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Construction of Reaction Ability Test for Kabaddi

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Abstract:

The present study was under taken to study of construction of reaction ability test for kabaddi. Kabaddi players were taken from various districts in Andhra Pradesh, at the age group of 16 years boys and girls. Coefficient of correlation was for Boys 0.97 and coefficient of correlation was for girls 0.98.

1. Introduction

Physical Education aims at strengthening the learning process of children and youth so as to make them responsible citizens in our democratic society. Games Sports, Dances and Art act as important cultural bridges between people of world. International competitions such as Olympic Games, Dance festivals Art Exhibitions act as integrating agents between nations. Sports improve life style. Outstanding sportsmen and women enjoy higher social status in the modern society. However, to become a good player, one needs to spend more amounts on equipment. As India is a developing country, people at the lower strata are unable to spend money on games. However, in the given circumstances, most of the enthusiastic children are attracted to the less expensive games like Kabaddi and Kho-Kho. Kabaddi is a popular game in India. The origin of kabaddi can be traced to pre historic times. There was however strong evidence that the kabaddi game is 4000 years old. Kabaddi also finds place in Hindu mythology. A dramatized version of the great India epic the "Mahabharata" has made an analogy of the game to a fight situation faced by Abhimanyu, the hero of the Pandava kings. When he is trapped in the chakravyuh surrendered on all sides of the enemy.

2. Kabaddi

Kabaddi is basically a combative team game played by both men and women. There are several forms of kabaddi, i.e Amar, Gemini, Sanjeevani, Chedugudu, Circle type kabaddi, beach kabaddi and Indoor kabaddi. Whatever may be the type of kabaddi the game is played between two teams? The number of players played in each type is different. Each type of kabaddi has its own set of rules. However, the present study is confined to only International Kabaddi, which is played in our country which is regulated by Kabaddi Federation of India and International Kabaddi Federation. The core idea of the game is to score points by riding into the opponent court and touching as many defense players as possible without getting catch on a single breath. One player chanting kabaddi – kabaddi – kabaddi, charges into the opponent court and try to touch the opponent closest to him, while the opponent make maneuvers to catch the attacks. Each team takes alternative chances at offense is called the raider. The raider are used offensives skills and the anti-raider or defensive player are used the defensive skills. So that purpose I should developed or innovate the new offensive and defensive skill test.

3. Need of the New Skill Tests

In ancient dates to till today kabaddi played under the different names and different shapes of courts or grounds. Example : Amar type of kabaddi, Gemini type of kabaddi, Sanjeevani type of kabaddi, Chedugudu type of kabaddi, Beach type of kabaddi, Circle type of kabaddi and Indoor type of kabaddi in modern world. Rapid changes took place in the kabaddi game during the recent years. This game is spreading its wings in the others parts of the world also. For survival of any game, talent identification becomes crucial issue. Skill tests are essential for identifying the talent. This skill test will be useful to physical education teacher's coaches and kabaddi experts to identify the kabaddi players.

4. Objective of the Study

To implement the reaction ability test for kabaddi players. This is useful to all the kabaddi players to assess the offensive skill like Toe- touch performance.

4.1. Statement of the Problem

The purpose of the study is to construct of reaction ability test for 16 years boys & girls kabaddi players for identification talent.

4.2. Significance of the Study

- The study may help to classify the Kabaddi player ability offense and defense skills by these new norms.
- The results of the study may help the coaches and physical education teachers to identify the individual's performance in offensive skill.
- The study may help the coaches and physical education teachers to construct a sound training programme for the beginners and old players by giving more importance to the offense skills.
- The findings of the study may contribute to the body of knowledge in the specialized area of tests construction and norms computation.
- The study would be further motivating others for further research studies on other skills in Kabaddi and for norm construction of related skills.
- This study may be significant in providing feedback mechanism and will add to the critical literature in field of sports.

5. Methodology

Selection of skill for the test (items in the test): To identify the skills, the researcher has chosen video analysis technique by involving 12 experts in Kabaddi. Only coaches and physical education teachers having 15 years of experience in the field of Kabaddi are taken as experts. Experts have identified Toe-touch offense skill is essential skills for the Kabaddi.

6. Design for the investigation

Such Reaction Ability test to identify and developing basing on the fundamental and advanced skill of toe- touch in kabaddi. The test will be applied on various levels of kabaddi players in the age group of 16 years boys and girls. These test will be conduct twice as the same group and consistency results acknowledged these results are calculated by the statistically methods. After constrict the test, will be developed how to measure the different test. By following various tests measurements are favorable for or not will be observed. Once again opinion of the coaches and experts in this game are taking in to consideration.

7. Test Administration Reaction Ability Test

7.1. Objective

To measure reaction ability and Toe Touch skill, and visual capacity

7.2. Skill

Toe touch skill

7.3. Equipment

4-Bit Random LED Generator (Four color led equipment), Table, stopwatch, measuring tape, Four colors cones or balls (Red, blue, Green and yellow), chalk powder and score sheets.

7.4. Test Area

Outdoor /indoor kabaddi ground.

