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A study on effect of 2 week training on motor abilities of Kho-Kho players

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Abstract
The purpose of the study was to see the effect of a 2 week training programme on the motor abilities of Kho-Kho players. 30 male Kho-Kho players b/w 14-17 years of age who had participated at least in zonal level tournaments of DISTRICT BHIWANI schools were selected as the subjects for the study. AAPHER youth physical fitness test was administered to collect the data. Descriptive statistics and 't' test were employed to analyse the data. No significant differences were found between pre-test and post-test for standing broad jump of Kho-Kho players, however significant differences were found between pre-test and post-test for 600 meters, Shuttle Run, sit ups and 50 meters Dash of Kho-Kho Players.

Keywords: Motor-abilities, Kho-Kho, training

Introduction
The physical fitness plays a vital role in the performance. An individual physical fitness and performances depend in the co-coordinative functions of the various factors such as physical, physiological abilities, nutrition, technique, tactics, physique, body size and composition. For the physiological system of body to be fit they must function well enough to support the specific activity the individual is performing. Moreover different activities make different demands upon the organism with respect to circulatory, respiratory metabolic and neurological process which are specific to the activities. Fitness is a healthy state of body and mind. It means feeling healthy, attractive energetic and happy. Fitness is important at all levels of the game whilst being essential for top level players. It is beneficial for beginners who will improve both their effectiveness and enjoyment through good standards of fitness. Fitness enables a player to cope with the physical demands of the game as well as allowing the efficient use of his various technical and tactical competencies throughout the match

Purpose
The purpose of the study was to compare the effect of 2 week training on motor abilities of Kho-Kho players.

Methods
Selection of subjects
30 male Kho-Kho players who had participated in zonal level tournaments of District Bhiwani Schools b/w 14-17 years of age were selected as the subjects for the study

Selection of Variables
The variables selected for training and testing were Strength, Speed, Endurance and Agility.

Administration of tests
To improve the physical fitness or motor abilities of the Kho-Kho players, 2 weeks training was given to the subjects after the school hours.
The tests were conducted before training and after 2 weeks of training as follows:

Pre-test: Before training.
Post-test: After two weeks of training.

Before every test, proper warming up was given to the subjects. The test items were taken from AAHPER Youth Fitness Test to check the effect of training on motor abilities of Kho-Kho players

Criterion Measures: Aahper Youth Physical Fitness Test was administered to collect the data.

Statistical Procedure

For the present study, the data obtained through different tests were statistically analysed. Mean, standard deviation and 't' test were employed to analyse the data.

Analysis of data and discussion on findings

Table 1: Comparative status of pre-test and Post-test for Standing Broad Jump of Kho-Kho players

Test	Mean	SD	Mean Difference	S.E.	t-Value
Pre	143.2446667	14.68092798	-6.709333333	4.057040837	-1.653750505
Post 1	149.954	16.70387289			

Not significant at 0.05 level of confidence and for 29 degree of freedom, where the table value of t.05 (29) = 2.045

The table 1 represents that there is no significant difference between pre-test and post-test for standing broad jump of Kho-Kho players. The mean values of Kho-Kho player in pre-test and post-test is 143.2447 and 149.954 respectively. Where the standard deviation is 14.681 for pre-test and 16.704 for post-test. The mean difference of pre-test and post-test is calculated as 6.71. The standard error is also find out as 4.057 and the 't' ratio is calculated as 1.654, which is found not significant at 0.05 level of confidence with the tabulated value of $t_{.05}$ = 2.045 at 29 degree of freedom.

Table 2: Comparative status of post-test and post-test 1 for Shuttle Run of Kho-Kho players

Test	Mean	SD	Mean Difference	S.E.	t-Value
Pre	11.69666667	0.64262572	0.484	0.150435711	3.217321189
Post 1	11.21266667	0.516726656			

Significant at.05 level of confidence and for 29 degree of freedom, where the table value of t.05 (29) = 2.045.

