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Comparative Study of Balance and Coordination of various levels of Kho Kho Players

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Abstract

The purpose of the study was to compare balance and coordination ability of various levels of Kho-Kho players. Sixty (60) kho-kho players, 20 from each who has at least participated in the Maharashtra State Tournaments (20), Inter Collegiate Tournaments of Sant Gadge Baba Amravati University, Amravati (20) and Inter University Tournaments of Sant Gadge Baba Amravati University, Amravati (20) with the help of purposive sampling method were selected from Amravati. The age of the kho-kho players were ranged between 18 to 25 years. Subjects did not use any ergogenic aids or supplementations and also they were all free from any injuries during the collection of data. The data were collected with the help of test administered e.i. 1] Balance: Stork Balance Stand Test 2] Coordination: Alternate Hand Wall Toss Test. The data was analyzed with the help of ANOVA. Result revealed that there was significant difference were found in balance and coordination ability among State, Inter Collegiate and Inter University kho-kho players as obtained F-ratio was 3.34 & 5.34 which was greater than that of required tabulated 'F' value of 3.158 at .05 level of significance with (2, 57) degree of freedom. By seeing the mean value it is revealed that inter university players shows high level of balance and coordinative ability as compared to state and inter collegiate players. Inter university players goes under various training program and their more participation more conditioning more practice makes them more fit. Their body becomes more conditioned and able to bear and have more stress and hard work due to their better playing environment and participation in game as compared to state and inter university players.

Keyword: Balance, Coordination, State Players, Inter Collegiate and Inter University Players.

Introduction

Motor fitness, or motor physical fitness, refers to how player can perform at his or her performance at optimum level, which involves a mixture of agility, coordination, balance, power, and reaction time. By improving these factors of motor fitness a player can give his or her best performance which is an indirect result of training in any of these attributes. All five components of motor fitness are essential for competing at high levels, that's why the concept is seen to be an essential part of any players training regime. Motor fitness is a term that describes an athlete's ability to perform his performance effectively during sports or other physical activity. Each and every component is essential for high levels of performance.

Now a day's kho-kho players require tremendous motor fitness like agility, coordination, speed, strength and balance. Some specific skills like speed and jumping, coordination and balance helps in many specific actions like movement, chasing, giving kho, diving, pole diving, dodging, etc., nowadays players need to have a strong muscular force and good fitness even if the actions in kho-kho game is fast and intense the players must be agile and well physical prepared.

Balance

Balance is the ability of an individual to stabilize one's body, whether in static or dynamic position. There are two types of balance which affect an individual or players –

static balance and dynamic balance. Static balance refers to remaining upright position while staying still, standing on one leg, for example. Dynamic balance deals with stability in motion. Balance can be measured by holding a stationary position as long as you can, without wobbling, after moving around.

Balance is involved with all motor performances to some degree but some performances heavily depend upon balance. Dynamics and stability both are of great importance in all games as well as in kho-kho. Balance is the main factor of fitness competences for success in sports. Good balance plays an important role in skill development and the overall fitness profile of the players.

Coordination

Coordination describes the synchronization of person's senses and body parts in a way that enhances motor skills. Chasing a player or diving on pole to touch an opponent in kho-kho game is an example of hand-eye coordination. "Co-ordination is the ability of the muscles movements into an efficient pattern of movement". Co-ordination differentiates between high level performance and low level performance. The ability of skill patterns depends upon the interrelation of speed, agility, balance and muscle movements into as well co-ordinate pattern.

Countless or we can say that more over every skills involve co-ordination of the eyes with hands. The players in kho-kho require eye- hand co-ordination as well as balance when they exhibit their skills for successful performance. Hence the researcher has taken the study 'comparative study of balance and co-ordination of various levels of kho-kho players'.

Materials and Methods

Subject

Sixty (60) kho-kho players, 20 from each who has at least participated in the Maharashtra State Tournaments (20), Inter Collegiate Tournaments of Sant Gadge Baba Amravati University, Amravati (20) and Inter University Tournaments of Sant Gadge Baba Amravati University, Amravati (20) with the help of purposive sampling method were selected from Amravati. The age of the kho-kho players were ranged between 18 to 25 years. Subjects did not use any ergogenic aids or supplementations and also they were all free from any injuries during the collection of data.

