ABSTRACT

“SOMATOTYPE BODY COMPOSITION BODY PROPORTIONALITY AND SELECTED PHYSIOLOGICAL AND PSYCHOLOGICAL CHARACTERISTICS OF MEN KABADDI PLAYERS AT VARIOUS LEVELS”

PURPOSE: To determine and compare selected anthropometric, physiological and psychological variable of kabaddi players at various levels. Various levels are college, zonal University and All India men Kabaddi players. The secondary purpose was to determine and to compare players of different ability types are all round, offense and defense kabaddi player.

SUBJECTS: There were a total of 120 male kabaddi players in the entire study. Of which 48 of them belonged to College level, 36 to Zonal University level and 36 to All India University level. Totally 28 all round, 43 defense and 49 offence kabaddi players were identified by subjective performance rating during the tournament by three experienced Sports Authority of Indian Kabaddi Coaches. At all India level 7 all round, 9 defense and 20 offence players were identified. At College level 11 all round, 20 defenses and 17 offence players were identified. Descriptive statistics were calculated for various levels and different players’ types.

METHODS: Somatotype, percent body fat, body proportionality of upper and lower extremity, anaerobic power, aerobic capacity, aggression and self confidence were assessed on all 120 subjects. The somatotype and the players were calculated by the Heath – Carter method. Percent body fat and the players were calculated by generalized skinfold equation furnished by Jackson and Pollock. Body proportionality of the players were calculated by Ross and Ward method. Anaerobic power was calculated using the Margania test of 50 years run with 15 years running aerobic power field test. Aerobic capacity was calculated using Astrand rhyming nomogram method. Aggression of the subjects was calculated by aggression questioner developed by Kumar and Shankar. To find out the statistical significance an alpha of .05 was used.

RESULTS: Significance different were observed only in mesomorphic component at various levels and kabaddi players and no difference was found on player type across all ability type and kabaddi players. No significance differences were observed on percent body fat among various levels and ability type of kabaddi players. At all levels and ability type the lower extremity is longer when compared the upper extremity. There was significant different between All India University and college level and zonal University and college level kabaddi player on anaerobic power. There was significant difference in aggression between All India and College level players. There was significant difference in self confidence between All India and zonal and zonal and college level kabaddi players.

CONCLUSION: When the skills of the kabaddi players improve the mesomorphic component of the somototype, anaerobic power and self confidence improve where as the aggression level decreases. There is no evidence to show any marked difference between ability type and kabaddi players.

KEY WORDS: Kabaddi, anthropometry, anaerobic power, aerobic capacity, Aggression, self confidence.