

## A comparative study of flexibility of players of kabaddi, kho-kho and volleyball of Gujarat state

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### Abstract

The Purpose was A Comparative Study Flexibility of Players of Kabaddi, Kho-Kho and Volleyball Of Gujarat State. In the present study, 72 players of Kabaddi, 72 of Kho-Kho and 72 players of Volleyball participated at state level in Gujarat State were randomly selected of Vadodara, Bharuch and Surat. All selected players were of 13 to 17 years of age. The Flexibility for Floor touch test (Kraus Weber test) was measure of Marks Statistical technique such as analysis of variance was applied to know aspects of Flexibility of players of Kabaddi, Kho-Kho and volleyball of Gujarat State. Significance was examined at 0.05 levels by applying LSD Post Hoc Test to mean difference. F' ratio of flexibility of male players of Kabaddi, Kho-Kho and volleyball of Gujarat State selected at state level was found 0.115, which was not follow significant at 0.05 levels. Equality was found in flexibility of players of all three groups. Flexibility plays an important role in sports so such results are attained in the study.

**Keywords:** kabaddi, kho-kho, volleyball, Gujarat

### Introduction

The term 'sport' is woven in our life in such a way that it seems the concept and thoughts are developed here. But it is not fact. The word 'Lila' was used for sport in Gujarati language in the past. The general meaning of "Lila' is amusement or game. Means, when any one person does any regulated game with group of persons is regarded as sport or game. Here, meaning of sport is not made limited for any one type of sport, but it focuses on all sports played with the help of limbs of body such as hands, legs etc. Indoor and outdoor sports and games such as Kabaddi, Football, Kho-Kho, Basketball, Handball, Volleyball, Table tennis etc are their

best examples. Each sport has its unique existence so each sport is specifically connected to human life.

### Objective of the Study

A Comparative Study Flexibility of Players of Kabaddi, Kho-Kho and Volleyball of Gujarat State.

### Selection of Subjects

In the present study, 72 players of Kabaddi, 72 of Kho-Kho and 72 players of Volleyball participated at state level in Gujarat State were randomly selected of Vadodara, Bharuch and Surat. All selected players were of 13 to 17 years of age.

**Table 1:** Criterion measurement

| No. | Variable    | Test                                | Measurement |
|-----|-------------|-------------------------------------|-------------|
| 1   | Flexibility | Floor touch test (Kraus Weber test) | Marks       |

### Statistical Procedure

Statistical technique such as analysis of variance was applied to know aspects of Flexibility of players of Kabaddi, Kho-Kho

and volleyball of Gujarat State. Significance was examined at 0.05 levels by applying LSD Post Hoc Test to mean difference.

### Result of the Study

**Table 1:** Analysis of Variance of Flexibility of Male Players of Kabaddi, Kho-Kho and Volleyball of Gujarat State

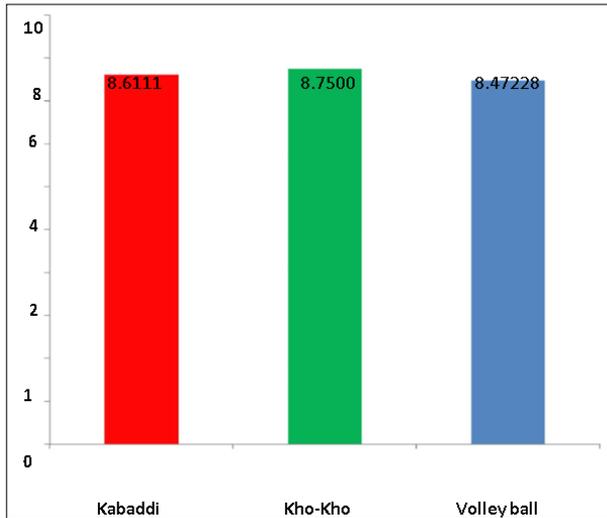
| Sport      | Mean   | Subject | Sum of classes |          | Df  | MD     | 'F'   |
|------------|--------|---------|----------------|----------|-----|--------|-------|
|            |        |         |                | (SS)     |     |        |       |
| Kabaddi    | 8.6111 | 72      | B              | 2.778    | 2   | 1.389  | 0.115 |
| Kho-Kho    | 8.7500 | 72      |                |          |     |        |       |
| Volleyball | 8.4722 | 72      | W              | 2580.556 | 213 | 12.115 |       |

\*Significance criterion 0.05 Tab 'F' = (2,213) = 3.038

It is observed in table -1 that mean of flexibility y of male players of Kabaddi, Kho-Kho and volleyball of Gujarat State selected at state level was 8.6111, 8.7500 and 8.4722

respectively. Sum of squares of all groups was found 2.778 and sum of classes between all scores was found 2580.556. Mean deviation of all groups was 1.389, whereas mean

deviation of all scores was found 12.115. 'F' ratio was found 0.115, which was not found significant at 0.05 levels (2,213) = 3.038. Mean of all three groups are mentioned in figure -1



**Fig 1:** Mean of flexibility of male players of Kabaddi, Kho-Kho and Volleyball of Gujarat State

### Conclusion

Mean of flexibility of male players of Kabaddi, Kho-Kho and volleyball of Gujarat State selected at state level was 8.6111, 8.7500 and 8.4722 respectively. Sum of squares of all groups was found 2.778 and sum of classes between all scores was found 2580.556. Mean deviation of all groups was 1.389, whereas mean deviation of all scores was found 12.115. 'F' ratio was found 0.115, which was not found significant at 0.05 levels (2,213) = 3.038.

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