

An ISO : 7021 - 2008 Certified Journal

ISSN NO: 1548-7741 / web : www.joics.org / E-mail : submitjoics@gmail.com

Certificate of Publication

This is to certify that the paper entitled

**EFFECT OF GAME-SPECIFIC TRAINING PROGRAMME
ON PLAYING ABILITY OF KABADDI PLAYERS**

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Has been published in

JOURNAL OF INFORMATION AND COMPUTATIONAL SCIENCE, VOLUME 9, ISSUE 11, NOVEMBER -2019

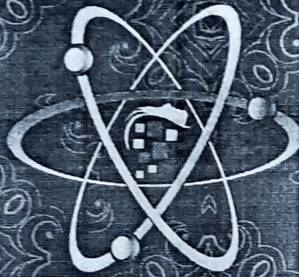


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JOURNAL OF INFORMATION
AND COMPUTATIONAL SCIENCE

EFFECT OF GAME-SPECIFIC TRAINING PROGRAMME ON PLAYING ABILITY OF KABADDI PLAYERS

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ABSTRACT

The purpose of the study was to determine the effect of game-specific training on playing ability among kabaddi players. In order to achieve the purpose of this study the researcher has selected 30 kabaddi players from Sourashtra College, Madurai, Tamilnadu, India at random and their age ranged from 18 to 25 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two equal groups of fifteen each. The groups were assigned as experimental group and control group in an equivalent manner. Experimental group participated the game-specific training for a period of twelve weeks and the post-tests were conducted. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by Analysis of co-variance. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 1 and 27. The game-specific training group achieved significant improvement on playing ability.

KEYWORDS: Game-Specific Training, Playing Ability, Kabaddi.

INTRODUCTION

As a sport participant, now everyone has come to realize the need of game-specific training programme since its role in the player's performance. As far as implication of game-specific training programme on kabaddi is concerned, the skills like kicking, toe touch, hand touch, hip hold etcetera plays a vital role in game performances. The training needs to be specific and that detailed and include developing the players entire body. The exercises include the theory of sports specific training. There are many factors that influence the performance. Performance is the manner in which sport participation is measured. Sport performance is a complex mixture of training techniques. Performance in an athletic context has a popular connotation of representing the pursuit of excellence, where an athlete measures his performance as a progression toward excellence. The game's pattern also changed over the years, along with the standardization of rules and regulations. Some of the major changes in the game's pattern include the introduction of the unproductive raid rule, time out system, bonus line game etcetera that did not change the basic structure of the game but all the same had a lot of impact and some of the major changes in the modern game demand the need of the quality player.

METHODOLOGY

The purpose of the study was to determine the effect of game-specific training on playing ability among kabaddi players. In order to achieve the purpose of this study the researcher has selected 30 kabaddi players from Sourashtra College, Madurai, Tamilnadu, India at random and their age ranged from 18 to 25 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=30) were randomly assigned to two equal groups of fifteen each. The groups were assigned as experimental group and control group in an equivalent manner. Experimental group participated the game-specific training for a period of twelve weeks and the post-tests were conducted. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by Analysis of co-variance. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 1 and 27.

RESULTS

TABLE - I

COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF PLAYING ABILITY OF EXPERIMENTAL AND CONTROL GROUPS

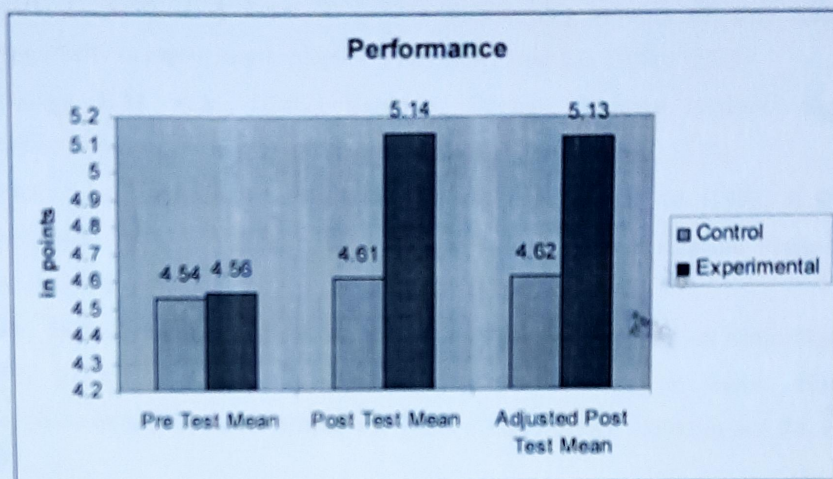
Test	Control (score)	Experimental (score)	Sum of variance	Sum of squares	df	Mean square	F
Pre test mean	4.54	4.56	BG	0.003	1	0.003	0.01
			WG	7.57	28	0.27	
Post test mean	4.61	5.14	BG	2.13	1	2.13	7.88*
			WG	7.57	28	0.27	
Adjusted post mean	4.62	5.13	BG	2.00	1	2.00	22.60*
			WG	2.39	27	0.08	

* Significant at 0.05 levels

The above table indicates the adjusted mean value of playing ability score of control and experimental groups were 4.62 and 5.13 respectively. The obtained F-ratio of 22.60 for adjusted mean was more than the table value 4.21 for degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on playing ability. The table also reveals that pre test mean of control and experimental group do not differ significantly, however the post test mean of above said groups differ significantly. The pre, post and adjusted mean values of playing ability of both control and experimental groups are graphically represented in the Figure-I

FIGURE -I

BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE-TEST, POST-TEST AND ADJUSTED POST MEAN OF CONTROL AND EXPERIMENTAL GROUPS ON PLAYING ABILITY



CONCLUSION

1. The game-specific training group achieved significant improvement on playing ability.

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