

EFFECT OF CONTINUOUS RUNNING ON ENDURANCE OF MEN KABADDI PLAYERS

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ABSTRACT:

The purpose of this study was to examine the effect of. Continuous Running on Endurance of Men Kabaddi Players. Total thirty men kabaddi players selected from the Vinayak mahavidyalay for this study. on random basis and their age ranged between 19 to 21 years. Subject were divided into two groups i.e. experimental group A(15) and control group B(15). Group-A underwent continuous running and group-B acted as control who does not participate in any training programme. Endurance was measured by 12 min run/walk test. The experimental group subjects were participated in continuous running three days per week for eight weeks, duration of the training programme on 40 minutes per day. The data collected from the two groups prior to and post experimentation were statistically analyzed by analysis of covariance (ANCOVA).

Key words:

Continuous Running and Endurance.

Introduction

Endurance (also related to sufferance, resilience, constitution, fortitude, and hardiness) is the ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from, and have immunity to trauma, wounds, or fatigue. It is usually used in aerobic or anaerobic exercise. The definition of 'long' varies according to the type of exertion – minutes for high intensity anaerobic exercise, hours or days for low intensity aerobic exercise. Training for endurance can reduce the ability to exert endurance strength unless an individual also undertakes resistance training to counteract this effect. When a person is able to accomplish or withstand a higher amount of effort than their original capabilities their endurance is increasing which to many personnel indicates progress. In looking to improve one's endurance they may slowly increase the amount of repetitions or time spent, if higher repetitions are taken rapidly muscle strength improves while less endurance is gained. Creasing endurance has been proven to release endorphins resulting in a positive mind. The act of gaining endurance through physical activity has been shown to decrease anxiety, depression, and stress, or any chronic disease in total. Although a greater endurance can assist the cardiovascular system it does not imply that any cardiovascular disease can be guaranteed to improve. "The major metabolic consequences of the adaptations of muscle to endurance exercise are a slower utilization of muscle glycogen and blood glucose, a greater reliance on fat oxidation, and less lactate production during exercise of a given intensity."

Kabaddi is a contact team sport played between two teams of seven players each. The objective of the game is for a single player on offense, referred to as a "raider", to run into the opposing team's half of a court, tag out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath. Points are scored tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are tagged or tackled, but are brought back in for each point scored by their team from a tag or tackle. It is popular in South Asia and other surrounding Asian countries. Although accounts of kabaddi appear in the histories of ancient India, the game was popularised as a competitive sport in the 20th century. It is the national sport of Bangladesh. It is the state game of the Indian states of Andhra Pradesh, Bihar, Haryana, Karnataka, Kerala,

Maharashtra, Odisha, Punjab, TamilNadu, Telangana, and Uttar Pradesh. Additional rules are used in the Pro Kabaddi League: if a team has two empty raids in a row, the next raider must score a point, because the next raid is a "do-or-die" raid. In this raid, the player must either get a point or be out. If the raider does not get a point then the opposite team will get a point and the raider will be declared out. Additionally when fewer than four players left on the field, tackles are worth 2 points ("super tackle").

Methodology

The purpose of this study was to examine the effect of. Continuous Running on Endurance of Men Kabaddi Players. Total thirty men kabaddi players selected from the Vinayak mahavidyalay for this study. on random basis and their age ranged between 19 to 21 years. Subject were divided into two groups i.e. experimental group A(15) and control group B(15). Group-A underwent continuous running and group-B acted as control who does not participate in any training programme. Endurance was measured by 12 min run/walk test The experimental group subjects were participated in continuous running three days per week for eight weeks, duration of the training programme on 40 minutes per day. The data collected from the two groups prior to and post experimentation were statistically analyzed by analysis of covariance (ANCOVA).

Statistical Analysis:

Table-1

Analysis of Covariance on Endurance of Continuous Running and Control Groups

	Experimental Group	Control Group	SoV	Sum of Squares	df	Mean squares	‘F’ ratio
Pre-test Mean	1170.60	1155.65	B	550.00	1	550	0.21
SD	70.74	40.30	W	78405.60	28	2795	
Post-test Mean	1815.55	1170.50	B	3208065.00	1	3208065.00	720.05*
SD	90.35	45.15	W	222060.55	28	4370.30	
Adjusted Post-test Mean	1815.85	1160.30	W	3050601.45	1	3150551	
SD				105845.40	27	3990.40	785.90*

significance at 0.05 level

degrees of freedom 1 & 28 and 1 & 27 are 4.20 and 4.21 respectively)

As per the Table-1 and Fig-1, it is revealed that the adjusted post test means on endurance of continuous running and control groups are 1722.93 and 1072.40 respectively. The obtained ‘F’ ratio value of 790.47 for adjusted post test means on endurance of continuous running and control groups were higher than the required table value of 4.21 for the degrees of freedom 1 and 27 at 0.05 level of confidence. It is observed from this finding that significant differences exist among the adjusted post test means of experimental and control groups on endurance. Due to the endurance of continuous running the endurance of the subject’s is significantly improved.

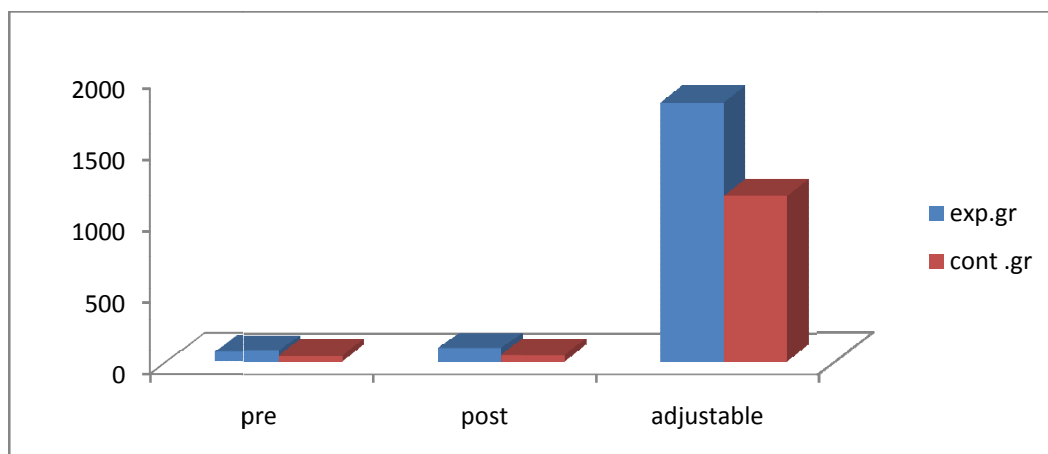


Figure 1

Discussion and Findings

The results of the study showed that there was a significant improvement on endurance of continuous running group when compared to the control group.

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