



## **BALANCE, ENDURANCE & AGILITY OF GROUP GAME PLAYERS**

**S. M. Ravindra Gouda\* & Dr. N. D. Virupaksha\*\***

\*Research Scholar, Department of Physical Education, Kuvempu University, Karnataka, India

\*\*Deputy Director, Department of Physical Education, Kuvempu University, Karnataka, India

### **Abstract:**

*Physical Education is part and parcel of the whole education process and is concerned with the whole child as growing organism and as a member of society. Physical Education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health, and well-being, the attainment of knowledge, and the growth of positive attitudes towards physical activity. Skill related fitness is an important objective of the physical education & physical education programs. The program is directed towards achieving the objective through specific developmental exercises as well as games and activities and help to improve physical fitness.*

*The main objective of this study was to compare the balance, endurance and agility of Kho-Kho and Atya-Patya male players'. To achieve the purpose of the study, and data was collected from sixty players of each game. The age of the subjects were ranging from 18-25 years. The data collected was treated with the statistical technique 't' test and found there is a significant difference in balance, endurance and agility of Kho-Kho and Atya-Patya players.*

**Key Words:** Kho-Kho, Atya-Patya Players, Balance, Endurance & Agility.

### **Introduction:**

Physical Education is part and parcel of the whole education process and is concerned with the whole child as growing organism and as a member of society. Physical Education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health, and well-being, the attainment of knowledge, and the growth of positive attitudes towards physical activity. Skill related fitness is an important objective of the physical education, physical education program and the programme is directed towards achieving the objective through specific developmental exercises as well as games and activities and help to improve skill related fitness.

While the term 'fitness' and its usage to some extent is relatively new, the concept and its meaning to physical education is modified often to give greater emphasis to objective of fitness.

The fitness refers to the dynamic qualities that allow a person to satisfy his/her own needs, including but not limited to mental and emotional stability and organic health consistence with functional capacity. The health related physical fitness refers to the physical fitness which is a combination of very specific components that compose health related physical fitness, which are; cardio-vascular endurance, muscle fitness (strength and endurance) flexibility, and body composition.

In modern times skill related fitness has got a vital role to play in the life of human being. The mechanized way of life has lowered people's biological fitness levels. skill related fitness is a basic concept for all the conditions that makes life worth living; intellectual life, occupation, love life and social life. The benefits of skill related fitness are numerous. The person who is physically fit has greater amount of strength, energy and stamina and improved sense of well being, better protection from injury because

strong well developed muscles safeguard bones, internal organs and joint and keep moving parts lumbar and improved cardio respiratory function.

Skill related fitness is necessary for a successful and enjoyable life, because it increases fundamental efficiencies in human organism. People who are physically fit can do more things efficiently than physically unfit person. The stronger one's muscle, the more one can overcome his fatigue and the weaker one's muscles, the more quickly does fatigue discourage activity.

Fitness is the ability of individual to a full and balanced life. A totally fit person has a healthy and happy outlook on life. Skill related fitness is a qualitative element, with many, many variations among individuals and even within each individual at different times of life. The characteristics of fitness such as strength, endurance, agility, balance and flexibility are essential for psychological function and good health. The fit person gets the maximum satisfaction in everyday life; he gets better physical co-ordination mental judgment and emotional control. The fit person is able to withstand fatigue for longer period and he is better equipped to tolerate physical stress. Improvements in fitness, especially cardiovascular endurance, frequently are equated with improvements in health status or disease prevention. The difference between health and fitness often is a difficult one but an important distinction to make. A high level of physical fitness usually is associated with good health, but an improvement in fitness does not necessarily ensure an increase in resistance to disease or its consequences..

Atya-Patya and Kho- Kho are an immensely popular sport in India. In some parts of India it is even played on a professional level. Atya-Patya and Kho- Kho ranks as one of the most popular traditional sports in India. Like all Indian games, it is simple, inexpensive and enjoyable. Atya-patya& Kho-Kho is the thrilling and ancient game of India. These are one of the Major Games of Indian origin, is very popular particularly in rural areas. In the moonlights the game is played in the villages. Through the game has been played since time immemorial, it was played with different names and improvised and convenient rules according to situation.

