

Effect of Ground Force Method on Selected Physical variables among college men kabaddi Players

Mr. K.Vignesh¹, Dr. C,Ramesh²

¹Ph.D,Scholar,Department of Physical Education, Madurai Kamaraj University, Madurai-21, Tamilnadu, India.

Email ID: vigneshdext@gmail.com

²Asst Professor and Head, Department of Physical Education, Madurai Kamaraj University, Madurai-21, Tamilnadu India.

Email ID: drramyoga@gmail.com

Cite this paper as: Mr. K.Vignesh, Dr. C,Ramesh, (2025) Effect of Ground Force Method on Selected Physical variables among college men kabaddi Players. *Journal of Neonatal Surgery*, 14 (30s), 788-791.

ABSTRACT

The purpose of the study was to investigate on Effect of Ground Force Method on chosen Physical variables among college men kabaddi Players. It was hypothesized that there would be significant differences on selected Physical variables due to the effect of Ground Force Method among college men kabaddi players. For the current study the 30 college men kabaddi player from Madurai district. The age of the subjects ranged from 18 to 21 years. The chosen subjects were divided into one experimental group and one control group at random. For the present study pre test and post test random group design, which consists of control group and experimental group was used. On a random sampling, 30 players were selected. The chosen subjects were evenly divided into two group's of fifteen each namely experimental group with Ground Force Method and Control Group have not underwent any training. Speed was assess by 50mts Dash, Leg Explosive Power was assess by Standing broad jump and Agility was assess by T-Test. The data were collect before and after six weeks of training. The data were analyze by applying t-ratio. The level of significance was set at 0.05 level of confidence. The experimental group show well development on Speed, Leg Explosive Power and Agility among the college men kabaddi players than the control group.

Keywords: Ground Force Method,Speed,Leg Explosive Power, Agility,Kabaddi.

1. INTRODUCTION

Ground Force Method

Ground Force Method was born out of necessity, from working with injured athletes and people who did not enjoy movements anymore because of pain and discomfort. When pain is present, many goals cannot be accomplished, and especially the fun and "playfulness" of movements goes out the door. Our goal is to make movement something joyful again, because when we enjoy something we repeat it. We know that life is movement, First and foremost, we should be able to move our own bodies! Before we grab any type of weight, jump on any machine or take any pills, we should be able to handle our body – just as well as we did when we were little kids. Just imagine if you could move again with a smile on your face. We will take you through hundreds of fun, safe and challenging exercises, so you can learn to simply move well again. When we repeat it, we get better at it. Suddenly, better, healthy, skillful movements become FUN.

Kabaddi

Kabaddi is an indigenous game of India. Therefore, Indian player are played better than others country. In Asian games India got gold medal from very first and India was unbitten by any country. But in Pro-Kabaddi Indian and foreign player are played together in a team and 25 players and featured in a squad. Since its inception in 2014, the Pro Kabaddi League has essayed its role as a feeder for Indian Kabaddi and has laid out a platform for some of the best talent all across the country to showcase their talent and even carve out a career for them. A game that finds its roots in the wide domain of India's history, Kabaddi as a sport has certainly been rekindled with the institutionalizing of the PKL, which currently sits in second place in the standings of India's most watched sports league, behind the Indian Premier League. Going by the recent statistical studies, the Pro Kabaddi League was viewed by a record 312 million viewers, only 100 million viewers less than the count taken for the Indian Premier League. Big names from all across the country from various fields such as cinema, politics have all played their part in contributing to the Pro Kabaddi League's growth, adding to the glitz and glamour of the Pro Kabaddi League.

Methodology

The purpose of the lessons was to investigate the effect of Ground Force Method on Selected Physical variables among college men kabaddi Players. It was hypothesized that there would be significant differences on selected Physical variables due to the effect of Ground Force Method among college men kabaddi players. For the here study the 30 college men kabaddi players from Madurai district were selected at random and their age ranged from 18 to 21 years. For the present study pre test and post test random group design, which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent Ground Force Method and Group 'B' has not undergone any training. Speed was assess by 50mts Dash, Leg Explosive Power was assess by Standing broad jump and Agility was assess by T-Test. The data were collect before and behind six weeks of training. The data were analyze by applying t-test. The level of significance was set at 0.05.

Selection of Variable

Independent variables - Ground Force Method

Dependent variables - Speed, Leg Explosive Power and Agility

Statistical Techniques

The collected data on Speed, Leg Explosive Power and Agility were statistically examined to the test. The various hypothesis formulated by the researcher for comparison 't' ratio was used. 't' ratio was the difference between the mean, standard deviation and standard error of the difference between the means.

