



COMPARATIVE ANALYSIS OF SELECTED ANTHROPOMETRIC VARIABLES AMONG VARIOUS INTER UNIVERSITY WOMEN KABADDI PLAYERS OF SOUTH INDIA

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Abstract:

To achieve the purpose of the study 48, inter university level Women kabaddi players were selected from 4 universities of south India namely university of Mysore, Kerala University, Osmaniya University, and University of Madras. The age group of the subjects was ranged from 18 to 25 years old. The selected criterion variables namely Height and Weight were selected and they were measured by stadiometer and weighing machine. To find out the difference exists among the 4 universities of south India the "ANOVA" calculation was applied for this study. The variable on which a significant 'F' value is found, then it is further subjected to Scheffe's post hoc test to determine the paired mean significance difference. The result of the study reveals that there was no significant difference found on Height and Weight among various university women kabaddi players of south India.

Key Words: Kabaddi, Women Athletes, Anthropometry, Height and Weight, South India

Introduction:

Sports in the present world have become extremely competitive. It is not the mere participation or practice that brings out victory to an individual. Therefore, sports life is affected by various factors, like physiology, biomechanics, sports training, sports medicine, sociology and sports psychology etcetera. All the coaches, trainers, physical education personnel and doctors are doing their best to improve the performance of the players of their country. The human physique differs in many ways and variation in physical characteristics is an interesting aspect. This variety of human physique plays an important role to attain better performance in particular sports. Every game requires a specific type of body whereas unsuitable body types in relation to the sports may build great stumbling block in the progress of the sports performance. Apart from the considerations of body size, the constitutional make up of body composition components are also important. The division of the body weight into various components can well be conceived by considering the major parts of the body, i.e. fat mass, Height and bone mass. Knowing and understanding the effect of training and competition on body composition can help athletes control weight and alter body composition safely. Following body composition trends in specific sports enable coaches and athletes to accurately prepare athletes for specific events/positions.

Taller players, particularly raiders, benefit from longer arm spans and leg lengths. This allows them to touch defenders safely and execute successful bonus attempts while maintaining a safe distance from the defending line. While defenders can be slightly shorter and stockier, taller defenders (like corners) have a wider radius to grapple and hold onto escaping raiders. Medium-to-tall players generally possess an excellent balance of speed and reach, which are the fundamental motor fitness requirements for the sport. Weight plays a massive role in generating explosive leg strength, which is needed for sudden dashes, jumps, and escapes. Defenders must have adequate body mass and a solid core to anchor themselves, absorb the heavy impact of colliding raiders, and execute firm holds like an ankle or thigh hold. Competitive kabaddi has strict weight classifications. For example, the professional league standard sets a strict maximum limit of 85 kg for male players. Keeping an optimal weight within this limit is highly crucial to maintaining peak speed and cardiovascular endurance throughout a 40-minute match

Statement of the Problem:

The purpose of the study was to compare the selected anthropometric variables among various inter-university women kabaddi players of South India.

Methodology:

To achieve the purpose of the study, 48 inter-university level Women kabaddi players were selected from 4 universities of South India, namely the University of Mysore, Kerala University, Osmaniya University, and the University of Madras. The age group of the subjects ranged from 18 to 25 years old. The selected criterion variables, namely Height and Weight, were selected and they were measured by a stadiometer and a weighing machine.

Statistical Technique:

To find out the difference that exists among the universities, the "ANOVA" statistical technique was applied for this study. The variable on which a significant 'F' value is found is then further subjected to Scheffe's post hoc test to determine the paired mean significance difference.

Results and Discussion:

Table 1: Analysis of Variance of the Height among Various Inter University Women Kabaddi Players of South India

Source of Variance	SS	DF	MS	F	"p" value
Between	441.50	3	147.17	2.46	0.07
Within	2635.17	44	59.89		

* Significant at 0.05 level

Table 1 shows that the obtained 'F' ratio is 2.46. Since the "p" value is greater than 0.05, it is not significantly different at the 0.05 level. The inter-university-level women kabaddi players across various universities in South India did not differ significantly in height. The Height of various universities of South India is graphically illustrated in figure 1.

