# TABLE OF CONTENTS

Preface iii  
Acknowledgement iv  
List of Tables xi  
List of Illustrations xii  
List of Appendices xiii  

## CHAPTER - I  
INTRODUCTION 01 - 27  

1.1 Modern Sports, Games, Exercise and Performance 01  
1.2 Nature of the Game 08  
1.3 Reason for selection of the Physical, Anthropometrical and Psychological Variables 13  
1.4 Reason for selection for Physical Variables 13  
1.5 Reason for selection for Anthropometrical Variables 13  
1.6 Reason for selection for Psychological Variables 14  
1.7 Statement of the Problem 19  
1.8 Objective of the Study 19  
1.9 Delimitation 20  
1.10 Limitation 20  
1.11 Definition and Explanation of the Terms 21  
1.11.1 Speed 21  
1.11.2 Agility 21  
1.11.3 Power 21  
1.11.4 Endurance 21  
1.11.5 Flexibility 22  
1.11.6 Trunk Length 22  
1.11.7 Height 22  
1.11.8 Arm Length 22  
1.11.9 Leg Length 23  
1.11.10 Weight 23
1.11.11. Aggression 23
1.11.12. Anxiety 23
1.11.13. Self-Confidence 23
1.11.14. Performance 24
1.11.15. Kabaddi 24
1.12. Hypothesis 24
1.13. Significance of the Study 26

CHAPTER - II
REVIEW OF RELATED LITERATURE 28 - 70
2.1 Studies on Kabaddi Game 28
2.2 Studies on Physical Variables 38
2.3 Studies on Anthropometrical Variables 51
2.4 Studies on Psychological Variables 57

CHAPTER - III
METHODOLOGY 71 - 95
3.1 Selection of the Subject 71
3.2 Sample Size of the Study 71
3.3 Selection of the Variables for the Study 71
3.4 Instrument Reliability 72
3.5 Tester Competency 73
3.6 Subject Reliability 73
3.7 Orientation of the Subject and General Procedure of the Test Administration 73
3.8 Collection of Data 74
3.8.1 Physical Variables 75
3.8.2 Anthropometrical Variables 75
3.8.3 Psychological Variables 75
3.9 Criterion Measurements 75
3.10 Measurement of Criterion Variables 76
3.10.1 Physical Variables 76
3.10.2 Anthropometrical Variables 76
3.10.3 Psychological Variables 77
3.11 Performance 77
3.12 Procedure of Administration of Tests 77
3.13 Procedure of Tests and Measures 77
  3.13.1 Speed 77
  3.13.2 Agility 80
  3.13.3 Power 80
  3.13.4 Pull-ups 83
  3.13.5 Flexibility 83
  3.13.6 Endurance 85
  3.13.7 Trunk Length 87
  3.13.8 Height 87
  3.13.9 Arm Length 89
  3.13.10 Leg Length 89
  3.13.11 Weight 89
  3.13.12 Anxiety 92
  3.13.13 Aggression 93
  3.13.14 Self-Confidence 95
3.14 Design of the Study and Statistical Technique 95

Chapter - IV
ANALYSIS AND INTERPRETATION OF DATA 96 - 145
4.1 Hypothesis 97
4.2 Multiple Regression of Performance in Kabaddi on the Study Variables 103
4.3 Step-wise Regression of Performance in Kabaddi on the Physical Variables 106
4.4 Step-wise Regression of Performance in Kabaddi on the Anthropometrical Variables 113
4.5 Step-wise Regression of Performance in Kabaddi on the Psychological Variables 117
4.6 Step-wise Regression of Performance in Kabaddi on Physical, Anthropometrical and Psychological Variables 121
4.7 Discussion on Findings 129

Chapter - V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS 146 - 148
5.1 Summary 146
5.2 Conclusions 147
5.3 Recommendations 149

BIBLIOGRAPHY 149 - 157
Books 149
Journals and Periodicals 151
Unpublished Thesis 154