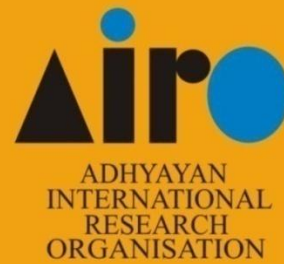


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CONSTRUCTION OF SKILLFULNESS EXPERIMENTS FOR KABADDI

Mr. Rajesh Y. H.

Research Scholar Bundelkhand University

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ABSTRACT

Sport is a universal language. At its best, it can bring people together, no matter what their origin, background, religious beliefs or economic status. Physical Education aims at strengthening the learning process of children and youth so as to make them responsible citizens in our democratic society. Games, Sports, Dances and Art act as important cultural bridges among the people of the world. International competitions such as Olympic Games, Dance Festivals, Art Exhibitions, act as integrating agents between nations. As such, fitness level of people is deteriorating day by day due to over sophistication. Girls are becoming weak and unable to become healthy mothers, while boys are unable to grow strong and healthy. In this situation, regular participation in sports and games and regular exercises can benefit the people. Sports improve life style. Outstanding sportsmen and women enjoy higher social status in the modern society. However, to become a good player, one needs to spend more amounts of money on equipment. As India is a developing country, people at the lower strata are unable to spend money on games and sports. Sports and games now- a-days are out of reach of common men, as they have become expensive commercialized and capitalized. Sportsmen become popular on account of publicity which is sponsored by business, industrial, and political giants. However, in the given circumstances, most of the enthusiastic children are attracted to the less expensive games like Kabaddi and Kho-Kho.

KEYWORDS: Construction, Skillfulness, Experiments, Kabaddi, Games, Sports, healthy, India.

INTRODUCTION

In 21st century the sports and games have been transformed and developed into a high degree of science and technology. Ramified into different branches as follows, sports and games medicine, sports and games journals, sports and games photography, sports and games journalism, sports and games engineering for making equipment, sports

and games budgets, sports and games chemistry, sports and games psychology, sports and games babing and polities, sports and games administration and espionage and difference and offensive systems, sports and games industries & business, sports and games research and development, sports and games deities. Sport is a factor or a Media or

an agent or a face which humanizes and socializes the individuals. The Physical Educationist and Sport Scientist believe that Physical Education of Social Experience Sports is helping the Individual to make personal adjustment, group adjustments and adjustment as worthy member of the society. Hence, adjustment is one of the aspects of culture, which develops through physical education and sports. Physical education and sports develop social qualities such as cooperation, friendship, sympathy, honesty, fair play sportsmanship, and respect for authority. Sports develop to contact with individuals from different languages, countries and cultures. Directly or indirectly sports play a predominant role develop the spirit of assimilation, interaction, accommodation and co-operation of the social and democratic charities among the citizens. Sports and physical education totally transform the human animal into human being, by converting the biological being into a social being.

The sports depending upon the aims to be achieved can be classified into various areas- school sports, rehabilitation sports, recreation and fitness sports, industrial sports and performance sports. Each area caters to different sections of the society and has different aims. The sports area which has gained immense importance in recent times and has made sports more popular has contributed much towards the development of organized sports science in the performance sports. Physical education aims at strengthening the learning process of all children and youth so as to make them responsible citizens in our democratic society. [1]. Games, sports, dances and art

however are various aspects of culture, which act as important cultural bridges among people of all nations in the world. International Competition in Games and Sports such as Olympic Games, Dance festivals art exhibitions act as integrating agents among the nations of the world. Sound mind in a sound body is a common saying. Physical activities involve a whole - man but not his body and muscles only. It is based upon the biological unity of mind and body. Games and sports are important for the development of well-balanced personalities and for social welfare. Sports and recreation have their physical, mental, emotional, social and civic benefits. Physical education aims at keeping people healthy. For in this sense of the word, all aspects of organized education aims at health. The physical education / health programs provide boys and girls with accurate and significant knowledge relating to their individual needs and interest. There is also growing concern for health services and healthy physical and emotional environment.

