

## KHO-KHO PERFORMANCE WITH SELECTED COORDINATIVE ABILITY OF THE INTER-COLLEGIATE PLAYERS: A RELATIONSHIP STUDY

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### ABSTRACT

The purpose of this study was to investigate the relationship of Kho-Kho performance with selected coordinative ability. Methodology- Eighteen female Kho-Kho players who had participated in Inter- collegiate Kho- Kho competition held at Dehradun were randomly selected for this study. Their age ranged from 18-25 years. Result: Findings reveals that coordinative abilities - Reaction ability and Rhythm ability were found significantly related to the kho-kho performance as their calculated Correlation Coefficient (  $r$  ) were 0.66 and 0.54 respectively. Orientation ability, Differentiation ability and Balance ability were not found significantly related to the Kho-Kho performance as their calculated Correlation Coefficient (  $r$  ) were -0.05, -0.01 and -0.34 respectively. The calculated Correlation Coefficient (  $r$  ) are lower than the required value of (  $r$  ) 0.507 to be significant at 0.05 level of significance.

**Keywords:** Kho-Kho performance, Coordinative ability and Orientation.

### INTRODUCTION

Kho-Kho is another Indigenous game, which is said to have had its origin in Akharas (the wrestling schools) and Vyayamshalas (the health and fitness clubs) in Maharashtra. References to a game like kho-kho are found in the Hindu epics particularly Mahabharata, where it is stated that the movement of chariot during war and zigzag path adopted by retreating soldiers is a reflection of the chain play used in kho-kho as defensive tactics. This indicates that even for recreation people must have played a game kho-kho at the time of festivals like Holi or Diwali. Like any other recreational game, kho-kho continued to be played by the rural folk and others without uniformity in rules governing the game until the modern era. kho-kho appeared in its present form with the efforts of Shree Hanuman Vyayam Prasarak Mandal, Baroda. The Akhil Maharashtra Sharirik Mandal formed in 1928 also was instrumental in popularizing this game even beyond the geographical realms of Maharashtra. The Deccan Gymkhana at Poona also played a very important role in giving proper shape to the procedures and rules of kho-kho. The formation of kho-kho federation of India in 1958 and its affiliation with and recognition by the Indian Olympic association a little later gave kho-kho a national status. The schools and colleges adopted it. Today kho-kho enjoys popularity at par with other games and sports in the country and even abroad. It is slowly spreading in the neighboring countries like Nepal, Bangladesh, Sri Lanka, and Pakistan.

The game of kho-kho requires minimum infrastructure and equipments, but on the contrary requires a high level of motor fitness and neuro-muscular coordination in order to perform very complex movement of the game. Speed and endurance are the demands of the game with special reference to the other aspect of coordinative ability.

Coordinative abilities are qualities of an organism to coordinative separate elements of action in our system to decide a concrete action task coordinative abilities help in learning faster and also to achieve high level of performance.

### METHODS

Eighteen female Kho-Kho players who had participated in Inter- collegiate Kho- Kho competition held at Dehradun were randomly selected for this study. Their age ranged from 18-25 years. The necessary data was collected by administering various coordinative ability tests as suggested by Peter Hertz. For testing selected Coordinative Abilities: Orientation ability was measured by "Numbered Medicine ball run test" measured in terms of time in seconds. Differentiation ability was measured by determine throw "Backward medicine ball through test" measured in terms of scores. Reaction ability was measured by "Ball reaction exercise test" measured in terms of distance in meters. Balance ability was measured by "Long Nose Test" measured in terms of time of seconds. Rhythm ability was measured by "Sprint at given at Rhythm Test" measured in terms of time in seconds. For evaluating the subjects Kho-Kho performance a panel of three judges was selected and they evaluated each player on the basis of their performance level. The average value of all the three experts was considered for the purpose of the study. To find out the relationship of kho-kho performance to selected coordinative abilities namely orientation ability, differentiation ability, reaction ability, balance ability and rhythm ability. Product moment correlation was computed. For testing the hypothesis the level of significance was set at .05.

