



International Federation of
Physical Education, Fitness and
Sports Science Associations



66

ISSN 0975-7732

ASIAN JOURNAL OF PHYSICAL EDUCATION & COMPUTER SCIENCE IN SPORTS

A Peer Reviewed (Refereed)
International Research Journal



UGC APPROVED JOURNAL
(Sr. 5855)

Journal Impact Factor 3.441
Index Journal of



Published by :
Indian Federation of Computer Science in Sports
www.ifcss.in

Volume 16 No. 1 ●
HALF YEARLY
January 2017 to June 2017

Visual Reaction Time of Youth and Senior Kabaddi Players

Mahesh R. Patil
Appasaheb R.B. Garud Arts, Commerce,
Science College Shenduni Ta. Jamner Dist. Jalgaon and
Dr. Narayan Shankar Khadke, Sadguru Education
Society's College of Physical Education Jalgaon

Abstract

The purpose of the study was to predict the players of Kabaddi game from psychological variable like Reaction Time among State level Senior and Junior Group of players. A pilot study was conducted total 50 male Kabaddi players were selected in two categories were approached through coaches and managers of the teams participating in the above mentioned tournaments. Result- T_{cal} value $> T_{table} = 1.66$ at 98 DF, 0.05 Level of Significance $62.71 > 1.66$ which means that Senior kabaddi players differs in the RT compared to the Youth players and Youth players will be good in RT as compares to Senior Players. Conclusion with the help of graphical representation and statistical operations it could be concluded that Visual Reaction Time of Youth and Senior Kabaddi Players was normal but Youth kabaddi players were much more quicker than Senior Kabaddi Players in Visual Reaction Time. Key words RT reaction time DF degrees of freedom.

Introduction

Kabaddi is fundamentally an Indian route game, which necessitate equally talent and command, and unite the distinctiveness of wrestling and rugby. Kabaddi is appropriately recognized as the "GAME OF THE MASSES" in India. Owing to attractiveness, simplicity of Kabaddi, easy to understanding of rules, and public appeal it is well popularized. The game entitle for no complicated utensils what so ever, which makes it a very popular sport in the developing countries like India. Though it is fundamentally an outdoor sport played on mud court, of overdue the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men & junior boys with a 5 minute break in between for the teams to change sides (20-5-20). In the case of women & sub junior boys, the duration is 35 minutes with a 5 minute break in between (15-5-15). Kabaddi is a confrontational team game, played with absolutely no apparatus, in a rectangular court, either outdoors or indoors with seven players on the ground in each side

ORIGIN

The sport has a long history dating back to pre-historic times. It was probably invented toward off group attacks by individuals and vice versa. The game was very popular in the southern part of Asia played in its different forms under different names. The Mahabharata has made an analogy of the game to surround on all sides of Abhimanyu by the enemy i.e. "Chakravyuvya".

FORMS OF KABADDI:-AMAR; GEMINI; SANJEEVANI;

Statement of the Problem:- The purpose of the study was to predict the players of Kabaddi game from psychological variable like Reaction Time among State level Senior and Junior Group of players.

Hypothesis:- It was hypothesized that senior players of Kabaddi might be predicted from psychological factor like Reaction Time among State level players.

Significance of the Study

This study will help the physical education teachers and coaches to design a specific program to identify the Talents, which are closely associated with the better Kabaddi performance.

Study will reveal the influence of physiological characteristics like Reaction Time on the overall playing ability of Kabaddi players. This result might be utilized as a screening instruments in analyzing and classification the Kabaddi players.

The result of this study will help the young budding researchers to take up similar studies in other areas and disciplines.

Delimitations

The study was confined to the following aspects,

This study was confined to only male inter district Kabaddi players from Maharashtra State, India.

The subjects for the present study have been delimited to the 100 State level Kabaddi players only which include 50 seniors and 50 junior players.

The age of the subjects ranged from 17 years and onwards.

The study was delimited to the Reaction Time as independent variables.

Limitations

1. The variation in playing experience among players due to the participation in tournaments will be considered as a limitation of the study.
2. Similarly the playing ability difference due to their participation in the coaching program, if any, will also be added to the limitations.
3. Certain factors like food habits, life style, climatic condition, and other environmental factors could not be controlled which may influence the results and hence they may be considered as one of the limitations of the study.
4. The students were from different social culture and economic status which was considered as a limitation, for this study.
5. The response of the subjects to the statements in the Reaction Time test would depend upon various factors such as understanding of the test, seriousness and sincerity of the subjects.
6. No specific motivational techniques were used to encourage the subjects to attain their maximum performance during testing.

Methodology

The plates selected in two categories were approached through coaches and managers of the teams participating in the above mentioned tournaments.

