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**Comparative study of physical fitness parameters among the  
Kho-Kho & Atyapatya players**

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**Abstract:**

The present study was attempts to compare physical fitness parameters among inter collegiate male Kho-Kho and Atyapatya players. For this study, cooper's JCR motor fitness test was applied to Kho-Kho and Atyapatya players to compare their physical fitness performance. 20 Kabaddi & 20 Kho-Kho intercollegiate level players were selected for this research study. Analyzed data through to independent samples t-test was find out significance difference among Kho-Kho & Atyapatya players physical fitness. Result shown the vertical-jump performance of Kho-Kho players high compared to Atyapatya players, indicates that insignificant differences between Kho-Kho & Atyapatya players chin-ups test performance in that Atyapatya players performed better than Kho-Kho players and found that Kho-Kho players looked superior on shuttle-run test performance compare to Atyapatya players.

**Key words:** Physical fitness, Kho-Kho, Kabaddi, Vertical-jump, Chin-up & Shuttle-run test.

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**Introduction:**

The physical fitness was considered measure of body ability to function efficiently and effectively participated work & activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations. Kho-Kho and Atyapatya players was developed the motor ability for better performance. The vigorous participation in Kho-Kho and Atyapatya players was developed fitness. Improve physical fitness through related test batteries for development better performance in sports or activities, but also meaning of healthful living. A good physique depends upon certain amount of physical strength along with mental strength while physical strength determines one's abilities and potential.

**Material and Method:**

The present study was a comparative research method which conducted with objective to compare physical fitness parameters among intercollegiate boys Kho-

Kho & Atyapatya players. In the population total number of (N=40) intercollegiate boys Atyapatya & Kho-Kho players of 18 to 25 years of age were selected through purposive sampling technique from Shreemant Shivajiraje college of horticulture phaltan, Satara. In this study selected the variables of physical fitness parameter. The subjects were conducted the JCR test battery for data collection. After analyzed data of Kho-Kho and Atyapatya players was compared by t-test and interpretation was drawn.

**Results of the study:**

The result shown to significant difference between boys Kho-Kho & Atyapatya players were used Independent sample 't' test.

Table no. 1  
Independent sample t-test to perform of Kho-Kho and Atyapatya players

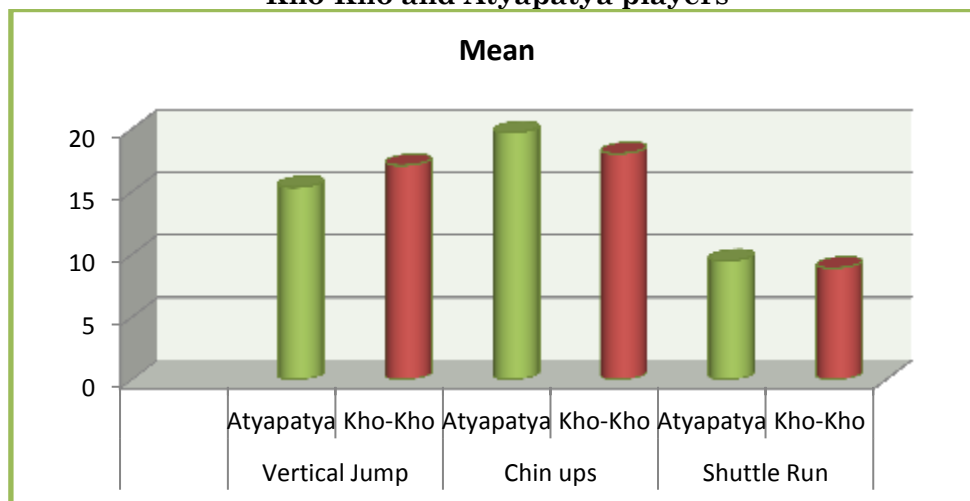
Variable	Mean		SD		t-value
	Kho-Kho	Atyapatya	Kho-Kho	Atyapatya	
Vertical Jump	17.10	15.35	2.14	1.51	2.98
Chin ups	18.04	19.70	3.98	2.79	1.52
Shuttle Run	8.91	9.49	0.62	0.59	3.03

\*Significant at 0.05 level

Above the table result of Kho-Kho and Atyapatya players used Cooper's JCR motor fitness test. The descriptive statistics shows the Mean and SD values of Kho-Kho players on the sub-variable of vertical-jump as 17.10 and 2.14 respectively. However, Atyapatya player Mean and SD values were 15.35 and 1.51 respectively. Calculated 't'-value 2.98 was found statistically significant ( $P < .05$ ). It observed that Kho-Kho players have better on vertical-jump performance compared to Atyapatya players. The descriptive statistics shows the Mean and SD values of Kho-Kho players on sub-variable chin-ups as 18.04 and 2.79 respectively. However, Atyapatya players Mean and SD values as 19.70 and

3.98 respectively. The 't'-value 1.52 as shown above was found statistically insignificant ( $P > .05$ ). It was observed that Atyapatya players had better on chin-ups than compared Kho-Kho players. The descriptive statistics shows the Mean and SD values of Kho-Kho players on sub-variable shuttle-run as 8.91 and 0.62 respectively. However, Atyapatya players Mean and SD values were 9.49 and 0.59 respectively. The 't'-value 3.03 as shown above was found statistically significant ( $P < .05$ ). It was observed that Kho-Kho players were better on shuttle-run than compared Atyapatya players. The comparison of mean scores of both the groups had been presented graphically in figure below.

Figure no. 1  
Comparisons of group mean to the JCR tests of Kho-Kho and Atyapatya players



#### Conclusion:

The obtained results Kho-Kho players were perform better vertical jump and shuttle run. Atyapatya players were better in chin-ups test. Hence concluded vertical-jump & shuttle run performance of Kho-Kho players were high as compared to Atyapatya players. As well as chin-ups performance of

Atyapatya players were better compared to Kho-Kho players. The result indicates there was insignificant difference between Kho-Kho & Atyapatya players same as chin-ups test indicates there were significant differences between Kho-Kho and Atyapatya players in vertical jump & shuttle run tests performance.

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