**RESULT**

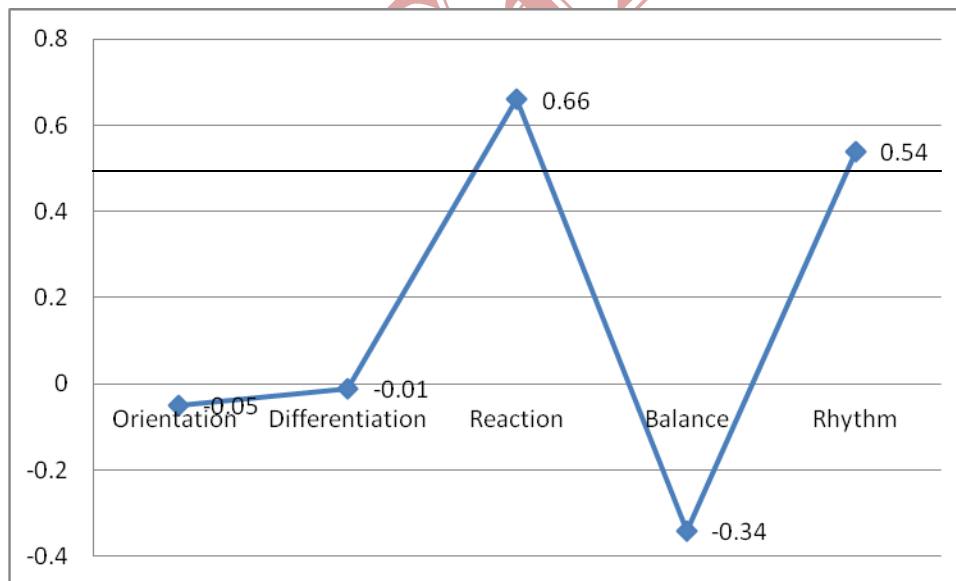
Findings regarding selected coordinative ability and their relationship with Kho-Kho performance is presented in table –1.

TABLE -1  
RELATIONSHIP OF SELECTED COORDINATIVE ABILITY TO KHO-KHO PERFORMANCE

Dependent Variables	Independent Variables	Correlation Coefficient( r )
Kho-Kho Performance	Orientation Ability	-0.05
Kho-Kho Performance	Differentiation Ability	-0.01
Kho-Kho Performance	Reaction Ability	0.66*
Kho-Kho Performance	Balance Ability	-0.34
Kho-Kho Performance	Rhythm Ability	0.54*

It is evident from the table-1 that coordinative abilities - Reaction ability and Rhythm ability were found significantly related to the kho-kho performance as their calculated Correlation Coefficient ( r ) were 0.66, 0.54 respectively. The calculated Correlation Coefficient ( r ) are greater than the required value of ( r ) 0.507 to be significant at .05 level of significance.

Orientation ability , Differentiation ability and Balance ability were not found significantly related to the kho-kho performance as their calculated Correlation Coefficient ( r ) were -0.05, -0.01, -0.34 respectively. The calculated Correlation Coefficient ( r ) are lower than the required value of ( r ) 0.507 to be significant at .05 level of significance. Graphical representation of above table is given below.



**DISCUSSIONS**

The finding of present study on relationship of selected coordinative ability to kho-kho performance reveals that the reaction ability and rhythm ability are significantly related to Kho-Kho performance. The present study was supported by the findings of Westerlund and Turtle (1931) that their exist high level of corelation between reaction time and shorts distance running, as in our study the subjects has to react very quickly to cover short distance after getting kho from team mates. The obtain result in the study shows that the quality of neuro-muscular coordination (reaction ability and rhythm ability)which is the integral part of the coordinative abilities required for performance in kho-kho was adequately developed in the subjects.

In case of Orientation ability, Differentiation ability and Balance ability are insignificantly related to Kho-Kho performance. This may be attributed to the fact that the level of coordinative abilities (Orientation ability,

Differentiation ability and Balance ability)of the subjects are still at the preliminary level as the subjects selected for the study have played up to state level.

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