Administration of the test

The following tools were used to collect the data on:-

- **Balance:** For balance Stork Balance Stand Test were administered.
- **Coordination:** For coordination Alternate Hand Wall Toss Test

Statistical Analysis:

In order to find out the significant difference between balance and co-ordination of different level of kho-kho players the analysis of variance (ANOVA) was applied and the significance level was kept at 0.05.

Table
 Analysis Of Variance of Balance and Coordination among State, Inter Collegiate and Inter University Players

Variables	SV	SS	df	MS	F
Balance	between	54.308	2	27.154	3.34*
	error	463.41	57	8.13	
Coordination	between	141.4	2	70.70	5.34*
	error	754.68	57	13.24	

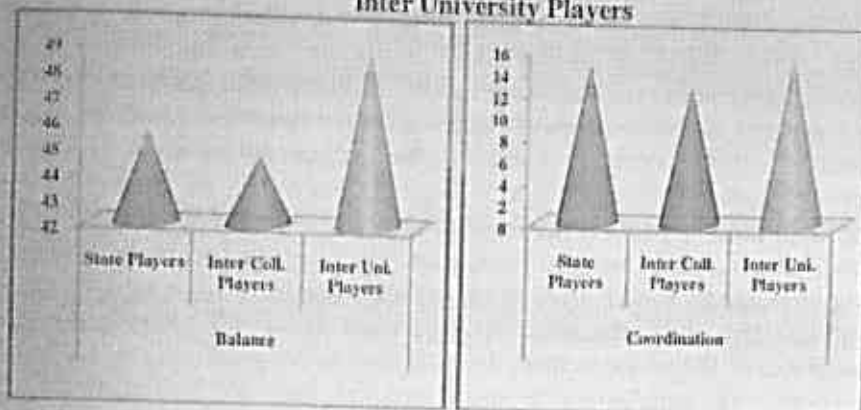
*Significant at 0.05 level

Tabulated $F_{0.05(2, 57)} = 3.158$

Above table revealed that there was significant difference were found in balance and coordination ability among State, Inter Collegiate and Inter University kho-kho players as obtained F-ratio was 3.34 & 5.34 which was greater than that of required tabulated 'F' value of 3.158 at .05 level of significance with (2, 57) degree of freedom. By seeing the mean value

It is revealed that inter university players shows high level of balance and coordinative ability as compared to state and inter collegiate players.

Graph
Mean comparison of Balance and Coordination among State, Inter Collegiate and Inter University Players



Conclusion

As the result revealed that significant difference were found in balance and coordination ability among State, Inter Collegiate and Inter University Players, the reason may be attributed that everyday tasks such as bending, reaching and maneuvering around objects require the skill of balance. Any minor upset which affects our body system can have a negative effect on balance and create difficulties with movement. Several body systems are involved in the balance process, including the musculoskeletal system, inner ear, eyes and skin. The brain receives signals from each of these systems and, when processed correctly, the brain is then able to pinpoint exactly what our body is doing – i.e., in which direction we are moving, turning, standing still, where our arms and legs are positioned etc. Good balance relies on all of these systems and processes functioning perfectly. As inter university player's possess typically stereotyped with hardworking, strenuous and strong musculature body with great amount of energetic as compared state and inter collegiate players. Whereas, coordination is the ability to repeatedly execute a sequence of movements smoothly and accurately. This may involve the senses, muscular contractions and joint movements. Everything that we participate in requires the ability to coordinate our limbs to achieve a successful outcome – from walking to the more complex movements of athletic events like the pole vault. Inter university players go under various training program and their more participation more conditioning more practice makes them more fit. Their body becomes more conditioned and able to bear and have more stress and hard work due to their better playing environment and participation in game as compared to state and inter university players.

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Certificate

This is to certify that

Dr/ Shri/ Smt/ Miss Shrikant S. Mahulkar has actively participated in

National Conference on ' RECENT TRENDS AND ISSUES IN HUMANITIES '

(NCRTHH - 2020) held on 11 th JANUARY 2020. He/ She presented Oral Paper/ an invited

talk entitled Comparative Study of Balance and Coordination of

Various levels of kho kho players

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