Figure 1: Bar Diagram Shows That the Mean Values of Height among Various Inter University Women Kabaddi Players of South India

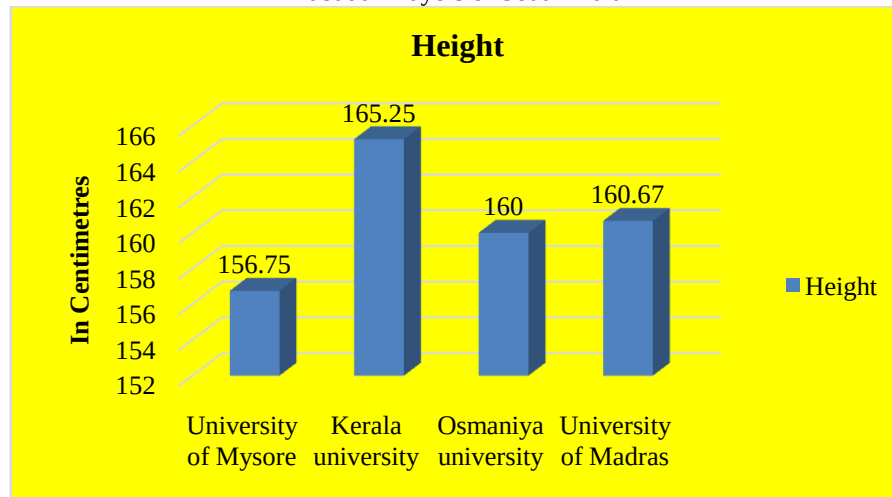


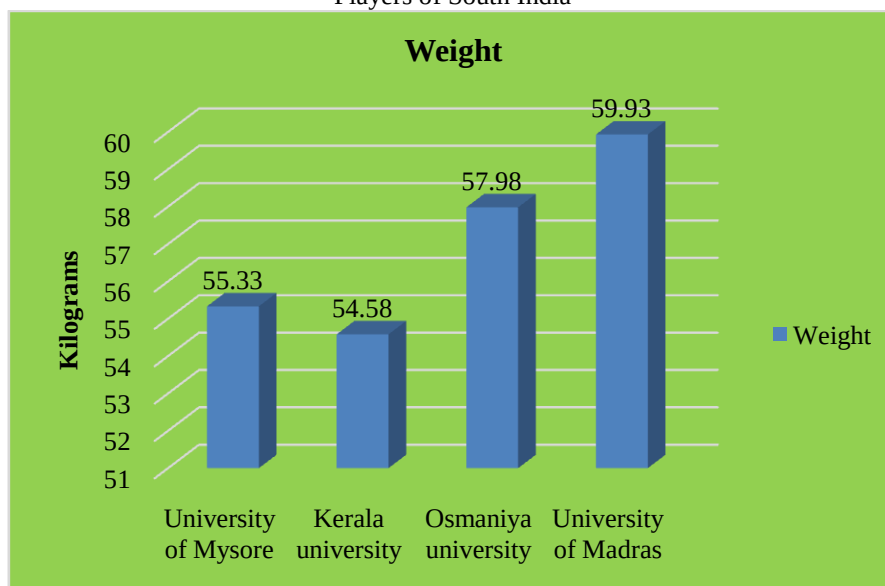
Table 2: Analysis of Variance of Weight among Various University Women Kabaddi Players of South India

Source of Variance	SS	DF	MS	F	P value
Between	218.31	3	72.77	1.86	0.15
Within	1720.87	44	39.11		

* Significant at 0.05 level

Table 2 shows that the obtained 'F' ratio is 1.86. Since the "p" value is greater than 0.05, it is not significantly different at the 0.05 level. It is clear that among various inter-university women kabaddi players of South India did not differ significantly in their Weight. The Weight of various universities of South India is graphically illustrated in figure 2.

Figure 2: Bar Diagram Shows That the Mean Values of Weight among Various University Women Kabaddi Players of South India



Discussion on Findings:

The results of the study reveals that there was a no significant difference found among inter university women kabaddi players of south India on Height. When comparing the mean values of Height among inter university women kabaddi players of south India the Kerala University players having more Height than the other university players.

The results of the study reveals that there was no significant difference found among inter university women kabaddi players of south India on Weight. When comparing the mean values of Weight among inter university women kabaddi players of south India the University of Madras players having more Weight than the other university players.

Conclusion:

The results of the study reveals that there was no significant difference found among inter university women kabaddi players of south India on Height and Weight.

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