Online Reaction Time Test

RED LIGHT - GREEN LIGHT Reaction Time Test. Instructions: Click the large button on the right to begin. Wait for the stoplight to turn green. When the stoplight turns green click the same large button continue the test up to five trials follow the same procedure every time. After completion of five turns the average RT will be noted. Lastly click on the large button "Done" where the test was finished.

Table I:- Visual Reaction Time of Youth and Senior Kabaddi Players

Sr	Visual Reaction TimeSenior	Youth Visual Reaction Time	T _{cal}
1	Average 0.233	0.214	62.71
3	T _{table} value ∞; N ₁ + N ₂ - 2 = 50+ 50 - 2 = 98 for 98DF T _{table} = 1.66at 0.05 1.66 Level of Significance	1.66	

T_{cal} value > T_{table} = 1.66at 98DF 0.05 Level of Significance 62.71>1.66Senior kabaddi players might have the same RT as the Youth players.

i.e. M₁-M₂≤ 0

Alternative Hypothesis: (H₁):-Senior kabaddi players might differs in the RT compared to the Youth players and Youth players might be good in RT as compares to Senior Players.

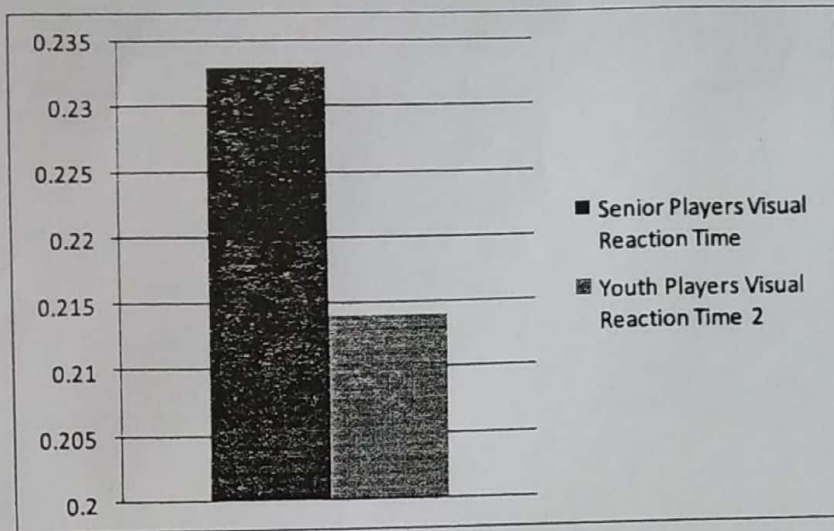
ie. M₁-M₂≠ 0 or M₁-M₂>0

T_{cal} value > T_{table} = 1.66at 98DF 0.05 Level of Significance 62.71>1.66

Null hypothesis rejected. As null hypothesis is false means alternative hypothesis accepted. T_{cal} value > T_{table} = 1.66at 98 DF 0.05 Level of Significance 62.71>1.66, Youth players might be good in RT as compares to Senior Players.

Result:- T_{cal} value > T_{table} = 1.66 at 98 DF 0.05 Level of Significance 62.71>1.66which means that Senior kabaddi players differs in the RT compared to the Youth players and Youth players will be good in RT as compares to Senior Player

Graph:- Average Visual Reaction Time of Youth and Senior kabaddi Players



Above graph clearly indicates that Visual Reaction Time of Youth and Senior Kabaddi Players. The graph shows Visual Reaction Time of Youth kabaddi players were comparatively good to their Senior Kabaddi Players. No doubt both Youth and Senior Kabaddi Players had normal Visual Reaction Time as per the norms of Visual Reaction Time. Visual Reaction Time of Youth was .0214 and Senior Kabaddi Players was 0.233, the difference between these two counterparts was found to be 0.0190 which is negligible.

Conclusion

With the help of graphical representation and statistical operations it could be concluded that Visual Reaction Time of Youth and Senior Kabaddi Players was normal but Youth kabaddi players were much more quicker than Senior Kabaddi Players in Visual Reaction Time.

Reference

Anne Marie Bird and Bemette K. Cripe (1986). Psychology and Sports Behaviors. USA: Times Mirror/Mosby.

Aditya Jain, Ramta Bansal Avnish Kumar, and KD Singh (2015) A comparative study of visual and auditory reaction times on the basis of gender and physical activity levels of medical first year students. Int J Appl Basic Med Res. 2015 May-Aug; 5(2): 124 - 127

Barry L. Johnson and Jack K. Nelson (1982). Practical Measurements for Evaluation. Delhi : Surjeet Publications, p.180-181.