomplishment inspiration score of Kabaddi and Kho-Kho players. The aftereffect of study uncovered that there was no critical distinction was found among Kabaddi and Kho-Kho players. Since t-estimation of (0.635*) was lower than the classified estimation of (2.024) with 38 df at 0.05 degree of noteworthy. The outcome shows that there was no huge distinction between male Kabaddi and Kho-Kho iner-college players.

S. Sumathi (2017) The reason for this study was to discover the impact of high-intensity exercise on chosen quality boundaries among kho-kho players. To accomplish the motivation behind the current study, thirty kho-kho players from Sri Sarada College of Physical Education for Women, Salem, Tamilnadu were chosen as subjects indiscriminately and their ages went from 18 to 25 years. The subjects were partitioned into two equivalent gatherings. The study was planned as a genuine arbitrary gathering configuration, comprising of a pre-test and post-test. The subjects (n= 30) were haphazardly doled out to two equivalent gatherings of fifteen kho-kho players each. The gatherings were allotted as control gathering and experimental gathering in an equal way. The preparation bunch partook the preparation for a time of about a month and a half and the post-tests were led. The subjects were tried preceding and after the experimentation on shoulder quality, chest area quality, touchy force and anaerobic force. The variable to be utilized in the current study was gathered from all subjects before they need to treat with the separate medicines. It was expected as pre-test. After consummation of treatment they were tried again as it was in the pre-test on all factors utilized in the current study. This test was accepted as post-test. The accompanying factual strategies were embraced to treat the gathered data regarding built up theory and destinations of this study. Analysis of covariance (ANCOVA) was utilized to test the treatment impact of the preparation programs on all the factors utilized in the study. It was seen that the a month and a half of high-intensity aerobics have altogether improved the chose quality boundaries of kho-kho players.

Rathore, Vishan & Bahadur Singh (2014)

The principle reason for this study will be to think about chosen physical and physiological factors of kabaddi and kho-kho between varsity Players. The example comprised of fifty male kabaddi and kho-kho focal zone between varsity Players by straightforward irregular examining technique. The chose physical fitness factors are dexterity, quality

and adaptability and physiological factors are systolic and diastolic weight, hemoglobin (Hb %) and resting beat rate. The consequences of t-proportion of it demonstrated critical distinction in some physical fitness and physiological boundaries of kabaddi and kho-kho intervarsity players. In physiological boundaries diastolic weight demonstrated huge distinction among kabaddi and kho-kho players. The diastolic weight of kho-kho intervarsity players more than kabaddi intervarsity players, which might be because of nature of game and development which request more blood volume with more noteworthy diastolic weight yet systolic weight, hemoglobin (Hb%) and resting beat rate communicated unimportant contrast among kabaddi and kho-kho intervarsity players. The exploration finding of some physical fitness boundaries showed noteworthy distinction among kabaddi and kho-kho intervarsity players. The readiness and touchy quality communicated critical distinction. The dexterity of kabaddi intervarsity players more than kho-kho players, which because of fast and rapid development in getting and assault The dangerous quality of kho-kho players higher than kabaddi intervarsity players yet Flexibility demonstrated immaterial distinction among kabaddi and kho-kho players.

III. STATEMENT OF THE PROBLEM

The current study was to discover the impact of explicit preparing on the chose physical fitness, physiological, psychological and aptitude factors of male secondary school kho-kho players.

IV. SIGNIFICANCE OF THE STUDY

1. The study will be useful to know the impact of explicit preparing on chosen physical fitness physiological psychological and aptitude factors of secondary school male kho-kho players
2. The study will be useful to plan preparing timetable to improve the impact of explicit preparing on the chose physical fitness, physiological, psychological and expertise factors of secondary school male khokho players
3. The study will be useful to acknowledge kho-kho players and mentors for their instructing reason.

V. METHODOLOGY

5.1 SELECTION OF VARIABLES

In view of the applicable writing that are seen and as per the perspectives on the expert physical education characters, the significance of variables at the elevated level performance,

practicality part of testing, the accompanying variables were chosen for this study, in particular physical fitness, physiological, psychological and ability variables. They are speed, continuance, nimbleness, imperative limit, stress, post jump and covering. A uniquely arranged gathering of activities was utilized for preparing and is considered as independent variable in this study.

