

Study of Fundamental Skills of Kho-Kho Players of the Jodhpur Region

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Introduction-

Kho-Kho, the game of running and chasing is an indigenous game. The popularization and development of this game has been associated with the development of Akharas and Vyamshalas in Maharashtra. Kho-Kho has played historical role during freedom from British rule. YMCA and RSS movement has played a key role to spread the game throughout India.

The game of Kho-Kho a down to earth is the most popular game besides Kabaddi in rural India having considerably long tradition. At present it is most popular among all the indigenous team games of India. Competitions are held from school level to national level. Occasionally attempts are being made to put this game on the level of international competition. The national interest in raising the standard of these games continues to be high.

Playing Kho-Kho Game

A Kho-Kho team consisted of 12 players. Competition is between two teams. The dimension of Kho-kho field is 27 meters by 15 meters. Nine players are only involved in the game and the remaining three players are substitutes.

Kho-kho match consists of two innings. A team chasing in the first inning will be running team in the second inning, vice versa. An inning consisted of seven minutes with five minutes in between the innings and two minutes in between turns.

In each eight cross lanes one chaser each occupies with kneeling position. These chasers so sits facing the opposite direction alternatively. The ninth chaser player is called active chaser and position himself near the any of the Kho-kho pole, which is installed on either end of the court.

The defenders or the runners shall enter the court as three batches during game. On start of the game the first bath enters. After tagging the first batch the second batch enters then the third. If time remains again the first batch enters. This continues until the end of the innings.

Thus the runner may be eliminated in three ways. The runner is out if he fails to enter the court in time, goes out of the court and tagged by the chaser without any foul.

Skills of Kho-Kho Game -

Basically Kho-Kho is Indian traditional game. Kho-Kho game is played particularly in rural and urban areas. This game has become popular in other states also. The different types of skills are:

1. Offence or chasing Skills

- (1) Giving Kho
- (2) Taking direction
- (3) Tapping
- (4) Diving
- (5) Fake kho
- (6) Late kho

2. Defense or Running Skills

- (1) Position in the court
- (2) Running type
- (3) Dodging and faking

Methodology

Researcher has used survey method to get the information of the present circumstances.

Sample

For the study researcher has selected four hundred (N=400) boys and girls high school Kho-Kho players from Bikaner and Jodhpur region in Rajasthan state and subject aged between 15 to 18 were selected as subjects for the study.

Data Collection

The data will be collected with self-made Fundamental Skills of Kho-Kho Players questionnaire. The data will be collected from Kho-Kho players who were studied in High school. Researcher collects data from various schools of Bikaner & Jodhpur region for raw score. Researcher collects data from kho-kho players in help of self-made questionnaire.

Tool

The researchers have used self-made questionnaire 'Fundamental Skills of Kho-Kho Players' for this study.

Objective-

To Study of Fundamental Skills of Kho-Kho Players of the Jodhpur Region.

Analysis of Data-

Table showing the significant difference in the Fundamental Skills of Kho-Kho Players of the Jodhpur Region -

Table – 1

Source of Variation (Jodhpur Region)	N	Mean	S.D.	DF.	t-value	Level of significance
Male Players	100	116.83	5.94	198	1.62	NS*
Female Players	100	118.22	6.18			

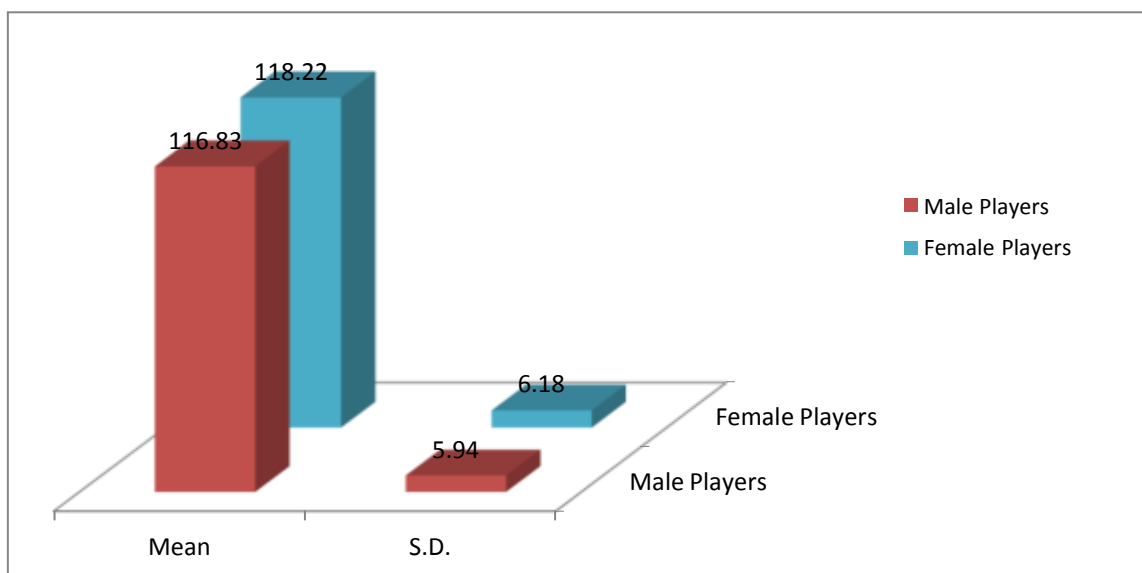
*Significant at 0.01 & 0.05 levels

Table 1- Significant difference in the Fundamental Skills of Kho-Kho Players of the Jodhpur Regions-

Description – In order to find out the significant difference in the Fundamental Skills of Kho-Kho Players of the Jodhpur Region independent t-test was applied. To determine the significance dissimilarity among means score of Male & Female kho-kho players, the level of significance was set at (0.01 & 0.05).

Table 1 shows that Mean score of Male and Female Kho-Kho players are 116.83 and 118.22 with a SD value of male and female kho-kho players are 5.94 and 6.18 respectively. T-value (1.62) is found to be not significant at (0.01 & 0.05) level. Hence the null hypothesis is not rejected which means that **there is no significant difference in the Fundamental Skills of Kho-Kho Players of the Jodhpur Region.**

So the null hypothesis, “There is no significant in the Fundamental Skills of Kho-Kho Players of the Jodhpur Region” was not rejected.

**Result**

There is no significant difference in the Fundamental Skills of Kho-Kho Players of the Jodhpur Region.

Conclusion-

The current research work was undertaken in Fundamental Skills of Kho-Kho players study in various high schools of Bikaner & Jodhpur region of Rajasthan State. Therefore it now becomes essential at this stage of the research work to see whether the hypothesis were rejected or accepted on the basis of data analyzed.

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