Level of Significance

For testing the significance of the differences between pre and post test means of the control and experimental groups 0.05 level of significance was fixed.

Table –I Analysis of t-Ratio Pre and Post-test for Control and Experimental group on Speed

Variables	Group	Mean		SD		Std Error	Df	't' ratio
		Pre	Post	Pre	Post			
Speed	Control	8.85	8.80	0.49	0.46	0.41	14	1.09
	Experimental	8.10	7.72	0.52	0.44	0.21		3.95*

*Significance of .05 level of confidence Table Value = 2.15

The Table I shows that the mean values of pre-test and post-test of control group on speed were 8.85 and 8.80 respectively. The obtained 't' ratio was 1.09, since the obtained 't' ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically not significant. The mean values of pre-test and post-test of experimental groups on speed were 8.10 and 7.72 respectively. The obtained 't' ratio was 3.95 since the obtained 't' ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant.

FIGURES-I Bar diagram shows the mean values of Pre and Post Tests for control Group and Experimental Group on Speed

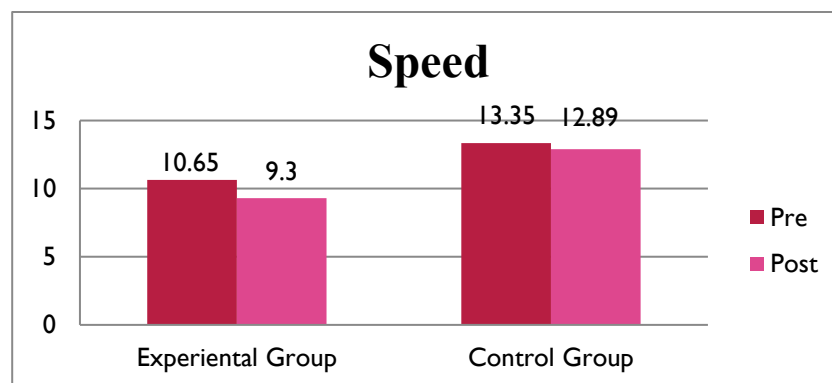
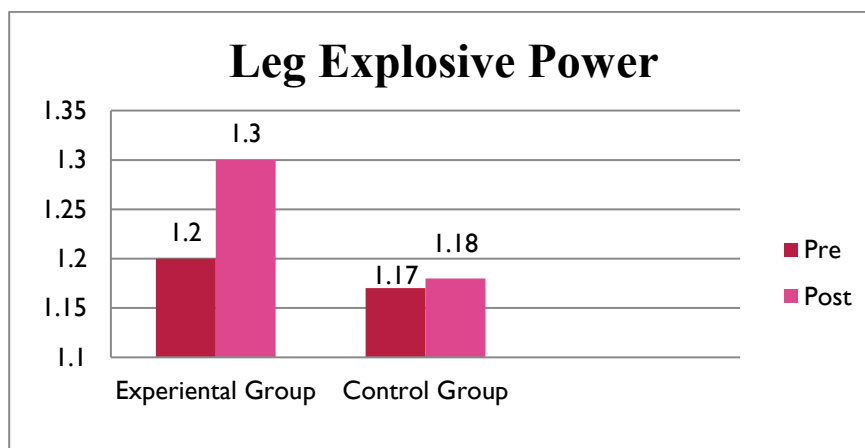


Table –II Analysis of t-Ratio Pre and Post-test for Control and Experimental group on Leg Explosive Power

Variables	Groups	Mean		SD		Sd Error	Df	't' Ratio
		Pre	Post	Pre	Post			
Leg Explosive Power	Control	1.17	1.18	0.063	0.058	0.011	14	1.90
	Experimental	1.20	1.30	0.058	0.049	0.014		6.26*

*Significance of .05 level of confidence Table Value = 2.15

The Table II shows that the mean values of pre-test and post-test of control group on Leg Explosive Power were 1.17 and 1.18 respectively. The obtained 't' ratio was 1.90. since the obtained 't' ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically not significant. The mean values of pre-test and post-test of experimental groups on Leg Explosive Power were 1.20 and 1.30 respectively. The obtained 't' ratio was 6.26 since the obtained 't' ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant.

