COMPARATIVE STUDY OF SELECTED PHYSIOLOGICAL AND ANTHROPOMETRICAL VARIABLES OF KABADDI AND KHO-KHO PLAYERS OF HARYANA

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ABSTRACT

Anthropometry and physiology play an important role in deciding the particular build of the body with various measurements of the segments of the body it has also its importance in the filed of Kabaddi and Kho-Kho game. Some what or altogether the body height length of various level and measurements of the varies body segments, pulse rate blood pressure Haemoglobin, vital capacity and body composition have definite effects on the performance of these game players. The investigator in the present study made an effort to test this hunch to compare the difference between the various physiological and Anthropometrical measurements of Kabaddi and Kho-Kho players. The present comparative study is related Kho-Kho and Kabaddi players in relation to anthropometry and physiological variables. In the present investigation, Kho-Kho and Kabaddi players were the field of study. In the present study, 120 male Kabaddi and 120 male Kho-Kho players of Haryana who participated in Haryana Olympic Games and Haryana State Kho-Kho and Kabaddi Championships. The players who remained in last ten teams were selected during the State Championship. To know the difference between Kho-Kho and Kabaddi players in relation to anthropometry and physiological variables, ‘t’ test was applied.

From the results, it may be concluded that there is a significant difference in weight of Kho-Kho and Kabaddi players. The weight of Kabaddi players is much higher in comparison to weight of Kho-Kho players.
It was also concluded that there is a significant difference in linear measurements such as, height, lower leg length, foot length, foot width, total arm length, forearm length, sitting height in comparison to Kho-Kho players. Kabaddi players are found more in weight, weight, height, lower leg length, foot length, foot width, total arm length, forearm length, sitting height in comparison to Kho-Kho players. But no significant difference was found in total leg length, thigh length, upper arm length, hand length, trunk length. Regarding body circumferences, there is a significant difference in shoulder, chest, hip, thigh, calf between Kabaddi and Kho-Kho players. Kabaddi players are found more in shoulder, chest circumferences, hip, thigh, calf, but there is no significant difference was found in abdomen. Regarding bone diameter, there is a significant difference in biacromial and ankle diameters. Kabaddi players are found more in biacromial and ankle diameters in comparison to Kho-Kho players. But no significant difference was found in bitrochanteric diameters and femur bicondylar between Kabaddi and Kho-Kho players. Regarding skin-fold, there is a significant difference in biceps, and suprailiac. Kabaddi players are found more in biceps and suprailiac in comparison to Kho-Kho players. But no significant difference was found in triceps, subscapular, thigh and calf between Kabaddi and Kho-Kho players. Regarding body composition, there is a significant difference in, Fat percent, fat weight and lean body mass. Kabaddi players are found more in Fat percent, fat weight and lean body mass in comparison to Kho-Kho players. There is a significant difference in body density between Kabaddi and Kho-Kho players. Kho-Kho players are more in body density in comparison to Kabaddi players.

In case of physiological parameters, there is a significant difference in diastolic blood pressure, haemoglobin and basal pulse rate. Kabaddi layers are found more in diastolic blood pressure, haemoglobin in comparison to Kho-Kho players. But no significant difference was found in systolic blood pressure, FEV1 and PEF between Kabaddi and Kho-Kho players.