

A study an Oregon motor fitness test batteries of Kabaddi and wrestlers

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Abstract

The purpose of this study to make a comparison of Oregon motor fitness test batteries between Kabaddi and Wrestlers, the present study was conducted on male Kabaddi and Wrestling players selected subject from Davanagere district, Karnataka various high schools all players were represented in division level sports competitions Forty (40) players from Kabaddi and Forty (40) players from wrestling the age of the subjects ranging from 14 to 17 years, study findings Oregon motor fitness test batteries confined that there is significant difference between Kabaddi and wrestling players. Standing broad jump, Floor push-ups and Knee-touch sit - ups Wrestler have more fit then kabaddi players The t' values which were then table value 1.96 at 0.05 level.

Key word: Oregon, motor fitness, Wrestlers and kabaddi.

Introduction

Sport is a huge part of everyone's life, and it has come out that people around the world are beginning to give more importance to sports than education; Sports are a variety of physical activities that aim to maintain or improve one's physical skills or growth. Both formal and informal ones are possible.

Sports training focuses on improving motor abilities related to a certain sport discipline. Assumed performance is determined by motor ability and motor skill, both of which are directly tied to the athletic discipline. Motor skills are relatively stable sets of inner genetic presuppositions required to perform.

Motor fitness is an important component for an athlete in order to obtain optimal performance in sports. The level of motor abilities components is of prime importance for learning of various activities and perfection of different skills and motor fitness Identify the barriers in physical activity, increase your self-efficiency, set your goals, make plans for your setbacks, and make your self-monitoring progress, motor ability is the prime importance for learning various general activities and perfection of different skills in various sports and physical activities.

The Motor Fitness Test to identify adolescents with potential for improving their motor abilities in certain sports, hence boosting interest in sports and enhancing performance. Rahul Kumar et al (2014), In addition to the well-known link between physical fitness and executive function, sport practise also affects executive function. Alternative theories include those connecting executive function to the ability to coordinate movements in response to environmental cues and to the capacity to carry out mentally demanding strategic actions as necessary in sport game situations, as well as theories linking various executive functions in various ways to physical fitness, motor fitness, and sporting prowess. According to R. Marchetti, et al (2015).

The popular team sport known as Kabaddi, which originated in India 4000 years ago, requires strength and technique. It is played significantly over the Indian subcontinent. It was initially designed to promote self-defense. A physical fighting sport, wrestling is. Given that it is one of the most physically and emotionally taxing sports, winning a match in it must be one of the most satisfying moments in life. The ancient engravings on the cave walls date the game to 3000 BC, and the wrestling game gained enormous popularity in the United States and Great Britain. This game requires not only good physical fitness but also the strong trust and character that constitute true sportsman spirit.

Kabaddi is a contact sport in which participants rely significantly on training to improve their speed, strength, and stamina. When it comes to fitness of all kinds, nutritious food that is well-balanced is essential. Endurance and stamina are essential for Kabaddi players because the game is fast and needs a lot of energy. Similarly, Wrestling is a man-contact sport that requires a high level of skill to compete. To be successful, you need, among other things, good strength, flexibility, and also Muscle Strength, Muscular Endurance, Power, Speed, Agility, Flexibility, Balance, and Coordination. The factors that are considered most important by the readers of this site are muscular endurance.

Objectives of the study

1. To examine the motor fitness level of Kabaddi and Wrestling players of Davanagere district.
2. To compare the difference between Kabaddi and Wrestling players.

Hypotheses of the Study

Based on different research findings, professional's opinion and researcher's own understanding of the problem, following hypotheses were formulated:

1. The study hypothesized that there was significant difference between Kabaddi and Wrestling players, wrestlers having more motor fitness than kabaddi players.

Methodology**Selection of the Subjects:**

The present study was conducted on eighty (80) male Kabaddi and Wrestling players selected as a subject from Davanagere district various high schools all players were represented in division level sports competitions Forty (40) players from Kabaddi and Forty (40) players from wrestling the age of the subjects ranging from 14 to 17 years, who were representing to their respective schools.

