

Impact Factor - 6.261

ISSN - 2348-7143

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION

RESEARCH JOURNEY

INTERNATIONAL E-RESEARCH JOURNAL

PEER REFREED & INDEXED JOURNAL

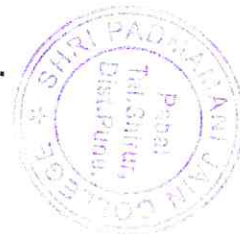
January - 2019

SPECIAL ISSUE- 99 (B)

Physical Education, Sports, Yoga & Psychology



Chief Editor :
Dr. Dhanraj T. Dhangar
Yeola, Dist. Nashik (MS) India.



- This Journal is indexed in :
- UGC Approved Journal
 - Scientific Journal Impact Factor (SJIF)
 - Cosmos Impact Factor (CIF)
 - Global Impact Factor (GIF)
 - International Impact Factor Services (IIFS)
 - Indian Citation Index (ICI)
 - Dictionary of Research Journal Index (DRJI)

SWATIDHAN PUBLICATIONS



INDEX

No.	Title of the Paper	Author's Name	Page No.
1	A Comparative Study of Physical Capacity Between Kabaddi and Kho-Kho Players	Ashish M. Talekar	05
2	A Study of Anthropometric Variables of Senior Medalist and Non Medalist Fencers.	Amey Vinayak Kale	09
3	Effect of Psychological Training on Competition Stress of Wrestling Players	Shendkar Sheetal Laxman	13
4	Effect of Mental Imagery Training Program on Accuracy Throw Skill Performance of Handball Players	Dinesh Ukirde	16
5	Differences in Executive Functioning in Adolescents by Using Bayesian Statistics	Walke Santosh	20
6	Physical Activity Behavior Change in PE Teachers through Mobile Technology	Nishigandha Patil	23
7	Correlation Between Sport Specific Personality and Achievement Motivation of Male Kabaddi Players	Shinde Vijaykumar B. & Dhame Ganesh M.	29
8	Grading Scale for Handball Players Performance Analysis	Umeshraj Paneru	34
9	A Comparative Study of Aggression in Male Tribal & Non-Tribal Cricket Players of Nashik District	Sagar P. Dhikale & Shashikant Pardeshi	39
10	Effect of Physical Education Program on Physical Fitness of First Year College Girls From Pratibha College, Chinchwad	Anand Lunkad & Ekta Jadhav	41
11	Rehabilitation of Sports Injuries Using Yoga Postures	Rupesh Thopate	46
12	Effect of Meditation and Pranayam on Physiology of Players	Nandkishore Deshpande & Vaishali Madhekar	52
13	Comparative Study of Lifestyle Among Different Professionals In Pune District.	Anil Kisan Bade & Balaji. S. Pote	54
14	Family Environment, Coping With Resources And Occupational Stress in Women	Dilip Shivane	57
15	Job Satisfaction In Physical Education Teachers	Poonam Bhandari & Swatendra Singh	65
16	Effects of Yogic Exercise on Selected Psychological Variables Among College Level Students	Prashant B Chavan	68
17	Management of Stress among Postgraduate Students	Vidya Pathare & Aher Sharad	71
18	The Effect of Video and Visualization Training on Batting Performance In Cricket.	Kute Sunil Baburao	73
19	Effect of Yogasana on Flexibility among Kabaddi Girls Players	Sarode Dinesh	77
20	Effects of Yogic Practices on Flexibility of College Girls In Junagadh District of Gujarat	Rekhaben Kachadiya	80
21	Analytical Study on Physical Fitness of Volleyball Players And Kabbadi Players In Shree Somnath Sanskrit University	Jayeshkumar D. Mungara	82
22	A Comparison of Physical Fitness of Team and Individual Players	Chimate Dnyaneshwar Pandurang	84
23	A Study of Psychological well-being and Occupational Stress between Organic and Conventional Farmers	Deepa Naik	88
24	Professional Quality of Life and Resilience Among Primary School Teachers	Satpute A., Thange S., & Naik.D	94
25	Role of Sport in the Indian Society : A Study	Langade Sunil & Warule Nilesh	101
26	A study of correlation between the students Home adjustment and their Health, Emotional and Social adjustment.	Sunil Shinde	106
27	A Study of Effect of Sports Activities on Mental Health and Locus of Control of College Youth	Randhir Jadhav	109



A Comparative Study of Physical Capacity Between Kabaddi and Kho-Kho Players

Ashish M. Talekar

Dir. of Phy. Edu. & Sports,

Shri Padmamani Jain Arts and Com. College Pabal, Tal.-Shirur, Dist.-Pune.

