

## **EFFECT OF SPECIFIC TRAINING PROGRAMME ON DEFENSIVE ABILITY OF KHO-KHO PLAYERS**

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**Abstract**

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*The present study assessed the impact of especially designed training program on Defensive Ability of Kho-Kho Players. 50 Kho-Kho players belonging to age group 12 to 14 years was selected as subjects in the present study. These selected subjects divided into two groups i.e. Experiment and Control group with equal number of subjects assigned randomly in each group. The subjects of experimental group underwent specific training program of 12 weeks duration while subjects from control group did the routine exercises during this period. The Zig - Zag Play Test, Ring Game Test and Squat Run Dodging Test were employed twice i.e. before the start of study period and after the completion of 12 weeks of training period. Results indicate significant improvement in the defensive ability of kho – kho players after the completion of training program as compared to what it was before the commencement of training program. No significant changes were observed in the subjects belonging to control group. It was concluded that specific training program of 12 weeks can be used to improve the Defensive Ability of Kho-Kho Players.*

**Keywords:** Kho - Kho, Defensive Ability

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### **Introduction:**

One of the main points of a successful animal life is "Active Chase" which is a fundamental principle of the Indian game called Kho Kho, synonymous with the phrase "Game of Chase". It will not be a mistake to say that Kho Kho was a recognized sport in the ancient times even earlier to the oldest mythological writings of classics- Mahabharata. The game of chase was then also regarded as legend, as it used in phraseology as "putting Kho to someone's active chase meaning putting an effective block and stopping the progress". The current adaptation of the game was actually an adaptation about the time of World War I in 1914, but at the same time lacked exacting rules and regulation that govern the games in the modern times. There were neither any dimension to the playground nor the poles which demarcate the central line, and the factor was also missing!

Kho-Kho, the game of speed, stamina and skills is very much popular among the youths of the Indian Society. The struggle between chasing and dodging in the game of Kho-Kho makes the game very exciting and interesting to watch. This excitement moves with the time and gives joy of efforts to the players, organizers and spectators. But to organize Kho-

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Kho tournament on the large scale is rather tough job. The organization of championship or tournament of this youth's game goes through different phases. It is required sufficient finance and efficient man-power. In addition to this if there is perfect planning and systematic method then it gives grand success in all respect.

To fill this void, this study was undertaken to see the effect of Specific Training Programme on Defensive Ability of Kho-Kho Players.

### **Objective of the Study:**

On the basis of the background of study, this study was conducted with the following objectives:

- To compare adjusted Mean score of Single Chain of Kho-Kho players of the specific training Group and Non- Specific Training Group by taking Pre -Single Chain as covariate.
- To compare adjusted Mean score of Ring Game of Kho-Kho players of the specific exercise training Group and Control Group by taking Pre -Ring Game as covariate.

### **Hypotheses:**

On the basis of review of literature it is hypothesized that:

**H<sub>01</sub>:** There is no significant difference in the adjusted Mean score of Single Chain of Kho-Kho players of the specific exercise training Group and Control Group by taking Pre -Single Chain as covariate.

**H<sub>02</sub>:** There is no significant difference in the adjusted Mean score of Ring Game of Kho-Kho players of the specific exercise training Group and Control Group by taking Pre - Ring Game as covariate.

### **Methodology:**

#### **Design of the Study:**

The study was based on the **Non-Equivalent Control Group Design** (Louis Cohen, 2015) and (Thomas D. Cook, 1979). This experimental design consists of an experimental group which was compared with a control group for testing the effect of Specific training on the defensive ability of Kho-Kho players. This experimental design is parallel group design where the experimental group were received the Specific training, whereas the control group was not. The result was compared after a period of 12 weeks.

**Population and Selection of Samples:**

Fifty (n = 50) Kho-Kho players belonging to age group 12 to 14 years was selected from Mumbai Suburban. Further they were divided into two groups Viz. a experimental group and a control group.

Group A – Experimental Group (n = 25)

Group B – Control Group (n = 25).

**Selection of Variables**

The following Defensive Skills of the Kho-Kho game was considered as Dependent Variable for the study.

