International Journal of Advanced Education and Research
ISSN: 2455-5746; Impact Factor: RJIF 5.34
Received: 17-09-2019; Accepted: 22-10-2019
www.alleducationjournal.com
Volume 4; Issue 6; November 2019; Page No. 59-61

A study of offense skill among kabaddi players

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Abstract
In this study an attempt has been made to know the effect of offensive skill test in Kabaddi. For the present investigation, 300 Kabaddi players were selected from Novice, Median and Expert groups. Hand touch tool was used to know the players ability. Based on mean and standard deviation, t-Test was calculated. The skill test norms set for Kabaddi game have predominantly shown a greater impact on the standardization of skill test norms in Kabaddi game. The three selected groups, Expert, Median and Novice groups have significantly deferred among them with regard to the hand touch skill.

Keywords: offense skill, kabbaddi players, novice, median, expert

Introduction
Though Kabaddi is primarily an Indian game, not much is known about the origin of this game. There is, however, concrete evidence, that the game is 4,000 year old. It is a team sport, which requires both skill and power, and combines the characteristics of wrestling and rugby. It was originally meant to develop self defence, in addition to responses to attack, and reflexes of counter attack by individuals, and by groups or teams. It is a rather simple and inexpensive game, and neither requires a massive playing area, nor any expensive equipment. This explains the popularity of the game in rural India. Kabaddi is played all over Asia with minor variations. The game of Kabaddi takes two forms -Rectangular and Circular. Although the history of both is uncertain, specific information points to when/how Kabaddi was initiated and grew from its roots.
Kabaddi is played in many states and territories of India and Pakistan, each having their own Kabaddi Association. Universities, Schools and local club teams have developed as well as a National Team. Several Teams abound within the Services (i.e. Army, Police, Railways) as well as in large Private Companies.

Offence Skill
Like any other combative sport, Kabaddi is a game of offence and defence. Raid is the offence part of the game. The main feature of the game is raiding on the opponent's court, alternatively by both the team players. The singularity of this game is that, the defence is done with team work, whereas attack is made by only one player against a team. This attack is known as a raid and is completely an individual effort. Offence is a sum total of raiding techniques and tactics, where footwork plays a major role. Since raid is a means to score more points, the offence part of the game is given prime importance in Kabaddi.
Kabaddi being an old competitive game there is a dearth of research with regards to valid skill tests for the evaluation of the players' performance. Hence, an attempt has been made to standardize the skill test norms in Kabaddi.

Significance of the Study
Kabaddi has become a topic of common knowledge of the people in India as it is an indigenous game of India and game has suffered considerably because of its organisational deadlock at the state and national level. The study will convey information to the students, teachers of physical education, coaches, trainees, officials and sports organisations of the country regarding some of hindrances which impede the progress of Kabaddi. The present study will bring to light outstanding performance of Kabaddi players (novice, median and expert) and the teams.

Objectives of the Study
The main objectives of the study are as follows:
1. Is there any significant difference in relation to the offensive skill (hand touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.
2. Is there any significant difference in relation to the offensive skill (toe touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.
3. Is there any significant difference in relation to the offensive skill (back-kick touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.

Hypotheses
1. There might not be any significant difference in relation to the offensive skill (hand touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.
2. There might not be any significant difference in relation to the offensive skill (toe touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.
3. There might not be any significant difference in relation to the offensive skill (back-kick touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.

Limitations
The study delimited to: It is conducted on 300 Kabaddi players. The selected subjects were divided into three groups (novice, median and expert).

Review of Literature

Devaraju K. and R. Kalidasan R. (2012) [1] predicted the Kabaddi playing ability from selected anthropometrical and physical variables among college level players. The results also revealed that speed, agility, weight and flexibility become the common characteristics which can predict the playing ability in Kabaddi players. Abhishek Verma, Devpal Rana and Abhimanyu Singh (2011) [2] conducted a study to develop the physical profile of Kabaddi players. The results of study indicates that in case of 50 yard dash, standing broad jump and shuttle run Kabaddi Players were having average in scores. In case of standing broad jump kabaddi Players scored above average. GL Khanna, P Majumdar, V Malik, T Vrinda and M Mandal (1996) [3] determined the physical and physiological profile of kabaddi players and the physiological demands of playing a kabaddi match.

Methodology

Sample: For the present investigation, 300 Kabaddi players were considered as shown below.

Table 1: Distribution of Respondents

Sl. No.	Name of the group	Number	Age (in years)	Experience
1.	Group A (Novice)	100	13-15	< 2 years
2.	Group B (Median)	100	15-17	3-5 years
3.	Group C (Expert)	100	18-22	> 5 yeas

Tool Used

Hand touch tool was used to know the players ability. The procedure is followed is as the raider enters the court and executes the Hand touch in three zones with and without players in a given time of 45 seconds. The scoring is three trails were given for 45 seconds each. The raider has to score maximum points by Hand touch the defenders.

Statistical Technique

To know the significance difference between the variables on usage of computers in secondary schools, mean and standard deviation has been calculated. Based on mean and standard deviation, t-Test was paired sample T-test calculated whenever two groups are involved in a variable t-test was applied. The analysis was done by using the software package SPSS-17.0.

Results and Discussion

The analysed data are interpreted in the form of tables and graphs in forthcoming sections.

