



## Effect of Hurdle Running Training on Agility of Kabaddi Players

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**Abstract:** The purpose of this research study was to investigate the effect of hurdle running training on the agility of kabaddi players. In this research study brothers who played kabaddi game at university level were selected as subjects. Players in the age group of 18 to 25 years were selected for this research study. A total of 40 players were selected in this research study. Standard of measurement Agility was measured by shuttle run test. One way analysis of covariance (One Way Analysis of Covariance) test was applied to find out the effects on obstacle running training group. Differences between means were tested at 0.05 level by Least Significant Difference Post Hoc test. The conclusion of which was seen as follows. An eight-week inhibitory training program of the method showed a significant improvement in the shuttlerun of selected subjects.

### Introduction:

Kabaddi is a team sport, mainly played in the Indian subcontinent and also in the country of India in particular. The name Kabaddi is mostly used in North India, while the game is also known as Chedugudu in South India and Hu Tu Tu in East India. The game is equally popular in India's neighboring countries Nepal, Bangladesh, Sri Lanka, and Pakistan.

Kabaddi is a sport played in South Asia, which is purely a sport of physical ability. The word Kabaddi is derived from a Tamil word meaning 'holding hands'. The game has its origins in India. The game is known by different names in different regions of India due to its popularity and the fact that it has been played for many years. This game is three to four thousand years old.

Today's life is not as simple as it used to be. Today's age is the age of machinery. Where man has to learn various kinds of actions to maintain his existence and identity. Sometimes such a question comes to mind. How does a person learn these new actions? The simple answer to this question is that man has intelligence. Using which these skills and actions are learned. But this is not the right answer! Now man does not only take help of intellect to learn any skill but different muscles and organs of his body help him. Thus, to learn any action, a person needs to have certain elements. Taken together, these components constitute a dynamic element or set of components essential to learning. Which helps people to learn new actions.

Where there is life there is movement. Walking and running are the best known forms of movement that can be developed over a period of time through repetition of training. Running is one of the oldest forms of sport for humans. It is a simple test of ability to measure how fast a person can get from one place to another. The Olympic goals Cytes, Altius and Fortius theoretically mean swift, lofty and daring. From ancient Greece to modern times, fast and long running has become popular.

Running has been ingrained with us since human existence. It is natural for humans to run in one form or another to satisfy their physical, psychological and physiological needs.

In all sports competitions, including the Olympics, the level of performance is increasing and more and more excellence is beginning to take place. The appearance is beyond our imagination and the research related improvements in the running surface and equipment materials are responsible for achieving this high level.

The author Whitehead gives an example of runners in track athletics who consider hurdle running as an important part of training and strongly believe in it. Many commentators, such as New Zealand's Arthur Leakyard, Australia's Pearly Safety, Sweden's Gunder Hague and Wales' Jim Alfred, are all of the same opinion. All of these jumpers' training involves continuous obstacle running, where the jumper is provided with surfaces such as hills, mud, snow, sand to run on and the sprint is repeated several times.

Agility is the ability of a person to change position. E.g. Agility in football also includes the ability to change direction, which is important in sports such as football, basketball, hockey, softball, etc. Speed is an important requirement in agile work. A person who can transition from one position to another with maximum speed and consistency has a high degree of agility. Agility also requires strength and endurance.

### Purpose of the Study

The purpose of this research study was to investigate the effect of hurdle running training on the agility of kabaddi players.

**Selection of the Study**

In this research study brothers who played kabaddi game at university level were selected as subjects. Players in the age group of 18 to 25 years were selected for this research study. A total of 40 players were selected in this research study.

**Criterion Measurement**

Sl.	Variable	Test	Measurement
1	Agility	Shuttle Run	Time

**Statistical Procedure**

Statistical analysis was done by applying Analysis of Variance to quantify the physical ability and psychological aspects of hockey players from obstacle training. In which the confidence level was kept at 0.05 level.

**Result of the Study****Table-1 Covariance analysis of variance of an experimental and a control group of shuttle run test performance**

Test	Group		Sum of square (SS)	Degree freedom (df)	Mean sum of square (MSS)	F	
	Group-A	Group-B					
Per test Mean	13.023	13.198	B	0.308	1	0.308	2.152
			W	9.346	38	0.246	
Post test Mean	11.311	12.586	B	16.244	1	16.244	142.343*
			W	4.692	38	0.123	
Adjusted Mean	11.327	12.570	B	14.957	1	14.957	129.123*
			W	4.391	37	0.119	

\*Sig.Level at 0.05 ' $F' = 0.05 (1,38) = 4.098$  &  $(1,37) = 4.105$

Above Table-1 shows all the statistical data of pre-test and post-test means and co-variance analysis 'F'. Accordingly, the 'F' ratio of pre-test medians of shuttlerun test performance (Group-A "Intervention Training Group" = 13.023, Group-B "Control Group" = 13.198) was found to be 2.152. Which compared to the table value (4.098) was not found to be significant at 0.05 level.

The 'F' ratio of the medians of the final test of the two groups (Group-A "Intervention Training Group" = 11.311, Group-B "Control Group" = 12.586) was found to be 142.343. Which compared to the table value (4.098) was found to be significant at 0.05 level. Hence, the training provided has been shown to significantly improve the performance of the subjects. Also the 'F' ratio of corrected medians (Group-A "Intervention Training Group" = 11.327, Group-B "Control Group" = 12.570) was found to be 129.123, Comparing it with the table value (4.105) was found to be significant at 0.05 level. The difference between the two groups observed between the corrected medians by the 'F' ratio is significant. Hence the effect of experimental training on the experimental group was observed as compared to the control group.

**Conclusion:**

- An eight-week inhibitory training program of the method showed a significant improvement in the shuttlerun of selected subjects.

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