**Dependent Variables**

- 1) Single Chain    2) Ring Game    3) Dodging

**Independent Variables**

The following selected specific training programme was considered as Independent Variables for the study:

| Independent Variable |                            |   |                                       |
|----------------------|----------------------------|---|---------------------------------------|
| 1                    | Running (100 meter)        | 5 | Rope Skipping                         |
| 2                    | High Knee (20 meter)       | 6 | Butt Kicks (20 meter)                 |
| 3                    | Zig Zag Running (20 meter) | 7 | Ladder Drills (8 meter)               |
| 4                    | Running in Figure of 8     | 8 | Side Running in Circle (Right & Left) |

**Criterion Measures**

| Dependent Variable | Test              | Unit           |
|--------------------|-------------------|----------------|
| Single Chain       | Zig-Zag Play Test | Time in second |
| Ring Game          | Ring Game Test    | Time in second |

**Specific Training Program:**

The total specific training programme was of 12 weeks and five days per week except Sunday and holiday, which was conducted only on experimental group, while control Group was engaged in daily routine work.

**Statistical Procedure to Be Used**

The present study was falls under the “Experimental Study” the researcher wants to compare adjusted mean score of dependent variable; Hence **One Way ANCOVA** was applied.

**RESULTS ON SPECIFIC TRAINING:**

- **Treatment Wise Comparison Of Adjusted Mean Scores Of The Skill Of Single Chain By Taking Pre -Single Chain As Covariate**

The objective was to compare adjusted mean scores of the skill of Single Chain of Kho-Kho Players of Specific Training Group and Control Group by taking Pre- Single Chain as Covariate. The data were analysed with the help of One Way ANCOVA and results are given in Table 1.

**Table 1: Summary of One Way ANCOVA of Single Chain by taking Pre- Single Chain as Covariate**

| Source of Variance | df | SSy.x | MSSy.x | Fy.x | Remark |
|--------------------|----|-------|--------|------|--------|
| Treatment          | 1  | 0.71  | 0.71   | 5.67 | p<0.01 |
| Error              | 47 | 5.84  | 0.12   |      |        |
| Total              | 49 |       |        |      |        |

From Table 1 it can be seen that the adjusted F-value is 5.67 which is significant at 0.05 level with df=1/47 when Pre-Single Chain was taken as covariate. It shows that adjusted mean scores of the skill of Single Chain of Specific Training Group and Control Group differ significantly when Pre- Single Chain was taken as covariate. Thus, the Null Hypothesis is that there is no significant difference in adjusted mean scores of the skill of Single Chain of Kho-Kho Players of Specific Training Group and Control Group by taking Pre- Single Chain as covariate is rejected. It may, therefore, be said that Specific Training were found to be effective in improving the skill of Single Chain of Kho-Kho Players than Control Group where Pre- Single Chain was taken as covariate.

- **Treatment Wise Comparison Of Adjusted Mean Scores Of The Skill Of Ring Game By Taking Pre -Ring Game As Covariate**

The objective was to compare adjusted mean scores of the skill of Ring Game of Kho-Kho Players of Specific Training Group and Control Group by taking Pre- Ring Game as Covariate. The data were analysed with the help of One Way ANCOVA and results are given in Table 2.

**Table 2: Summary of One Way ANCOVA of Ring Game by taking Pre- Ring Game as Covariate**

| Source of Variance | df | SSy.x | MSSy.x | Fy.x  | Remark |
|--------------------|----|-------|--------|-------|--------|
| Treatment          | 1  | 6.43  | 6.43   | 12.02 | p<0.01 |
| Error              | 47 | 25.15 | 0.54   |       |        |
| Total              | 49 |       |        |       |        |

From Table 2 it can be seen that the adjusted F-value is 12.02 which is significant at 0.01 level with df=1/47 when Pre-Ring Game was taken as covariate. It shows that adjusted mean scores of the skill of Ring Game of Specific Training Group and Control Group differ

significantly when Pre- Ring Game was taken as covariate. Thus, the Null Hypothesis is that there is no significant difference in adjusted mean scores of the skill of Ring Game of Kho-Kho Players of Specific Training Group and Control Group by taking Pre- Ring Game as covariate is rejected. It may, therefore, be said that Specific Training was found to be effective in improving the skill of Ring Game of Kho-Kho Players than Control Group where Pre- Ring Game was taken as covariate.

### **Conclusion:**

The result of the study helps to conclude that the Specific Training was found helpful to improve the Defensive Ability of Kho-Kho Players.

### **Recommendations:**

From the interpretation and the results of the present study, the following recommendation may be forwarded

- Similar study may be undertaken by selecting other parameters of the Attacking Abilities of Kho-Kho Players.
- A similar study may be conducted on different age groups.
- A similar study may be conducted on different gender.

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