FIGURES-II Bar diagram shows the mean values of Pre and Post Tests for control Group and Experimental Group on Leg Explosive Power**Table –III Analysis of t-Ratio Pre and Post-test for Control and Experimental group on Agility**

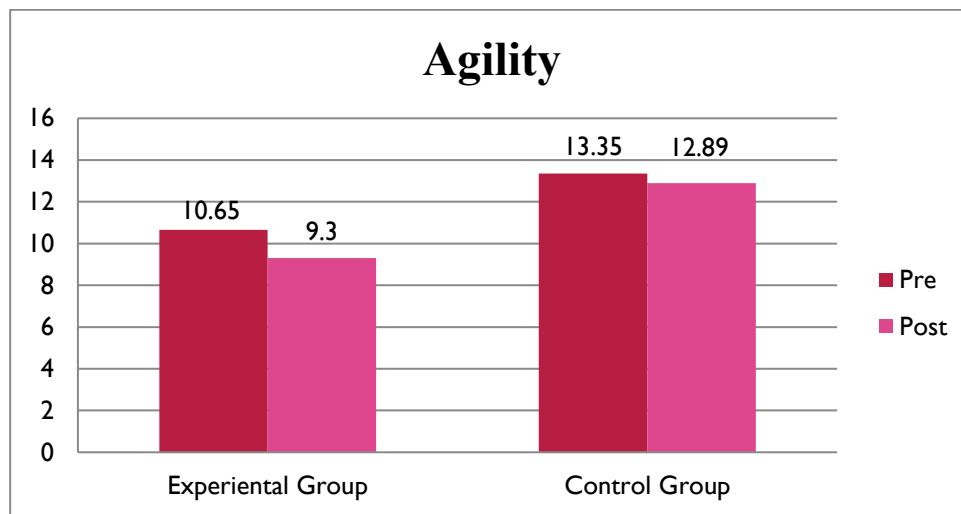
Variables	Group	Mean		Sd		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Agility	Control	13.35	12.89	0.45	0.84	0.089	14	1.15
	Experimental	10.65	9.3	0.40	0.55	0.065		5.31*

*Significance of .05 level of confidence Table Value = 2.15

The Table III shows that the mean values of pre-test and post-test of control group on Agility were 13.35 and 12.89 respectively. The obtained 't' ratio was 1.15, since the obtained 't' ratio was less than the required table value of 2.15 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically not significant. The mean values of pre-test and post-test of experimental groups on Agility were 10.65 and 9.3 respectively. The obtained 't' ratio was 5.31

since the obtained 't' ratio was greater than the required table value of 2.15 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant.

FIGURES-1III Bar diagram shows the mean values of Pre and Post Tests for control Group and Experimental Group on Agility



2. DISCUSSION ON FINDINGS

The outcome of the lessons indicate that the experimental group namely Ground Force Method had significantly better in the selected dependent variable namely Speed, Leg Explosive Power and agility.

From the results of the present investigation, it is also concluded that significant difference on Ground Force Method in developing dependent variables Speed, Leg Explosive Power and agility the hypothesis was accepted.

3. CONCLUSION

On the basis of findings and within the limitations of the study the follow conclusion was drawn:

- ❖ Ground Force Method had positive impact on Speed, Leg Explosive Power and agility among college men kabaddi players.

The experimental group show well enhancement Speed, Leg Explosive Power and agility among college men kabaddi players than the control group.

REFERENCES

- [1] Alter, J. S. (2000) Kabaddi, a national sport of India: The internationalism of nationalism and the foreignness of Indianness (pp. 81-116).
- [2] Clarke, David H. and Harrison H. Clarke Application of Measurement Health and Physical Education, New Jersey: Englewood cliffs Prentice Hall Inc, 1989.
- [3] De, A. K., Dasgupta, P. K., Panda, B. K., & Bhattacharya, A. K. (1982) Physical efficiency tests on Indian male" Kabaddi" inter-university players. British journal of sports medicine, 16(1), 33-36.
- [4] Belaynesh Getnet Fenta, Dessalegn wase Mola (2023) Effect of eight-week callisthenics exercise on selected physical fitness quality and skill performance in handball
- [5] Bobu Antony, Uma Maheswari. M and Palanisamy. A (2015) Effect of Battle Rope Training on Selected Physical and Physiological Variables Among College Level Athletes, Indian Journal of Applied Research.
- [6] ACSM's. (2008). "Health-Related Physical Fitness Assessment, Philadelphia: Lippincott Williams & Wilkins.
- [7] Kasi rajan, S.Mariappan effects of yogic practices on physical variable among school level handball players international journal of physiology, Nutrition and physical education.