Abstract:

The present study was attempts to compare physical capacity among inter collegiate male Kabaddi and Kho-Kho players. For this study, cooper's JCR motor fitness test was applied to Kabaddi and Kho-Kho players to compare their physical capacity performance. 20 Kabaddi and 20 Kho-Kho inter collegiate level players were selected for this study. The age group of the subjects was between 18 to 25 years. For analysis of the data Mean & SD were calculated and to examine the significance difference between the group mean of different physical capacity, independent samples t-test was applied and level of confidence was set at 0.05 levels. The shown result that Vertical-jump performance of Kho-Kho players was high as compared to Kabaddi players. The result indicates that there are insignificant differences between Kho-Kho and Kabaddi players in Chin-ups, Kabaddi players performed better than Kho-Kho players. Result found that Kho-Kho players have shown their superiority on Shuttle-Run compare to Kabaddi players.

Keywords: Physical capacity, Kho-Kho, Kabaddi, Vertical-jump, Chin-ups and Shuttle-run.

Introduction:

As we enter the 21st century, one of the greatest accomplishments we can celebrate is our continuous pursuit of fitness since the beginning of human kind. Throughout prehistoric time, the quest for fitness was driven by a need to survive through the arduous tasks of hunting and gathering. In previous years, fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. In current contexts, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations. There are five main components of physical fitness in sports:

Speed :

Speed is the ability to move quickly across the ground or move limbs rapidly. Speed is not just how fast someone can run, but is dependent on their acceleration, maximal speed of movement, and also speed maintenance. Speed is one of the main fitness components, important for success in many sports. The Kabaddi & Kho-Kho games are like synonyms of speed.

Strength :

Strength is the maximal force you can apply against a load. Strength is one of the main fitness components, important for success in many sports. Kabaddi & Kho-Kho games require great strength lower and upper body to best performance.

Endurance:

Endurance is the ability to do sports movement with desired quality and speed under the condition of fatigue. Most sports require athletes to develop muscular endurance to a certain degree, along with the other components of fitness, but because muscular endurance is muscle-specific, certain sports require athletes to hone different muscles for endurance. In Kabaddi and Kho-Kho players there is much use of endurance. These games are mostly used aerobic capacity.

Flexibility :

Flexibility is defined as the ability to move joints or muscles through their full-range of motion. All sports require flexibility. Kabaddi and Kho-Kho players need to be able to perform against the object,



walking and sprints also requires flexibility. Stretching is of huge benefit as it can with proper stretching can bring increased muscle control, flexibility and range of motion.

Coordination:

Coordination is the ability to repeatedly execute a sequence of movements smoothly and accurately. This may involve the senses, muscular contractions and joint movements. All sports require the coordination of eyes, hands and feet. Kabaddi and Kho-Kho players are an activity that depends on the coordination of both nerves and muscles, and on the ability of the central nervous system to eliminate as many breaking and friction movements as possible.

The main purpose of the study was find out whether the participation in Kabaddi and Kho-Kho players was developed the motor ability of every individual. The vigorous participation in Kabaddi and Kho-Kho players was developed physical capacity. A person can improve the physical capacity through related test batteries for development better performance in sports activities, but also meaning of healthful living. A good physique depends upon certain amount of physical strength along with the Mental Strength while Physical Strength determines one's abilities and capacities potentialities.

Material and Method:

Sample :

To obtain data for this study, the researcher was selected forty (N=40) inter collegiate male Kabaddi & Kho-Kho players of 18 to 25 years of age group players from SPJAC college Pabal, Tal.-Shirur. They were divided into two groups which includes twenty (n = 20) Kabaddi players and twenty (n = 20) Kho-Kho players. The purposive sampling technique was used to selection of sample. All the subjects, after having been informed about the objective and protocol of the study was give their consent and volunteered to participate in this study.

Selection of Tools

J.C.R. test items

Vertical-jump

Chin-ups

Shuttle-Run

Criterion Measure

Recorded in nearest cm/inches

The total number of correctly completed Chin-ups is recorded

Recorded to the nearest 1/100th Second

Results of the study:

The results pertaining to significant difference between male Kabaddi and Kho-Kho players were assessed using the Independent sample 't' test & the results are presented in table 1

Table no 1: Independent sample t-test to perform of Kabaddi and Kho-Kho players

Variable	Mean		SD		t-value
	Kabaddi	Kho-Kho	Kabaddi	Kho-Kho	
Vertical Jump	15.35	17.10	1.51	2.14	2.98
Chin ups	19.70	18.04	2.79	3.98	1.52
Shuttle Run	9.49	8.91	0.59	0.62	3.03