Selection of Variables:

Oregon motor fitness test batteries were constructed the test items **standing broad jump, floor push-ups, and sit-ups.**

Si no	Fitness Component	Test item	Measuring unit
1	standing broad jump	Explosive Power	In meters
2	floor push-ups	Push-ups (Arms strength)	Maximum reputation
3	Sit-ups	Touching elbow to knee	Maximum reputation

Analysis and Interpretation of the Data

Table 4.1 shows the mean value, standard deviation and 't' value of overall between Kabaddi **Oregon Motor Fitness Test** variables it contains three items such as Standing broad jump, Floor push-ups and Knee-touch sit - ups is designed to assess how motor fitness affects an athlete's analysed below tables.

Variables	subjects	Mean	Std. Deviation	t' value
Standing Broad jump	Kabaddi	2.78	0.19	2.71
	Wrestling	2.86	0.27	
Floor pushups	Kabaddi	19.05	6.35	8.39
	Wrestling	39.70	6.95	
Knee touch Sit ups	Kabaddi	26.48	4.33	4.79
	Wrestling	31.60	4.44	

*Significant at 0.05 level.

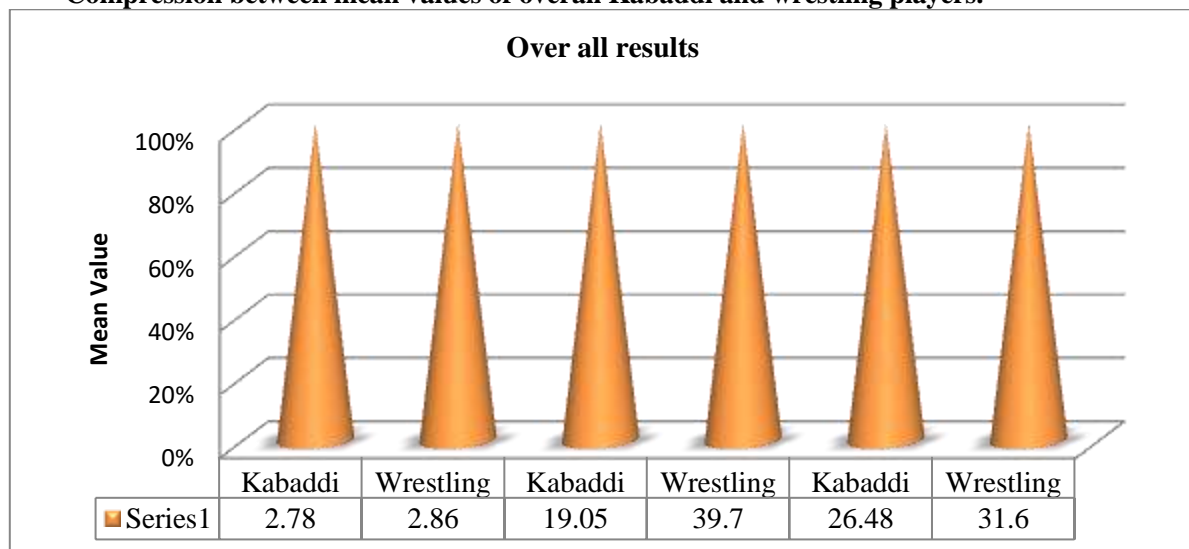
Compression between mean values of overall Kabaddi and wrestling players.

Fig.4.1 Graphical representation of compression between mean values of overall between Kabaddi and wrestling players Kabaddi and wrestling players.

Table 4.2 Shows the mean value, standard deviation and 't' value of **Standing Broad jump** between Kabaddi and wrestling players.

Sl. No.	Subjects	N	Mean	Std. Deviation	t' value
1	Kabaddi	40	2.78	0.19	2.71
2	wrestling	40	2.86	0.27	

*Significant at 0.05 level.

The above table shows the mean value, standard deviation and 't' value of Standing Broad jump between Kabaddi and wrestling, The above table reveals that the obtained t-value is 2.71 which is greater than the table value 1.96 at 0.05 level of significant. Hence the null hypothesis was rejected alternative hypotheses is accepted there was significant difference in Kabaddi and wrestling players.

As per the mean value concern wrestling players having more than Standing Broad jump compare to Kabaddi players.