REVIEW OF LITERATURE: "A study of relevant literature is an essential step to get a full picture of what has been done with regards to the problem under study, and such a review brings about a deep and clear perspective of the overall field" [2]. Kabaddi is basically a rural game and indigenous to India as well as other south Asian countries, which is why not much sports literature is available in university libraries magazines journals or quarterly reviews across the world. The researchers could find limited literature/ information, with regard to the skill testes of the kabaddi game. Kabaddi

Impact Factor 0.75 to 3.19

still lacks in skill tests and so needs the study and development of various skill tests to improve and standardize at the game. Hence the need further study and investigation of the game. The investigator has made an honest and sincere attempt to locate the similar studies made by various scholars, through internet, text books, magazines, journals, research quarterlies and dissertation abstracts. Such collected references have been presented in logical order of importance and sequence of merit in this chapter. Scientific measurement of the results of teaching has an established place in the field of physical education today. However reliable and valid tests of ability are comparatively few. A battery of tests for any game may be useful in several ways if it has valid indices. It may be used in classifying the players, in determining the progress in skills, in providing incentive to practice and of judging the efficiency of the teacher. Meanwhile the nature of the battery of tests in measuring the fundamental skills should be a field based one rather than the lab based. Since the field based test items highlight the real game situation, assessing the player in the real game situation is encouraged. The development of sports skill has had a long and productive history. Among the earliest were the athletic badge test presented in 1913 by the playground and recreation association of the U.S.A. These tests were for the sports of Basketball, tennis and volleyball. Elizabeth ball proposed other early skills test in 1924 for basketball by brace and in 1925 for tennis. In 1959 the research council of the American alliance for health, physical education and recreation (AAHPER) initiated a national sports skill

test project with frank skills as chairman and brace as consultant. Seven manuals were published on archery for boys and girls, basketball for boys, basketball for girls, football, Softball for Boys softball for girls and volleyball for boys and girls between 1966 and 1969 [3]. Measurement has a high profile in physical education and sport. It provides the basis for examining and developing theory. Skill tests were developed to measure the basic skills used in a specific sport [4]. The skill test items are collectively called attest battery. The skill test helps the individuals to evaluate their performance in the fundamental skills of the game and provides an incentive for improvement.

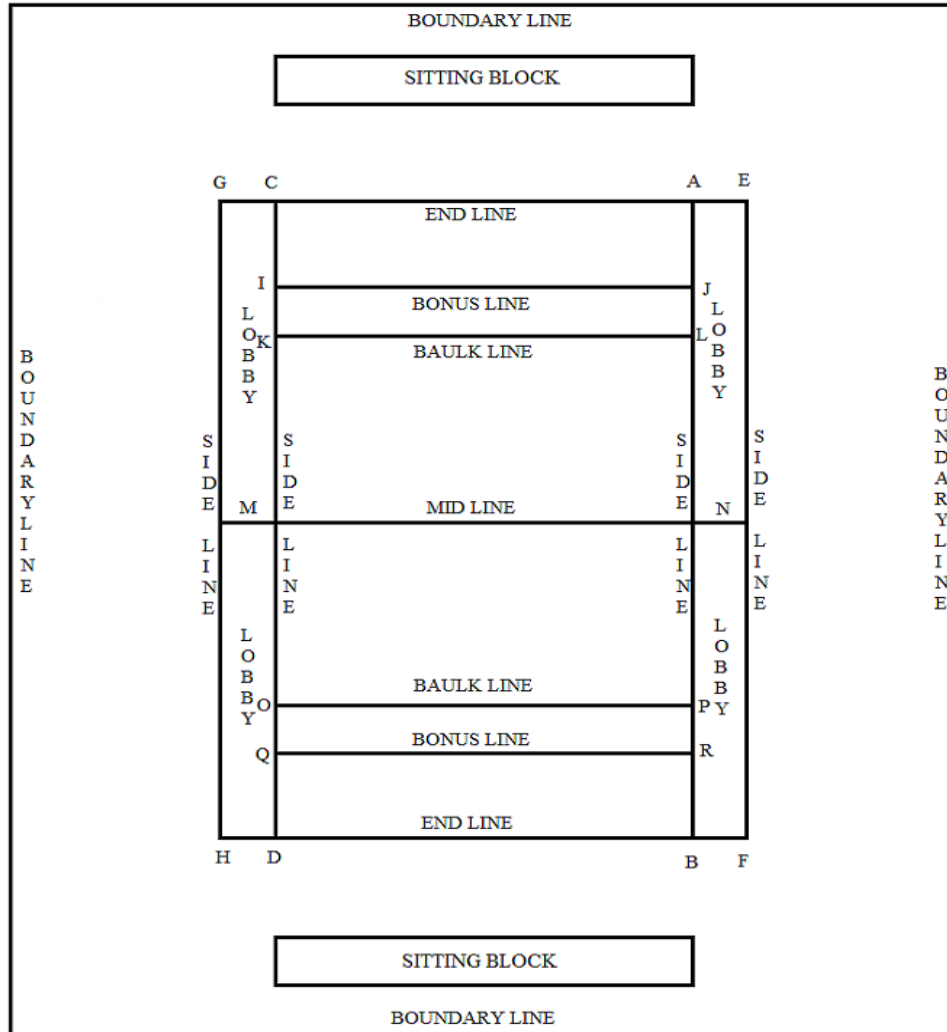
KABADDI: Kabaddi is basically a combative team game played by both men and women or male and female. Each team consists of 12 players of which seven players are on court at a time and five on the reserve. A Period of 45 minutes with a five minute break (20-5-20) for men, 35 minutes with a five minute break (15-5-15) for women junior girls and sub junior boys and girls. Kabaddi is played with absolutely no equipment in outdoor/ indoor rectangular court. The measurements of the indoor are 13 meters length, and 10 meters width for men and junior boys players; 12 meters and 8 meters width for women and junior girls; and 11 meters length and 8 meters width for sub junior boys and girls. The kabaddi ground is divided in two halves. The distance between the centers Line to baulk line is 3.75mt in case of men and junior boys, 3.00mt in case of women and junior girls, and 3.00mt in case of sub junior boys and girls. The distance between the baulk

