To Construct Norms of Selection Criteria of Kabaddi Team for Swami Ramanad Teerth Marathwada University, Nanded

Shri S. K. Tiwari: Shankarrao Satyav Mahavidyala, Kalamnuri Dist.Hingoli
Dr. Jondhale Suresh N.: College of Physical Education, Kautha Nanded.

Introduction

Kabaddi is a traditional game originated from India. In fact, Kabaddi is a game of passion, perspirations and body strength but it is also a game of strategy, metaphysical coordination and intelligent analysis of the opponent's strength and weaknesses. It is a team event and yet a single player might win or lose a game. No one is certain how this game became so popular in India although it is definite that the game was played as early as 4000 years ago. It might have been a reformed from of wrestling which combined teams instead of individual competitors in order to involve more participants. It is also believed that it was originally formulated as a training exercise for army personals and has its roots in Tamil Nadu. Some people also say that it is a modern representation of the Chakravyuh that Prince Abhimanyu had to face during the battle of Mahabharat.

Further, this game is recognized by many name like northern India knows it as Kabaddi, the western sates call it Hu-tu-tu. Likewise, in Eastern India THE GAME IS CALLED Ha-du-du for men and Chu-kit-kit for women. In southern India it is known as chedugudu. Kabaddi is the national game of Bangladesh and also a popular sport in Nepal, Pakistan, Sri Lanka, Japan, Canada and the UK. It has the characteristics of American ruby and yet it is Indian sport to the very core. Although this game is popular in India the effort has been made to revive the game and reach at international level. It needs a small playing and area two teams compete with each other for higher scores, by touching or capturing the players of the opponent team. Each team consists of 12 players, of which seven are on court at a time, and five in reserve. The two teams fight for higher scores, alternating defense and offense. The game consists of two 20-minute halves, with a break of five minutes for change of sides. The Kabaddi playing area is 13.00 m x 10m, divided by a line into two halves.

In fact, with time, the rules and regulation of this game has been changed nationally and internationally. The game is popularized and played in Asian Indoor Games and Asian Beach Games apart from SAF Games. It is a matter of fact that although various scientific methods have been evolved to enhance the performance of Kabaddi player however, there is need to develop norms for the selection of players at University level. The all India inter-University has been conducting inter-University tournaments of Kabaddi every year but the performance of these players is not up to the mark. Nevertheless, coaches and sports directors have tried to find out the cause of decline in performance of players. However, it seems that there is no proper selection criterion for University level Kabaddi players. Hence, the researcher has planned to develop the selection norms for University level Kabaddi players.

Methodology

The present study was undertaken with a main objective to establish standard norms for selection of a team of Kabaddi players. As this is a normative study standard procedures were followed to conduct this research which is presented as blow.

Research Design

As the purpose of this study was to establish norms related to fitness, and Kabaddi skills off male varsity level players of Swami Ramanand Teerth Marathwada University, the present investigator administered the standard test for measuring selected variables. The construction of selection criteria for varsity level Kabaddi players and its procedure of standardization including establishing reliable and valid norms have been completed by following stages:

- Preparation of selection criteria (test items).
- Administration of selection criteria on try out basis.
- Administration of selection criteria on large sample.
- Item analysis and arrangement of items.
- Establishing norms.
- Determination of reliability and validity.

The researcher has gone through various research reports and consulted experts in the filed of Kabaddi for deciding the components or test-items of physical fitness that must be important to achieve success. Based on research reports and guidance from experts, the investigator considered ten major variable as selection criteria for varsity level Kabaddi players presented in Table 1 as follows.

Table 1
Test-items for composing selection criteria for selection
of Kabaddi player at varsity level

Sr. No.	Test Name	Tools used	Criterion measure
1.	Cardiovascular endurance	1 mile run walk	Min.: Sec
2.	Isometric hand grip strength	Hand grip dynamometer	Nearest to 1kg
3.	Explosive power of leg muscles	Standing broad jump	Nearest to 0.5 cm
4.	Flexibility	Sit and reach	0.05 cm
5.	Breath holding capacity	Stop watch	Nearest to 0.05 Sec
6.	Agility	Shuttle run	0.01 sec.
7.	Height	Stadiometer	0.5 cm
8.	Weight	Weighting machine	0.5 kg
9.	Abdominal muscles strength	Sit up	1 No./ min
10.	Shoulder muscle strength	Chin up	1 No./ min

Administration of selection Criteria on tryout basis

The first try out was done by administering all the above test items on a small number of University male Kabaddi players (n=10), age below 21 years, of SRTM, University, Nanded. The limitations during administration of each test items were recorded for further modification of the selection criteria. The investigator discussed with the said Kabaddi players to know about their opinion about utility of the formulated items of the selection criteria. All these players also agreed that the requirement for a selection of a Kabaddi player as included in the criteria by the present investigator has logical significance. The test items were then re-administered on the said players after a considerable period of one month gap as second try out. The test retest reliability coefficient was then assessed for each item. The significant reliability coefficient, in fact, ensures the reliability of the selection criteria at the preparatory stage.