*Significant at 0.05 level

Table-1 presents the result of male Kabaddi and Kho-Kho players with regard to the Cooper's JCR motor fitness test. The descriptive statistics shows the Mean and SD values of Kho-Kho players on the sub-variable of Vertical-jump as 17.10 and 2.14 respectively. However, Kabaddi player Mean and SD values were 15.35 and 1.51 respectively. The 't'-value 2.98 as shown in the table above was found statistically significant (P<.05). It has been observed that Kho-Kho players have better on Vertical-jump compare to Kabaddi players. The descriptive statistics shows the Mean and SD values of Kho-Kho players on the sub-variable Chin-ups as 18.04 and 2.79 respectively. However, Kabaddi players had Mean and SD values as 19.70 and 3.98 respectively. The 't'-value 1.52 as shown in the table above was found



statistically insignificant ($P>0.05$). It has been observed that Kabaddi players had better on Chin-ups than compare Kho-Kho players. The descriptive statistics shows the Mean and SD values of Kho-Kho players on the sub-variable Shuttle-Run as 8.91 and 0.62 respectively. However, Kabaddi players Mean and SD values were 9.49 and 0.59 respectively. The 't'-value 3.03 as shown in the table above was found statistically significant ($P<0.05$). It has been observed that Kho-Kho players were better on Shuttle-Run than compare Kabaddi players. The comparison of mean scores of both the groups had been presented graphically in figure below.

Figure no. 1: Comparisons of group mean to the JCR tests of Kabaddi and Kho-Kho players

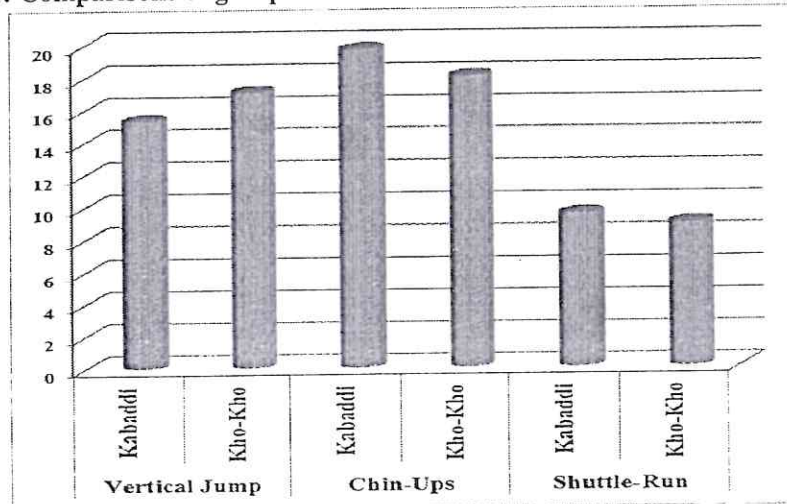


Fig 1: Graphical representation of mean scores of male Kabaddi and Kho-Kho players with regard to the Cooper's JCR motor fitness battery.

Conclusion:

The physical demands vary greatly among the Kabaddi and Kho-Kho game obviously speed was very important for Kabaddi and Kho-Kho game. JCR Test represents an important consideration in an individual's performance in Physical activity. While JCR test was one of the numbers of determinants of the capability of performance in Physical activity in many classes it may spell the difference between success and failure. The present study was under report studied the physical fitness components such as under the measure vertical jump, chin-up, shuttle run, of the male Kabaddi and Kho-Kho players. From the obtained results it was very clear that participated Kho-Kho players was perform better Vertical Jump, and Shuttle Run. Kabaddi players were better in the chin up test. Hence it is finally concluded that the result reveals that the Vertical-jump & Shuttle run performance of Kho-Kho players were high as compared to Kabaddi players. and chin up performance of Kabaddi players were high as compared to Kho-Kho players. The result indicates that there was an insignificant difference between Kabaddi and Kho-Kho players in Chin-ups and indicates that there were significant differences between Kabaddi and Kho-Kho players in Vertical jump & Shuttle run tests.

References:

- Jaana H Suni, Pekka Oja, Seppo I Miilunpalo, Matti E Pasanen, Ilkka M Vuori, Klaus Biis. Health-Related Fitness Test Battery for Adults: Associations with Perceived Health, Mobility, & Back Function and Symptoms. Arch Phys Med Rehabil, 1998; 79:559-569.
- Chandrasekaran S, Anbanandan A, Suthakar Krishnaswamy, Annida Balakrishnan. A Study of Selective Motor Fitness Components Empowers On Playing Ability among Low and High Performers of State Level Football Players. International Multidisciplinary Research Journal. 2012; 2(3):54-60.
- Brozek Josef, Taylor Henry L. Tests of Motor Functions in Investigations on Fitness. The American Journal of Psychology. 1954; 67(4):590-611.



