



## **DIFFERENTIALS BETWEEN MEN COLLEGE KABADDI AND KHO-KHO PLAYERS ON SELECTED PHYSIOLOGICAL PARAMETERS**

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### **Abstract:**

The purpose of the study was to compare the resting pulse rate and breath holding time between men college kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in the colleges in Karnataka state, India were selected as subjects at random. Among them, thirty kabaddi players and thirty kho-kho players were selected. Among the physiological parameters, the following variables namely resting pulse rate and breath holding time were selected as criterion variables.

All the subjects of two groups were tested on selected dependent variables by using radial pulse and holding the breath for time respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the obtained 't' ratio, which was considered appropriate. The results of the study showed that there was a significant difference between kabaddi players and kho-kho players on resting pulse rate and breath holding time.

**Key Words:** Resting Pulse Rate, Breath Holding Time, Men College Kabaddi Players, Kho-Kho Players

### **Introduction:**

Kabaddi and Kho Kho are traditional Indian sports that showcase agility, strength, and strategy. Players of both sports require remarkable physical endurance and quick reflexes to excel in their respective fields. Kabaddi is a team sport where two teams compete to tag or capture players from the opposing team while holding their breath and chanting "kabaddi" within their opponent's territory. On the other hand, Kho Kho is also a team sport where members of one team chase and tag players of the opposing team in a confined playing area.

The resting pulse rate and breath-holding time of Kabaddi and Kho Kho players can significantly vary based on their individual fitness levels and training routines. However, athletes in both sports typically exhibit lower resting pulse rates and impressive breath-holding capabilities due to their rigorous training and conditioning regimes. Resting pulse rates among Kabaddi and Kho Kho players often fall within the athletic range, typically between 60 to 70 beats per minute (bpm) or even lower for highly trained athletes. This lower resting pulse rate reflects their cardiovascular efficiency and endurance, which are crucial for sustaining intense physical exertion during matches.

Similarly, breath-holding times among Kabaddi and Kho Kho players can vary, but they often demonstrate impressive lung capacity and breath control. Many athletes in these sports undergo specific breathing exercises and conditioning drills to improve their breath-holding capabilities, allowing them to maintain focus and stamina during gameplay. Kabaddi and Kho Kho players exemplify exceptional athleticism, with lower resting pulse rates and impressive breath-holding capacities contributing to their prowess on the field. These physical attributes, coupled with skill and strategy, make Kabaddi and Kho Kho captivating sports to watch and participate in.

### **Methodology:**

The purpose of the study was to compare the resting pulse rate and breath holding time between men college kabaddi and kho-kho players. To achieve this purpose of the study, sixty men players studying in the colleges in Karnataka state, India were selected as subjects at random. Among them, thirty kabaddi players and thirty kho-kho players were selected. Among the physiological parameters, the following variables namely resting pulse rate and breath holding time were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using radial pulse and holding the breath for time respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the obtained 't' ratio, which was considered appropriate.

### **Analysis of the Data:**

#### **Resting Pulse Rate:**

The mean, standard deviation and 't' ratio values on resting pulse rate of kabaddi players and kho-kho players have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Kabaddi And Kho-Kho Players on Resting Pulse Rate

Groups	Mean	Standard Deviation	't' Ratio Value
Kabaddi Players	72.31	0.89	3.96*
Kho-kho Players	71.39	0.91	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on resting pulse rate for kabaddi players and kho-kho players were 72.31 and 71.39 respectively. The obtained 't' ratio value on resting pulse rate 3.96 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between men college kabaddi players and kho-kho players on resting pulse rate.

**Breath Holding Time:**

The mean, standard deviation and 't' ratio values on breath holding time of kabaddi players and kho-kho players have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation and 't' Ratio Values Between Kabaddi and Kho-Kho Players on Breath Holding Time

Groups	Mean	Standard Deviation	't' Ratio Value
Kabaddi Players	47.34	1.98	5.49*
Kho-kho Players	50.17	2.01	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 shows that the mean values on breath holding time for kabaddi players and kho-kho players were 47.34 and 50.17 respectively. The obtained 't' ratio value on breath holding time 5.49 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between men college kabaddi players and kho-kho players on breath holding time.

**Conclusions:**

1. There was a significant difference between kabaddi players and kho-kho players on resting pulse rate.
2. There was a significant difference between kabaddi players and kho-kho players on breath holding time.

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