5.2 INDEPENDENT VARIABLE

exact collection of exercises

5.3 DEPENDENT VARIABLES

- **PHYSICAL FITNESS VARIABLES**
 1. Speed
 2. Endurance
 3. Agility
- **PHYSIOLOGICAL VARIABLE**
 1. Vital capacity
- **PSYCHOLOGICAL VARIABLE**
 1. Stress
- **SKILL VARIABLES**
 1. Pole dive
 2. Covering

Table 1 Selection of Tests And Unit Of Measurements

Variables	Name of the test	Unit of measurements
Speed	30 Meters dash	seconds
Agility	6 X10 Meters Shuttle run	seconds
Endurance	One Mile run	Minutes and seconds
Vital capacity	Digital spirometer	Liters
Stress	Everdly and Girdando’s Questionnaire	points
Pole-Dive	Subjective rating	points
Covering	Subjective rating	points

5.4 EXPERIMENTAL DESIGN

The chose subjects (N=30) were separated into two gatherings each comprising of fifteen. The experimental gathering experienced the particular preparing for three days in seven days for one hour from 4.30 pm to 5.30 pm for about a month and a half altogether and the benchmark group was not associated with a particular preparing yet were of the agent in occupied with their typical exercises.

explicit preparing on the chose physical fitness, physiological, psychological and ability variables of secondary school male kho-kho players. ‘t’ proportion was determined to findout the noteworthiness distinction between the mean of pre and post trial of the gathering

$$\text{Mean} = \frac{\sum X}{N} \quad 't' = \frac{DM}{\sigma DM}$$

Formulae

DM – difference between the mean

σDM – standard error of the difference between means

5.5 STATISTICAL TECHNIQUES

The accompanying statistical methodology were utilized to assess the impact of

Table 2 Table Showing Mean Difference Standard Deviation And ‘T’ Value Of Experimental And Control Groups In Speed

Group	Mean	Md	Std.deviation	Std.error of the mean	‘t’	Table value
Experimental pre-test	5.55	0.12	0.25	0.65	12.35*	2.14
Experimental post test	5.43		0.23	0.60		
Control pre test	5.65	0.04	0.35	0.91	1.43	2.14
Control post test	5.61		0.34	0.90		

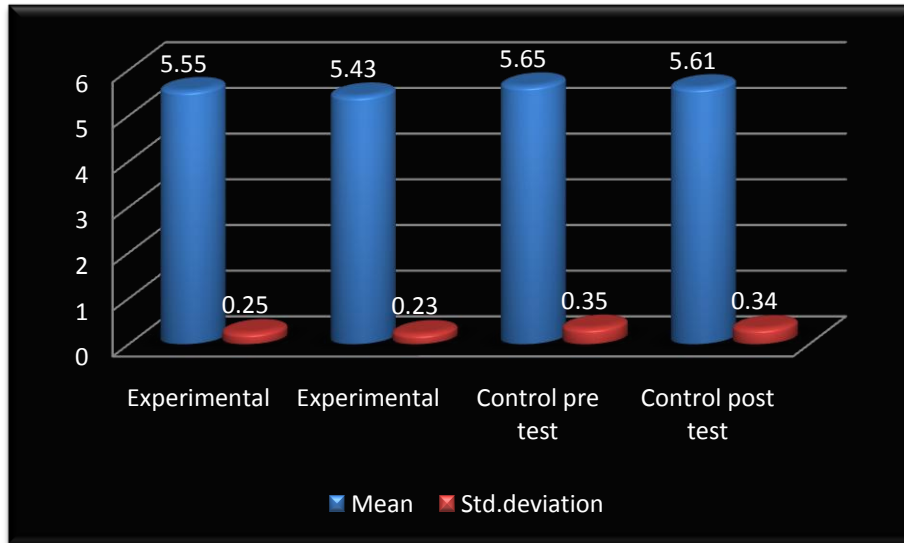


Figure 1 bar diagram showing pre and post test mean value of experimental group and control group in speed

Table 3 table showing mean difference standard deviation and ‘t’ value of experimental and control groups in agility

Group	Mean	Md	Std.deviation	Std. error of the mean	‘t’	Table value
Experimental pre-test	18.42	0.21	0.42	0.10	12.18*	2.14
Experimental post test	18.21		0.44	0.11		
Control pre test	18.53	0.03	0.67	0.17	1.83	2.14
Control post test	18.50		0.66	0.17		