H1: There might not be any significant difference in relation to the offensive skill (hand touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.

Table 2: Mean, Standard Deviation, degrees of freedom and t-value in relation to the offensive skill (hand touch) in Kabaddi

Sl. No.	Group	N	Mean	SD	(df)	t-value	Significance
1.	Novice	100	23.14	2.99	198	4.907	0.000
	Median	100	24.97	2.22			
2.	Median	100	24.97	2.23	198	42.087	0.000
	Expert	100	35.69	1.24			
3.	Novice	100	23.14	2.99	198	38.769	0.000
	Expert	100	35.69	1.24			

Novice & Median

The mean value of novice groups is 23.14, standard deviation value is 2.99, similarly the mean value of median group is 24.97 and standard deviation value is 2.22. Since the calculated t value (4.907) is much greater than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was a significant difference in the scores of the two groups (novice group and median group).

Median & Expert

The mean value of median groups is 24.97, standard deviation value is 2.23, similarly the mean value of expert group is 35.69 and standard deviation value is 1.24. Since the calculated t value (42.087) is much greater than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was a significant difference in the scores of the two groups (median group and expert group).

Expert & Novice

The mean value of expert group is 23.14, standard deviation value is 2.99, similarly the mean value of novice group is 35.69 and standard deviation value is 1.24. Since the calculated t value (38.769) is greater than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was a significant difference in the scores of the two groups (Novice group and Expert group).

H2: There might not be any significant difference in relation to the offensive skill (toe touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.

Table 3: Mean, Standard Deviation, degrees of freedom and t-value between in relation to offensive skill (toe touch) in Kabaddi

Sl.No.	Group	N	Mean	SD	df	t-value	Significance
1.	Novice	100	25.39	2.23	198	1.016	0.311
	Median	100	26.69	1.92			
2.	Median	100	26.69	1.92	198	4.616	0.000
	Expert	100	27.82	4.19			
3.	Novice	100	25.39	2.23	198	5.113	0.00
	Expert	100	27.82	4.19			

Novice and Median

The mean value of novice groups is 25.39, standard deviation value is 2.23, similarly the mean value of median group is 26.69 and standard deviation value is 1.92. Since the calculated t value (1.016) is less than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was no significant difference in the scores of the two groups (novice group and median group).

Median and Expert
The mean value of median groups is 26.69, standard deviation value is 1.92, similarly the mean value of expert group is 27.82 and standard deviation value is 4.19. Since the calculated t value (4.616) is greater than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was a significant difference in the scores of the two groups (median group and expert group).

Expert and Novice
The mean value of expert group is 25.39, standard deviation value is 2.23, similarly the mean value of novice group is 27.82 and standard deviation value is 4.19. Since the calculated t value (5.113) is higher than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was a significant difference in the scores of the two groups (expert group and novice group).

H3: There might not be any significant difference in relation to the offensive skill (back-kick touch) in Kabaddi between (a) Novice group and Median group, (b) Median group vs. Expert group and (c) Novice group and Expert group.

Table 4: Mean, Standard Deviation, degrees of freedom and t-value in relation to the offensive skill (back-kick) in Kabaddi

Sl. No.	Group	N	Mean	SD	df	t-value	Significance
1.	Novice	100	145.87	4.20	198	0.859	0.392
	Median	100	146.20	18.87			
2.	Median	100	146.20	18.87	198	4.578	0.000
	Expert	100	152.85	0.94			
3.	Novice	100	145.87	4.20	198	16.202	0.000
	Expert	100	152.85	0.94			

Novice and Median
The mean value of novice groups is 145.87, standard deviation value is 4.20, similarly the mean value of median group is 146.20 and standard deviation value is 0.94. Since the calculated t value (0.859) is less than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was no significant difference in the scores of the two groups (novice group and median group).

Median and Expert
The mean value of median groups is 146.20, standard deviation value is 18.87, similarly the mean value of expert group is 152.85 and standard deviation value is 0.94. Since the calculated t value (4.578) is much greater than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was a significant difference in the scores of the two groups (median group and expert group).

Expert and Novice
The mean value of expert group is 145.87, standard deviation value is 4.20, similarly the mean value of novice group is 152.85 and standard deviation value is 0.94. Since the calculated t value (16.202) is higher than the tabulated t value (2.576) at (p=0.010) at 198 degrees of freedom and on the basis of the evidence it is concluded that there was a significant difference in the scores of the two groups (expert group and novice group).

Findings
1. A significant difference was found between novice and median in relation to the offence skill [Hand Touch] where the median group has scored higher than novice group.
2. A significant difference was found between median and expert in relation to the offence skill [Hand Touch] where the expert group has scored higher than median group.
3. A significant difference was found between novice and expert in relation to the offence skill [Hand Touch] where the expert group has scored higher than novice group.

Conclusions
On the basis of the results and discussion apprehended, the following conclusions were drawn:
From the obtained results and discussions held and on the basis of discussions lead to final conclusion for the study under report. The skill test norms set for Kabaddi game have predominantly shown a greater impact on the standardization of skill test norms in Kabaddi game. The three selected groups, Expert, Median and Novice groups have significantly deferred among them with regard to the hand touch skill. It was scientifically approved that the highly significant different were recovered and let to final findings of the present research.

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