The table 2 states the significance of mean difference of pre-test and post-test for Shuttle Run of Kho-Kho players. The mean value of Shuttle Run of Kho-Kho players between pre-test and post-test are 11.69666 and 11.212666 respectively. The standard deviations are 0.64262 and .5167266 respectively. The mean difference for both the test for Shuttle Run is calculated to be 0.484 and the standard error is found to be 0.150435. The t ratio is calculated as 3.1273211 which is found to be significant at.05 level of confidence with the tabulated value $t_{.05}$ (29) = 2.045. It shows the significant difference of mean value between calculated 't' and tabulated 't' of pre-test and post-test of Kho-Kho players for Shuttle Run.

Table 3: Comparative status of pre-test and post-test 1 for sit ups of kho-Kho players

Test	Mean	SD	Mean Difference	S.E.	t-Value
Pre	23	6.700488917	-6.433333333	1.6573351	-3.881733593
Post 1	29.43333333	6.134601318			

Significant at 0.05 level of confidence and for 29 degree of freedom, where the table value of t.05 (29) = 2.045.

The table 3 shows the significance of mean difference of pre-test and post-test for sit ups of Kho-Kho players. The mean value of sit ups for pre-test and post-test is 23 and 29.433 respectively. Where the standard deviation is 6.70 and 6.1346 for pre-test and post-test respectively. The mean difference of both tests for Sit-Ups is calculated as 6.43 and the standard error is 1.657. The 't' ratio is calculated as 3.882, which is found significant at.05 level of confidence with the tabulated value of t.05 (29) = 2.045. It shows the significant difference in mean value between the calculated 't' and tabulated 't' of pre-test and post-test of Kho-Kho players in sit ups test.

Table 4: Comparative status of Pre-test and Post-test for 50 meters Dash of Kho-Kho players

Test	Mean	SD	Mean Difference	S.E.	t-Value
Pre	7.697	0.584442853	0.181666667	0.154135695	1.178615159
Post 1	7.515333333	0.610131322			

Not significant at 0.05 level of confidence and for 29 degree of freedom, where the table Value of $t_{.05}$ (29) = 2.045.

The table 4 states the significance of mean difference of Pre-test and Post-test for 50 meters Dash of Kho-Kho players. The mean value of the Pre-test and Post-test for 50 meters Dash of Kho-Kho players are given as 7.697 and 7.515 respectively and the standard deviation for both the tests are 0.5844 and 0.601. The mean difference between Pre-test and Post-test is Calculated as 0.1816 and the standard error between means is also found as 0.5141. The 't' ratio is calculated as 1.1786, which is not significant at 0.05 level of confidence against the tabulated value of $t'_{0.05}$ (29) =2.045. This seems a significant difference in mean values of Pre-test and Post-test for 50 meters Dash of Kho-Kho players.

Table 5: Comparative status of pre-test and post-test 1 of 600 Meters Run of Kho-Kho players

Test	Mean	SD	Mean Difference	S.E.	t-Value
Pre	116	10.32238946	3.966666667	2.567283662	1.545083126
Post 1	112.0333333	9.564601884			

Not significant at 0.05 level of confidence and for 29 degrees of freedom, where the table value of $t_{0.05}$ (29) = 2.045.

The table 5 states that the significance of mean difference of pre-test and post-test for 600 meters Run of Kho-Kho players. The mean value of pre-test and post-test are found to be 116 and 112.03333 respectively. The standard deviations are found to be 10.322238 and 9.56460 respectively. The mean difference between pre-test and post-test is calculated to be 3.967 and the standard error is also found to be 2.5673. The 't' ratio is found out to be 1.545 which is not significant at.05 level of confidence against the tabulated value of 't'$_{.05}$(29)=2.045. This seems a non significant difference in mean values of pre-test and post-test for 600 M run test for of Kho-Kho players.

Conclusions

1. No significant differences were found between pre-test and post-test for standing broad jump of Kho-Kho players.
2. Significant differences were found between pre-test and post-test for Shuttle Run of Kho-Kho players
3. Significant differences were found between pre-test and post testfor sit ups of Kho-Kho players.
4. Significant differences were found between pre-test and post test50 meters Dash of Kho-Kho players.
5. Significant differences were found between pre-test and post testfor 600 meters Run of Kho-Kho players

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