Gaurav Vishaw, Singh Amandeep, Singh Sukhdev. Comparison of physical fitness variables between individual games and team games athletes. Indian Journal of Science and Technology. 2011; 4(5):547-549.

Draper JA, Lancaster MG. The 505 Test: A test for agility in the horizontal plane. Australian Journal of Science and Medicine in Sport, 1985; 17:15-18.

Miller JM, Hilbert SC, Brown LE. Speed, quickness, and agility training for senior tennis players. Strength and Conditioning. 2001; 23(5):62-66.

Application of Measurement of Physical Education New Jersey: Prentice Hall Inc.

Karpavich *et al.* Physical Fitness Test, Journal of American Medical Association, 1971.




PRINCIPAL

Sri Padmamani Jain
Arts & Commerce College
Pabal, Tal. Shirur, Dist. Pune. 412403



2016-2017

INDEXED JOURNAL

SUGGEST JOURNAL

JOURNAL IF

REQUEST FOR IF

DOWNLOAD LOGO

CONTACT US

Journal Detail

Journal Name	RESEARCH JOURNEY
ISSN/EISSN	2348-7143
Country	IN
Frequency	Quarterly
Journal Discipline	General Science
Year of First Publication	2014
Web Site	www.researchjourney.net
Editor	Prof. Dhanraj Dhangar & Prof. Gajanan Wankhede
Indexed	Yes
Email	researchjourney2014@gmail.com
Phone No.	+91 7709752380
Cosmos Impact Factor	2015 : 3.452

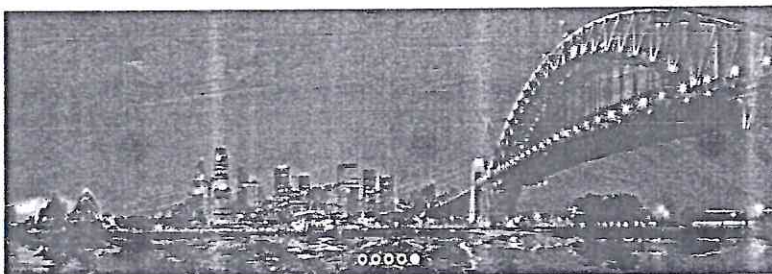
SAMPLE CERTIFICATE

SAMPLE EVALUATION SHEET



Institute for Information Resources

News Updates Now Annual membership fee is of just 40 Dollars for existing members and they can renew their membership for year 2016



SJIF Evaluation on Request
The Editorial Staff who decide to use of this option will receive the SJIF Impact Factor within 7 days.

SJIF Publishers Panel
Register journal (Free Service)
It gives the privilege of SJIF to 30000 journals.

Manage journal (Free Service)
The Editor will be able to manage the journal.

SJIF Journal Rank
By SJIF, journals are ranked on the basis of SJIF. It is a ranking of 30000 journals.

Logo
SJIF logo can be used on the journal website.

Certificate
SJIF logo can be used on the journal website.

Evaluation on the basis of SJIF

Research Journey

SJIF 2016:	Previous evaluation SJIF
Under evaluation	2015: Not started
Area: Under evaluation	2014: 3.000
Evaluated: Not started	2013: Not started
2012: Not started	2011: Not started

The journal is indexed in:
SJIF Panel on SJIF Journals Impact Factor

Main information

Journal Name: Research Journey
ISSN: 2348-7143 (E)
E-ISSN: 2348-7143 (E)
Country: India
Frequency: Quarterly
Year of First Publication: 2014

Contact Details

Editor Name: Prof. Dhanraj Dhangar
E-mail: researchjourney2014@gmail.com
Phone: +91 7709752380

Research Journey

Journal Name: Research Journey
ISSN: 2348-7143 (E)
E-ISSN: 2348-7143 (E)
Country: India
Frequency: Quarterly
Year of First Publication: 2014

Contact Details

Editor Name: Prof. Dhanraj Dhangar
E-mail: researchjourney2014@gmail.com
Phone: +91 7709752380

Get Involved

- Home
- Evaluation Method
- Journal List
- Apply for Evaluation/Free Service
- Journal Search

Recently Added Journals

Research Journey	
ISSN	2348-7143
Country	India
Frequency	Quarterly
Year publication	2014-2015
Website	www.researchjourney.net
Cosmos Impact and Quality Factor	
2014	0.555
2015	0.676