line and bonus line is one meter for all categories. The distance from Bonus Line to end line is 1.75mt in case of men and junior boys, 2.00mt in case of women and junior girls, 1.50mt in case of sub junior boys and girls. The distance between side line and lobby is one meter for all categories of grounds. The space between the play field and boundary line is 4.00mt for all categories grounds. The width of the all lines is 5cm.

Definition of Kabaddi: The word Kabaddi is a Hindi word. The Meaning of kabaddi is “Holding breath”. The word kabaddi would have originated from Tamil words KAI (Hand) PIDI (Catch).

How to play Kabaddi: In kabaddi two teams compete with each other for higher score by touching or capturing the players of the opponent team. Each team sends seven players on court at a time. Before starting the match toss will be taken by the official. The toss offer the teams the chance of raid or court. The team winning the choice of raid sends a raider, who enters the opponents’ court chanting kabaddi...,kabaddi....kabaddi. The raider’s

aim is to touch any or all other players on the opponent court, and return to his own court with a single breath. While the seven opponents make maneuvers to catch the raider, if the rider touches one anti, the raider’s team gets one point, if the rider touches al the seven antis, the raider’s team gets seven points, if raider touches more than one antis, raider’s team gets more than one point. The aim of the opposing team is to hold the raider, and stop him from returning to his own court, with a single breath. If the raider cannot return to his own court in a single breath while chanting kabaddi...kabaddi, he will be declared out. In that case the holding team gets one point. Each team alternates in sending a player into the opponent court.Each side takes alternate chances at offence and defense. The players on the defense side are called antis, while the players of the offence side are called raiders. The offence in Kabaddi is known as a raid. If a player goes out of the boundary line during the course of the play or if any part of his body touches the ground outside the boundary, he will be declared out, except during the struggle. Within the allotted time, the team scoring the highest number of points will be declared as winner.



Kabaddi Ground

HISTORY OF THE KABADDI

Kabaddi is essentially an Indian game, which gained immense popularity in India, especially in rural India. The sport has a long history dating back to pre-historic times. It was probably invented to ward off group attacks by individuals and or outsiders.

Origin of the kabaddi

The origin of Kabaddi can be traced to pre historic times (Metal ages or Chalcolithic age), when man learned how to defend in

groups, against animals or attack weaker animals separately or in groups for the sake of survival and getting food, formation of villages for secure life. There is however concrete evidence that the game is 4000 to 5000 years old. Kabaddi also finds place in Hindu mythology. The Indian Epic, Shiva purana, gives the evidence of battle between Lord Shiva with developed to protect Devathas for maintain with the ages. Hanuman of the Ramayana times is a great epitome who did remove each and every

obstacle by his strength, vigor and character during the fight with Rhavana.