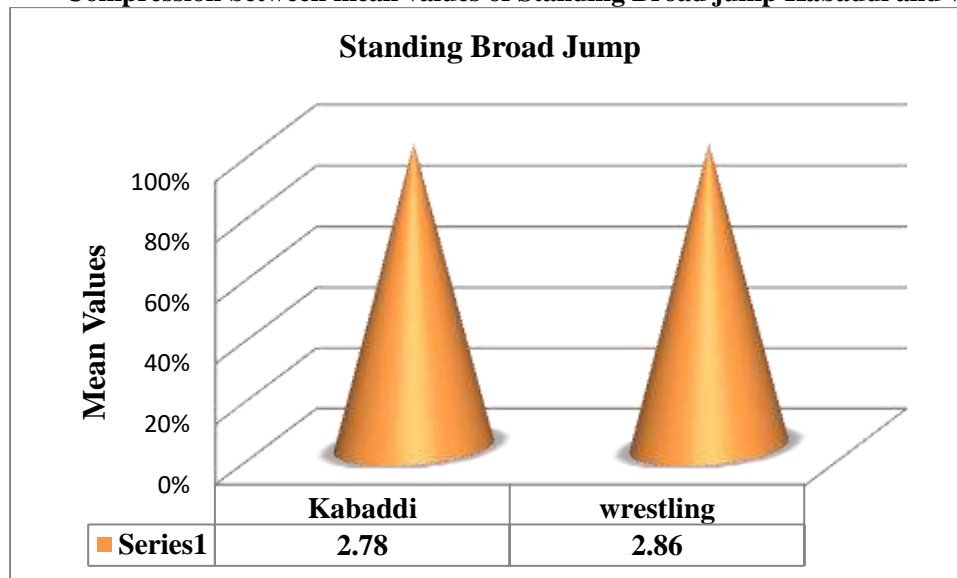
Compression between mean values of Standing Broad jump Kabaddi and wrestling players.**Fig.4.2 Graphical representation of compression between mean values of Standing Broad jump Kabaddi and wrestling players.**

Table 4.3 shows the mean value, standard deviation and 't' value of **Floor Push ups** between Kabaddi and wrestling players.

Sl. No.	Subjects	N	Mean	Std. Deviation	t' value
1	Kabaddi	40	19.05	6.35	8.39
2	wrestling	40	39.70	6.95	

*Significant at 0.05 level.

The above table shows the mean value, standard deviation and 't' value of Floor Push ups jump between Kabaddi and wrestling, The above table reveals that the obtained t-value is 8.39 which is greater than the table value 1.96 at 0.05 level of significant. Hence the null hypothesis was rejected alternative hypotheses is accepted there was significant difference in Kabaddi and wrestling players.

As per the mean value concern wrestling players having more than Floor Push - ups compare Kabaddi players.

Compression between mean values of Floor Push - ups Kabaddi and wrestling players.

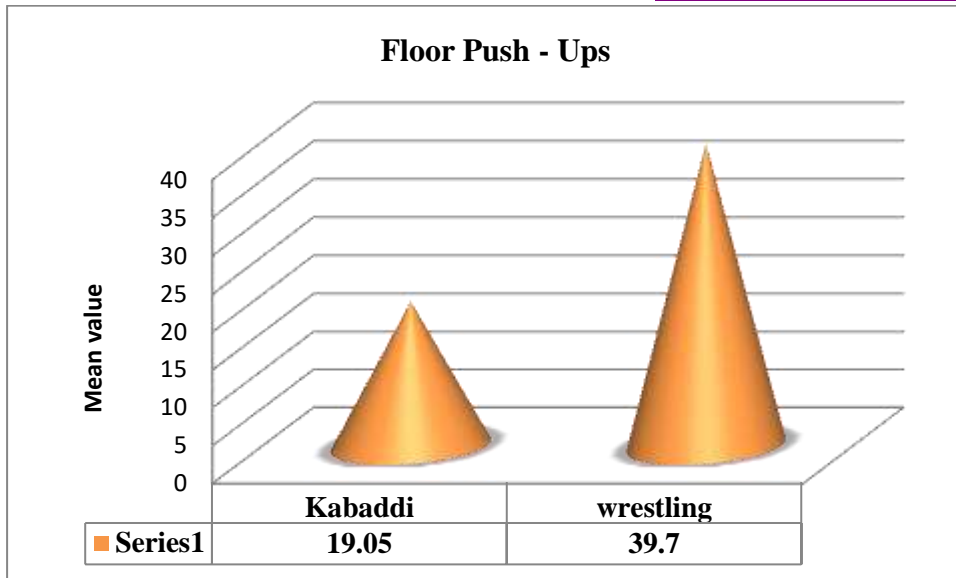


Fig.4.3 Graphical representation of compression between mean values of Floor Push - ups Kabaddi and wrestling players.