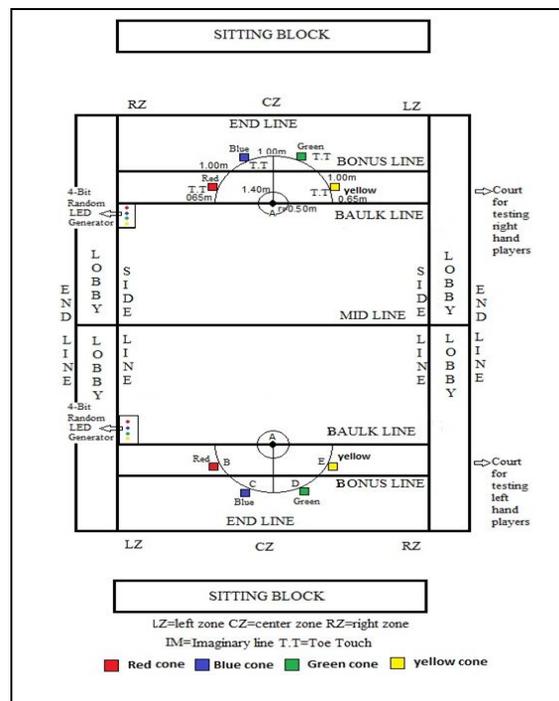


Figure 1: LED Random colors

1. Blue, 2. Green, 3. Red, 4. Yellow, 5. Green 6. Red, 7. Yellow, 8. Blue 9. Yellow, 10. Blue, 11. Green, 12. Red, 13. Green, 14. Blue, 15. Red, 16. Yellow, 17. Red, 18. Green, 19. Yellow, 20. Blue

7.5. Description of Marking

We have to choose a standardized ground for indoor/ outdoor kabaddi. On the Baulk line 'A' point has to be marked at the middle. A half circle is to be drawn towards the end line basing on the 'A' point which is on the middle of the baulk line, with 1.40 meter of radius. Four points are to be marked on the exact half circle line with B, C, D and E with 1.00 meters distance between each one of the said four points, the ends should touch the Baulk line. On the half circle a Red coloured cone shaped plastic frame is to be fixed at 'B' point. A blue coloured cone shaped plastic frame is to be fixed at 'C' point. A green colored cone shaped plastic frame is to be fixed at "D" point and similarly a yellow coloured cone shaped plastic frame to be fixed at "E" point. A circle is to be drawn basing on the 'A' point, with the 0.50 meter of radius. The four bulbs equipment is to be arranged on the right side of the sideline between the center line and baulk line for the convenience of right hand kabaddi players. Similar equipment is to be arranged on the left side of the sideline between the center line and baulk line for the convenience of left hand kabaddi players.

7.6. How to Conduct the Test

The subject has to stand in crouch position putting his/her leading leg [right leg] on the point "A", and he should stretch his/her another leg behind the backs anywhere as per the convenience between the center line and baulk line. His / Her body has to face towards the fixed equipment on the right side. This is for the right hand players. A similar arrangement should be made on the left side for left hand players. Left leg has to keep on 'A' point and his/her back leg/ right leg behind the backs anywhere as per the convenience between the center line and baulk line. The body has to face towards the fixed equipment on the left side. This is for the left hand players. The test should be explained and demonstrated and after that regarding skills of the game i.e. Toe touch is also explained. At the blow of the whistle, the subject is supposed to touch the B, C, D. & E points, which are marked with different colors, in order to exhibit his skill, duly following the colour light indication on the equipment. While making the toe touch, the back leg that is right/left should not cross the 'A' circle, lest he/she may loose the point. The Subject is to be given one trial practice.

7.7. Scoring

According to this procedure the subject is awarded the one point, if he is able to touch the point on the half circle, which is indicated by him, the colour of the lighted bulb on the equipment, which means that the colour of the point and the lighted bulb both should be same. The subject gains points depending upon his ability & accuracy to touch the four points on the half circle, at the speed of coloured bulbs, which lights with a gap of 1.5 seconds one after another, for the main purpose is to measure the skills of the players, for which each subject is given a time of 30 seconds. The number of correct touches is taken as the final score.

7.8. Test Personnel

- Five testers are required in the test
- The first tester has to start 4-Bit Random LED Generator (Four color led equipment).
- The Second tester has to record the correct touches of the red colour object, when the bulb lighted red.

- The Third tester has to record the correct touches of the blue colour object, when the bulb lighted blue.
- The Fourth tester has to record the correct touches of the Green colour object, when the bulb lighted Green.
- The Fifth tester has to record the correct touches of the Yellow colour object, when the bulb lighted Yellow.

8. Analysis of the Data

The data is taken from the various districts in Andhra Pradesh. The group of subjects 16 year boys & girls statically analyzed variable reaction ability test by use of mean, standard deviation and T scores. The level of significance was at 0.05 level confidences.

Variables	A M	S D	Coefficient of Correlation
Reaction Ability Test For Boys	6.8	2.431202	0.976681
Reaction Ability Test For Girls	5.8	2.003853	0.981071

Table 1

9. Statistical Methods Adopted

The raw scores collected by conducting the skill test would be converted into standardized scores. Further statistical analysis involving mean, slandered deviations, regression analysis, weighted average, graphical representation, six sigma scales, range of co-relation, multiple co-relation and percentile scores for preparation of norms.

10. Conclusion and Recommendations

- Similar study may be conducted on various age groups and various genders
- Similar study may be taken to various body types.
- Similar study may be taken to physical education teachers and coaches to improve the Toe-touch skill

11. References

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