A dramatized version of the great Indian epic, i.e. the “MAHABARATH” has made an analogy of a tight situation placed by Abhimanyu. The hero of the Pandava king’s legend has it that as an unborn child in his mother’s womb, Abhimanyu learned the knowledge of entering the deadly and virtually impenetrable seven tiered defense called Chakravyuha. It is said that Lord Krishna tutored Abhimanyu’s father Arjuna the technique of attacking and escaping from various army formations. And as a fetus in his mother Subadhra Devi’s womb, Abhimanyu is said to have absorbed all the words of wisdom from Krishna. It is also said that Subadhra Devi decided to retire when Krishna was explaining the method of escaping from the Chakravyuha. Thus Abhimanyu never got the chance to learn on how to escape the Chakravyuha. On the 3th day of the Kurukshetra War, the courageous and dashing Abhimanyu, was called upon to break through the Chakravyuha formed by the Kauravas. The sixteen years old Abhimanyu managed to penetrate the Kauravas seven tiered defense, but died because he did not know the way out. It is said that the sport of the kabaddi was created/invented in remembrance of Abhimanyu, the warrior. Mahabharth different king’s like Jarasandh, Bhima, Balarama Krishna, Krishna, Kansa, Duryothana are a few examples who make the history of great battle by performing rules of fight Arjuna had a unique talent in this game of kabaddi both in defense and offence. He could effortlessly sneak into the “Wall” of enemies, destroy them all and

come back unscathed. Buddhist literature also mentions of Gautama Buddha playing kabaddi with his peers. For those of you who have not seen Bernardo Bertolucci’s 1993 movie Little Buddha starring Keanu Reeves, try to get a copy and you can catch a scene showing Buddha playing kabaddi. History also reveals that princes of yore loved to play the game and took as a means to exhibit their strength which helped them to win their brides.

History and Development of the kabaddi:

Kabaddi also finds place in Hindu mythology. The game of kabaddi is of Indian origin and has many skills to its credit. In olden days wrestlers used to play this game to develop strength in arms and legs in order to gain better and firm hand and leg-grips. It has been played by the youth of the villages and towns during their leisure time both in moon light and day time. The excitement and thrills provided by the game has made it very popular and it is rightly called the game of the masses [8]. It is also called the game of the warriors (Veeravilayatu) in south India. Kabaddi requires both skill and power and combines the characteristics of wrestling and rugby. Kabaddi was played by the British Army for fun to keep fit and as an enticement to recruit soldiers from the British Asian communities [5]. The game was very popular in southern part of Asia played in its different forms under different names. Kabaddi is played all over Asia with minor variations. The game is known as HU-TU-TU in western India, Hado-do-(men) and chu-kit-kit(women) in eastern part of India, Chedugudubalchhepalem, Kuppalachedugudu in Andhra Pradesh,

sadugudu, gudugudu, palinjadugudu, sadugodathi in Tamilnadu in south India, Kabaddi and kaunbada in north India. Gudu in Srilanka, chado-guddo in Malaysia, Techib in Indonesia, Hadudu in Bangladesh, Dodo in Nepal, Teechub in Thailand. Centuries ago it was a dumb game as there was no cant and also there were not many rules. Dr.Govindarajulu explains the origin of the cant now used in kabaddi. “The cant was an ingenious device adopted by ancients to time the period of the raid as there were no other methods of brief spells of time [6]. It was also a measure to test the ability of a raider to do the greatest havoc with the brief period (taken to hold one’s breath)” in the attack on a group of people and inside a limited area. The name, HU-Tu-Tu originated from Maharashtra, where raiders still use HU-TU-TU for cant. Other forms of Cant like “su-su” or sur-sur” and Rama lakshamanaki jai bolo hanumanki’ are said to have been used. In South India Gudu-gudu, and chik-chik are used for cant. By twentieth century the game had become popular in almost all parts of the country and was introduced along with other games for competitions during the local festivals [7]. The game was enjoyed much by the spectators and players as well. The game is popular and played in India, Nepal, Pakistan, Bangladesh, Japan, Srilanka. Thailand, Malaysia, Korea, Argentina, Canada, UK, China, Trinidad and Tobago, Australia, Indonesia and many more countries.

IMPORTANT DATES IN THE HISTORY OF KABADDI:

1918: The present form of frame work as an indigenous sport of India was prepared in Maharashtra in this year. The game was first organized on modern lines as Hu-tu-tu in this year by the sport lovers of Satara. Kabaddi was given the national status as a game in this year.

1919: Mr D.R. Paranjape, Mr Yeshwant Rao Pathak, Mr S.C. Vaidya and Mr K.K. Bendre of Poona prepared certain rules and regulations.

1921: Kabaddi competitions on the patterns of Sanjeevani and Gemini in a combined form were held at Satara and Poona in this year.

1923: A new set of standard rules and regulations was printed this year. A committee of experts of the Hindu Vijay Gymkhana, Baroda has published the kabaddi rules. All India Kabaddi Tournament was organized at Baroda in this year.

1931: A committee of the Akhil Maharashtra Sharirik Parishad was appointed to prepare revised rules and regulations to further modernize the game.