Table 4.4 shows the mean value, standard deviation and ‘t’ value of Knee touch sit-ups between Kabaddi and wrestling players.

Sl. No.	Subjects	N	Mean	Std. Deviation	t' value
1	Kabaddi	40	26.48	4.33	4.79
2	wrestling	40	31.60	4.44	

*Significant at 0.05 level.

The above table shows the mean value, standard deviation and ‘t’ value of Knee touch sit-ups between Kabaddi and wrestling, The above table reveals that the obtained t-value is 4.79 which is greater than the table value 1.96 at 0.05 level of significant. Hence the null hypothesis was rejected alternative hypotheses is accepted there was significant difference in Kabaddi and wrestling players.

As per the mean value concern wrestling players having more than Knee touch sit-ups compare Kabaddi players.

Compressions between mean values of Knee touch sit-ups Kabaddi and wrestling players.

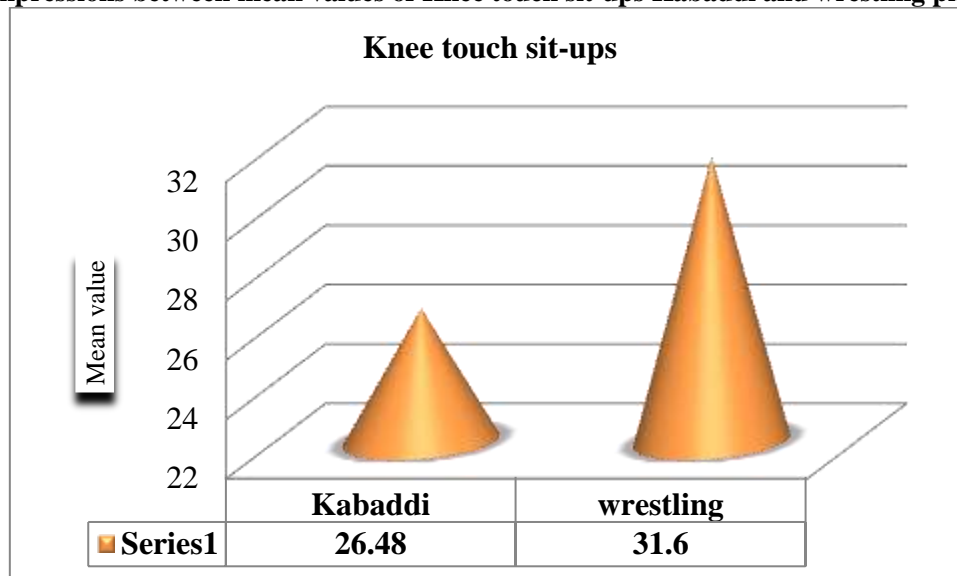


Fig.4.4 Graphical representations of compression between mean values of Knee touch sit-ups Kabaddi players and wrestlers.

Discussion and Findings

Every game needs particular skills, which are necessary for Success in the competitions. The fitness components required differ as per the demands of the skills and the game. Kabaddi and wrestling involving varied fitness components. The results of the study showed that there was significant difference between selected motor fitness variables of Kabaddi and wrestling players. The similar results confirmed with Surendra Kumar and Parul Chaudhary (2012), Sharma C (2017) and Srinivas S K and Rajkumar P M (2018) study conducted on female wrestlers have better motor fitness. Study found that Kabaddi and wrestling are competitive sports which requires many motor fitness aspects which impact on every individual according to this study many mean value shows that standing broad jump $2.78 \leq 2.86$, **Floor pushups** $19.05 \leq 39.70$ and **Knee touch Sit ups** $26.48 \leq 31.60$, wrestlers having more motor fitness test batteries than kabaddi players.

Conclusion

Present study confirmed that difference between motor fitness variables of Kabaddi and wrestling players. Study confirmed that wrestlers having more motor fitness skills such as Standing broad jump, Floor push-ups and Knee-touch sit – ups than kabaddi players. Compare to other sports Wrestlers have taken more weight training, running and speed drills, in addition to practice with a partners and coaches also support them to improve their motor qualities to given proper training for enhance the performance of wrestlers. Hence there is a significant difference between Kabaddi and wrestling players. Above mentioned the t' values which was then table value 1.96 at 0.05 level.

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