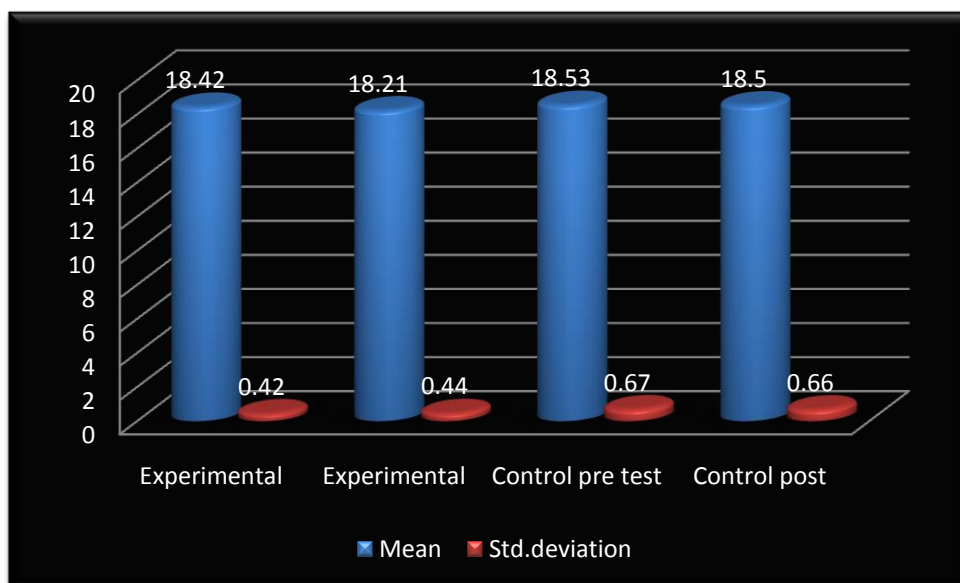


Figure 2 Bar Diagram Showing Pre And Post Test Mean Value Of Experimental Group And Control Group In Agility

VI. DISCUSSION ON FINDINGS

The consequence of the study shows that the experimental gathering that had experienced explicit preparing and improved physical fitness variables to be specific speed, spryness and continuance, Physiological variable to be specific fundamental limit, Psychological variable in particular pressure and expertise variables specifically shaft plunge and covering. This might be because of the impact of explicit preparing. From the aftereffect of the current study, it is reasoned that the experimental gathering improved in physical fitness, physiological, psychological and ability variables.

VII. CONCLUSIONS

In view of the statistical analysis and the constraint of the study, and results the accompanying ends are drawn.

- It was reasoned that experimental gathering fundamentally enhanced physical fitness variables to be specific speed, nimbleness and continuance.
- It was presumed that experimental gathering essentially enhanced physiological variable in particular crucial limit
- It was presumed that experimental gathering essentially diminished on psychological variable specifically stress.
- It was inferred that experimental gathering altogether enhanced ability variables specifically shaft jump and covering.
- Further it was inferred that the benchmark group shows inconsequential enhancement for physical fitness physiological psychological and expertise variables.

REFERENCES

- [1]. Jesudoss, Samuel. (2019). Analysis of physical fitness variables of kho-kho and kabaddi players.
- [2]. Shesh Nath Chauhan, Mohammad Gulam Sabir.(2018). Sports achievement motivation between male Kabaddi and Kho-Kho players: A comparison. International Journal of Yoga, Physiotherapy and Physical Education ISSN: 2456-5067 Impact Factor: RJIF 5.24 www.sportsjournal.in Volume 3; Issue 2; March 2018; Page No. 252-254
- [3]. S. Sumathi.(2017). EFFECT OF CIRCUIT TRAINING ON SELECTED STRENGTH PARAMETRES AMONG KHO-KHO PLAYERS. International Journal of Computational Research and Development (IJCRD) Impact Factor: 4.775, ISSN (Online): 2456 - 3137
- [4]. Rathore, Vishan & Bahadur Singh, Arvind. (2014). Analysis of Physical and Physiological Parameters of Kabaddi and Kho-Kho Inter-Varsity Players. American Journal of Sports Science and Medicine. 2. 13-16. 10.12691/ajssm-2-5A-4.
- [5]. Madhuri T. Waghchoure. Measurements and evaluation in physical education study of kho-kho game. Friends' publications. New Delhi – 110002 (India), 2006.
- [6]. M.L. Kamlesh. Educational Sports psychology friend's publications. New Delhi –110002 (Indian), 2009
- [7]. Ajmir singh. et. al. (2008). "Essentials of physical education". Ludhiana:Kalyani publishers.
- [8]. Rathod CL, Nadakatti V. A Comparative Study on Selected Physical Fitness Components of Kabaddi And Kho-Kho Players of Vijayapur School Children. Editorial Board, 2016, 37.
- [9]. Demetriou Y, Sudeck G, Thiel A, Höner O. The effects of school-based physical activity interventions on students' health-related fitness knowledge: A systematic review. Educational Research Review, 2015; 16:19-40.
- [10]. Demetriou Y, Sudeck G, Thiel A, Höner O. The effects of school-based physical activity interventions on students' health-related fitness knowledge: A systematic review. Educational Research Review, 2015; 16:19-40.