1934: The Akhil Maharashtra Sharirik Shikshan Mandal had published revised rules and regulations in this year. This Mandal adopted the Deccan gymkhana rules in the beginning.

1936: Kabaddi received its first international exposure in this year. Kabaddi was demonstrated in Berlin Olympics by Hanuman

1938: The game was introduced as full-fledged sport in the Indian Olympic Games at Calcutta in this year.

1950: All India Kabaddi Federation (AIKF) was founded in this year.

1952: Regular conduct of national level championship as per laid down rules and regulations began with effect from the year 1952. Mr L.K. Godbole was the first president of the Kabaddi Federation of India. Twenty states and regional associations were formed and affiliated to this federation.

1954: After 1952 Amateur Kabaddi Federation of India was established. The first men's nationals were held in Madras. The National Championships were held in New Delhi with modified rules in this year.

1955: First kabaddi national championships held in Calcutta. It was here that women players were introduced for the first time.

1957: Kabaddi was demonstrated in world youth festivals held at Moscow.

1961: Kabaddi was included in the curriculum of the Indian University Sports Control Board as a main sports discipline. Competitions were conducted at University of Nagpur.

1962: The game was introduced by School Games Federation of India.

1971: The National institution of sports conducted Regular diploma courses for coaching purpose.

1972: All India Kabaddi Federation relaunched new mandate to take sports out of villages and introduce into cities. In the year sub junior and junior sections were included in Kabaddi National level tournaments as a regular feature.

1974: The Indian Men's team toured Bangladesh.

1978: The Asian Amateur Federation was formed during the silver jubilee celebrations of National Kabaddi championships in India organized at Bhilai, Madhya Pradesh.

1979: Bangladesh team was invited to India, and played first time test matches.

1980: The first Asian championship was organized in Calcutta.

1981: Federation Cup Kabaddi matches also commenced in this year and also Indian men and women teams visited Thailand, Japan and Malaysia. This year is a milestone in the kabaddi history of India.

1982: Kabaddi was demonstrated in IX Asian games held in India.

1984: An Anopen International tournament was organized at Bombay. For the first time, Kabaddi was played in the SAAF games in Dacca, Bangladesh.

1990: The game was included in Asian games in Beijing in China. Eight countries took part including China, Japan, Malaysia, Srilanka, Pakistan and Bangladesh. India won the gold medal in these games.

1994: Asian games held at Hiroshima, Japan, India won the gold medal.

1995: An international women's Kabaddi tournament was held in Japan. The gold cup called "NIKE", was introduced for the first time.

1997: Kabaddi was included in the 2nd Asian indoor games at MACAUSAR – China.

1998: Asian games were held at Bangkok, India won the gold medal.

2000: The third Asian championship was held in Srilanka.

2002: Kabaddi was introduced in the Afro-Asian games in India. In Asian games held at Busan, India won the gold medal.

2004: The first world cup of Kabaddi was held in Mumbai and India won the gold medal.

2005: The First Asian women championship was held in Hyderabad and India won the gold medal.

2006: The Asian games were held in Doha and India won the gold medal. In this tournament, the game was played in indoor stadium for the first time. The women's kabaddi was introduced for the first time in south Asian games held in Colombo.

2007: The second world cup was held at Panvel (India) and India won the gold medal.

2008: The Asian Beach games were hosted by Indonesia. Beach kabaddi was included in the BALI –Asian indoor games.

2009: National circle style Kabaddi championships were started.

2010: The Women's kabaddi was included in Asian games for the first time in Guangzohu in China.

2011: The Indian teachers introduced kabaddi in U.S Class Rooms. The A.K.F.I conducted the IPL for the first time with kabaddi leagues. At Guangzhou asian games, India won the men and women's gold medals.

CONCLUSION:The study has shown the skill test norms in kabbadi, which was a pioneering attempt made by the scholar in establishing the standardized skill test norms. Since individual motor ability were not uniform, as far as possible, the training Programme should be designed for each individual players in each position of play adopts the defensive and offensive systems. The player needs to be fit and to sustain the quality throughout the carrier. A player without specific fitness may not be able to maintain quality of performance at a certain limit. He may display good quality in executing skills in the first phase of the competition and gradually decrease in the remaining phases due to lack of stress and physical completions.Norms were computed by the test items score into one standard score and the same has been calculated for the norm by hull scale to assess the talent of the individual. As the test items has fully satisfied the scientific authenticity such as reliability, validity, objectivity and norms ,the battery of test for offensive and defensive skills in kabbadi can use widely for the difference age groups of the man an women kabbadi players.

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