Administration of 'Selection Criteria' on Large Sample

On the basis of obtained reliability and content validity for test items included in the selection criteria it was decided to administer it on large sample.

The Sample

For establishing norms, the sample or participants were selected from Swami Ramanand Teerth Marathwada University and affiliated colleges. The Kabaddi players, age ranged from 18-24 years. Before selecting sample, researcher contacted physical director of University and the affiliated collegesand obtained permission and consent to conduct the study. Further a written consent from the participants was also taken. The number of subjects participated from the University and affiliated colleges were three hundred (n=300).

It is interesting to note that all the subjects voluntarily agreed to take part in the chosen project for the interest of their self assessment. All the test were simple and performed by the participants with case, without affecting the validity and reliability of each component.

Instrumentation

Standard test were administered to measure the items of each component. The equipments were thoroughly checked before administration of test to ensure accuracy in data collection.

Statistical Analysis

The data were analyzed using the following statistical procedures:

- The reliability of the Preliminary from of the test was determined by split-half method of correlation. However, the reliability of the test was assessed by test retest method of correlation.
- Content validity was determined by analyzing the opinions of the various experts in the area of education and physical education.
- Item-analysis of the test was done on the basis of the principles as stated by Gullford and Fruchter (1973; 60-65) and Bhattacharyya et al., (1977; 102-103).

2) **Result on establishing the norms on body weight of varsity level Kabaddi players.**

   * From the results it can be interpreted that inspire of positive skewness and leptokurtic distribution, the Ss scores in Body weight are approximately normal because of their homogenous group characteristics.

   * The result indicates that in a percentile norms, the P99 and the P0 values of the Body Weight were 46,00 & below and 75.00 & above.

3) **Result on Establishing the Norms of Shuttle Run Test.**

   * From the result is can be interpreted that inspite of negative skinless and leptokurtic distribution, the Ss scores in Shuttle Run event are approximately normal because of their homogenous group characteristics.

   * The result indicates that in a percentile norms, the P_{99} and the P_0 values of the Shuttle Run (Sec.) were 17.00 and below and 38.22 and above respectively.

4) **Result on Establishing the Norms of Sit & Reach Test**

   * From the results it can be interpreted that inspite of negative skewness (sk = -0.36) and leptokurtic distribution, the Ss scores in Site & Reach

event are approximately normal because of their homogenous group characteristics.

* The result indicates that in a percentile norms, the P_{99} and the P_0 values of the Sit & Reach were 35.40 and above and 26.72 and below respectively.

5) Result on Establishing the Norms of Sit Ups Test

* Form the results it can be interpreted that inspite of negative skewness and leptokurtic distribution, the Ss' scores in Sit Up event are approximately normal because of their homogenous group characteristics.
* The result indicates that in a percentile norms, the P^{99} and the P_0 values of the Sit Up were 26.26 and above and 14.20 and below respectively.

6) Result on Establishing the Norms of Chin Up Test

* From the results it can be interpreted that inspite of negative skewness and leptokurtic distribution, the Ss' scores in Chin Up event are approximately normal because of their homogenous group characteristics.
* The result indicates that in a percentile norms, the P^{99} and the P_0 values of the Chin Up were '15.76 and above' and '8.20 and below' respectively.

7) Result on Establishing the Norms of 1 mile run/walk test

* From the results it can be interpreted that inspite of negative skewness and leptokurtic distribution, the Ss' scores in 1 mil run/walk event are approximately normal because of their homogenous group characteristics.
* The result indicates that in a percentile norms, the P_{99} and the P_0 values of the Chin Up were '18.25 and above' and '10.40 and below' respectively.

8) Result on Establishing the Norms of Hand Grip Test

* From the results it can be interpreted that inspite of negative skewness and leptokurtic distribution, the Ss' scrores in hand grip event are approximately normal because of their homogenous group characteristics.
* The result indicates that in a percentile norms, the P_{99} and the P_0 values of the hand grip were '44.35 and above] and '18.32 and below respectively.

9) Result on establishing the norms of standing broad jump test

* From the results it can be interpreted that inspite of negative skewness and leptokurtic distribution, the Ss' scroes in standing broad jump event are approximately normal because of their homogenous group characteristics.

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