

Comparative Study of Kabaddi Skills in Indoor and Outdoor Environment

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Abstract

The purpose of the study was to find out the effects of practicing Kabaddi in indoor and outdoor environment on the Kabaddi skills of male players. To achieve this purpose of the study, thirty men college players of Shri Pancham Khemraj Mahavidyalaya, Sawantwadi were selected randomly and are categorized into two groups namely: indoors players practicing kabaddi from indoor environment and players practicing from outdoor environment and they are compared on different Kabaddi skills. To study the effect of practicing Kabaddi in different environment mentioned above. The study revealed that practicing kabaddi in the indoor environment positively affects the skill levels and it leads to low injury rate.

Key Words – Kabaddi, Indoor Kabaddi Practice, Outdoor Kabaddi Practice, Kabaddi Skills

Introduction-

Form thousands of years people are playing

Indoor and outdoor games. Often indoor games are played in social or family situations, or when darkness or bad weather prevent people from moving outside. Kabaddi is one of the popular national sports in India. The four forms of kabaddi played in India and abroad are Amar, Sanjeevni, Huttuttoo, and Gaminee. Amar is generally played in Punjab, Haryana, America, Canada, and other parts of the world, mostly by Punjabi sportsmen. Sanjeevni is the most-played form of kabaddi in India and the world. This is the form generally used in international matches and played in Asian Games. Huttuttoo, a much tougher version of kabaddi, was played by men in Maharashtra State [1]. Kabaddi players are strong enough mentally & physically. The potential of player depend on its body structure & diet. Some authors list only the Relatively basic elements, such as strength, muscular endurance and cardiovascular endurance. Other builds from this base and includes items of ability, flexibility, power, balance speed and neuromuscular coordination [1-5]. Kabaddi requires tremendous physical stamina, agility, individual proficiency, neuromuscular coordination, lung capacity, quick reflexes, intelligence and presence of mind on the part of both attackers and defenders [6].

Along with these physical parameters and growing popularity of different formats of kabaddi. There is a need of exploring the effect of the indoor and outdoor environment on the kabaddi skills and relating injury rate.

Objective of the Study-

1. To compare the effect of practicing kabaddi in indoor and outdoor environments in terms of kabaddi skills and corresponding injury rate.

Hypothesis-

1. Indoor kabaddi practice enhances the skills of the Kabaddi players in comparison to outdoor kabaddi practice.
2. Injury rate is low among the players practicing Kabaddi indoor

Methodology;

The purpose of the study was to find out the effects of different environment practices namely indoor and outdoor practice on playing ability among college men Kabaddi players. To achieve this purpose of the study, thirty men college Kabaddi players studying in Shri Pancham Khemraj Mahavidyalaya, Sawantwadi were selected as subjects at random. Their age ranged between 19 to 25 years.

The study Region: -

The present study is carried out on the Kabaddi players of Shri Pancham Khemraj

Mahavidyalaya, Sawantwadi District Sindhudurg from Maharashtra State.

Methodology

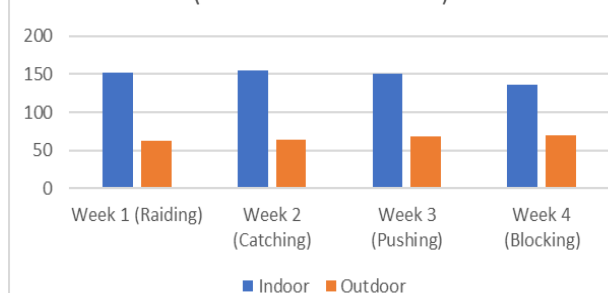
As a major part of the study, the thirty men kabaddi players were observed from November 2019 to December 2019. i.e. for thirty consecutive days. They were observed while practicing kabaddi in outdoor (Mud court) and indoor (Mat) environments. Their Kabaddi skills of both the groups were compared viz. raiding, catching (tackling), pushing (tackling) and blocking. Likewise, injury rates observed are compared along the different types of injuries like hand injury, leg injury, body back injury, muscle injury. For the analysis of the results, standard deviation is calculated.

Analysis of the Data:

Table No I Comparison of Kabaddi Skills in terms of practice environment.

Kabaddi Skills	Practice Environment							
	Indoor Group				Outdoor group			
	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Raiding	32	47	38	41	15	18	23	25
Catching (tackling)	39	45	49	27	13	14	19	11
Pushing (tackling)	37	28	25	41	18	19	17	21
Blocking	44	35	38	27	16	13	09	12
Total	152	155	150	136	62	64	68	69

Weekwise analysis of Kabaddi Skills (Indoor and Outdoor)

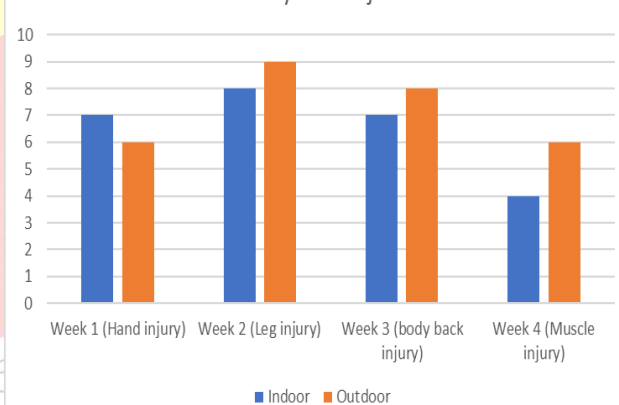


According to table I and graph I, it is found that the indoor Kabaddi practice enhances the Kabaddi skills in significant manner.

Table No II Comparison of injuries occurred in terms of practice environment.

Injuries type	Practice Environment							
	Indoor Group				Outdoor group			
	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Hand injury	1	3	0	0	2	2	3	1
Leg injury	3	2	2	1	1	1	2	1
body back injury	0	2	3	1	2	3	1	2
Muscle injury	3	1	2	2	1	3	2	2
Total	7	8	7	4	6	9	8	6

Weekwise analysis of injuries occurred



According to table II and graph II shows that the rate of injuries is less among the players practicing Kabaddi in indoor environment.

Conclusions-

1. There is a significant difference among the both groups in terms of Kabaddi Skills of the players.
2. There is a significant difference among the both groups in terms of injury rate of the players.

3. Practicing Kabaddi in indoor environment enhances Kabaddi skills significantly and it have low injury rate.

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