**Objective of the Study:**

The main objective of this study was to compare the balance, endurance and agility of National level Kho-Kho and Atya-Patya players.

**Methodology:**

To achieve the objective of the study, data was collected from one hundred and twenty players, sixty players from each game, who have represented Karnataka state in Kho-Kho and Atya-Patya game. The age of the subjects were ranging from 18-25 years.

**Statistical Technique:**

The collected data was analyzed by using 't' statistical technique with the help of SPSS 20<sup>th</sup> version.

**Results:**

After analyzing the data within the limitation of the study results are presented in the following tables.

**Table1.** Shows Mean, standard deviation value of Balance of Kho -Kho and Atya-Patya Players.

Variable	Players	N	Mean	Standard Deviation	't' value
Balance	Kho-Kho	60	32.77	12.91	
	Atya-Patya	60	36.82	6.29	

\*Significant at 0.05 level.

The above table indicates the mean value, standard deviation and 't' value of Balance of Kho-Kho and Atya-Patya players. In this Atya Patya players have shown significant difference than Kho-Kho players.

**Table 2:** Shows Mean, standard deviation value of endurance of Kho -Kho and Atya- Patya players

variable	players	N	Mean	Standard deviation	't' value
Endurance	Kho-Kho	60	121.53	9.87	4.986
	Atya-Patya	60	114.02	6.24	

\*Significant at 0.05 level.

The above table reveals the mean value, standard deviation and 't' value of endurance of Kho-Kho and Atya - Patya players. In this Kho-Kho players have shown significant difference than Atya - Patya players.

**Table 3:** Shows Mean, standard deviations and 't' value of Agility of Kho-Kho and Atya- Patya players

Variable	Players	N	Mean	Standard Deviation	't' value
Agility	Kho-Kho	60	23.20	4.67	2.169
	Atya-Patya	60	25.17	5.01	

\*Significant at 0.05 level.

The above table shows the mean value, standard deviation and 't' value of Agility of Kho-Kho and Atya -Patya male players. Here Atya-Patya players are shown significant difference than Kho-Kho players.

**Discussion on Findings:**

The above result shows that there is a significant difference in the as balance, endurance and agility of Atya-Patya and Kho-Kho Players.

In balance, the Atya-Patya players are better than the Kho-Kho players. This is because of the game situation and skills adopted in that game are balancing one in each trench. So it might be the reason.

The Kho-Kho players are greater endurance when compare to Atya-Patya players this is Because of the running movement throughout the game and training they get and also all most all the skills in kho-kho is kinetic one.

In agility, the Atya-Patya players have more agile than Kho-Kho players; in each trench or box the players are stretch in every movement and come back simultaneously. So this is the reason.

**References:**

1. Clarke, H. Harrison Ed, "Basic Understanding of Physical fitness", Physical Fitness Research Digest, No. 1 (July 1971).
2. Brengden, Gayle Cyndon., "A Comparison of Physical Fitness and Anthropometric Measurements of Pre-adolescent, Mexican American and Anglo American Males" Dissertation Abstracts International, Vol. XXXIII, (May 1973).
3. Clarke, H. Harrison Ed, Physical Fitness Research Digest, No. 2, (Washington D.C.: President Council on Physical Fitness and Sports, October 1972).
4. Terral, Ruth E., "Relationship of Pre and Post Puberty Anthropometric Measurements and Physical Fitness Test Scores of American Negro and Caucasian Females as Measured by AAHPER Physical Fitness Battery," Completed Research In Health Physical Education and Reaction, (1968).
5. Wilmore, Jack H. and Haskell, William L., "Body Composition and Endurance Capacity of Professional. Football Players", Journal of Applied Physiology, Vol. XXXIII, (November 1972).