



Evolution Of The Traditional Sports: Wrestling, Kabaddi And Kho-Kho In Haryana

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ABSTRACT

This study aimed to evaluate and compare the performance of athletes from three traditional sports in Haryana: kho-kho, kabaddi, and wrestling using a specific skill test. The comparative quantitative research design includes a sample of 150 players, 50 in each sport. The study employed systematic testing, and independent sample t-tests were utilized to analyze the data in order to assess variations in performance ratings. The results revealed that wrestlers and Kho-Kho players scored significantly higher than Kabaddi players, indicating that the physical and skill demands of these sports may aid in improving exam scores. Although the mean score difference between Kabaddi and Kho-Kho players was less, it was not statistically significant. These findings show how demands particular to a sport influence performance outcomes and highlight the need for more research to completely comprehend these effects.

Keywords: Traditional Sports, Performance Comparison, Wrestling, Kabaddi, Kho-Kho, Skill Test.

1. INTRODUCTION

Traditional games and sports, while representing cultural diversity and an intangible part of our history, can also be the building blocks of a community. They also serve as a powerful medium for conveying cultural, diversity, inclusion, and solidarity ideals—all of which are cornerstones of national and development objectives. Our ultimate goal is to use sport as a tool for peace and awareness, and all of these will get us closer to that goal. Traditional sports and activities can provide a window into different cultures and help bring people together through shared experiences. Most conventional games and sports, which were once articulations of native societies and lifestyles that added to humankind's normal personality, have proactively disappeared or are in impending peril of eradication because of globalization and the harmonization of the rich variety of the world's wearing legacy. A culture of peace can be fostered through traditional sports and games because they promote cultural knowledge and understanding both within and between nations. India is home to more indigenous peoples than any other nation save Haryana, because to its large tribal population. Many indigenous communities have thrived and survived in India because of the country's rich and varied environment. The northern part of the country has not been investigated. A diverse array of flora and fauna coexist in the verdant valleys of northern India, which also have stunning mountain vistas. The varied and varied material and immaterial heritage of India. A wide variety of languages, customs, clothing, weather, food habits, games, sports, art, architecture, music, dance, festivals, and pastimes are all part of this rich tapestry.

2. LITERATURE REVIEW

Wani, A. A., & Gopinath, V. (2019) concluded that the under-17 boys' volleyball, badminton, kho-kho, and kabaddi teams competing at the 2019 Khelo India Youth Games are the most aggressive. Athletes from all around India, including those in more rural and metropolitan areas, compete in Khelo India, a national sports championship. The Indian government's Ministry of Youth Affairs and Sports (MYAS) launched the Khelo India program to advance cultural and athletic excellence. In 2018, the part facilitated the very first Khelo India school games, and starting in 2019, it is planned to host the Khelo India youth games (KIYG). There is a cutthroat atmosphere in modern sports. In reality, competitive sports transcend the realm of mere athletics. Justice, equality, solidarity, collaboration, friendship, honesty, and other ethical qualities have a significant impact on

adolescents' development. Like a body without a soul, aggression and competitiveness in sports go hand in hand. Extensive studies have examined the relationship between aggressiveness and different sports played by professional athletes. The exact relationship between these two variables and the under-17 athletes competing in Khelo India 2019 is unclear to researchers. The present investigation will involve 154 players that the researcher has selected. There were 154 members altogether; the scientist selected 47 volleyball players, 44 basketball players, 29 badminton players, 21 kho players, and 13 kabaddi players. From the 2019 Khelo India Youth Games (KIYG) in Haryana, India, each subject was selected at random. I utilized my Sports Personality Questionnaire (SPQ-20) score from my talent profile as the rule measure to test the speculation. A one-way ANOVA was utilized for information analysis to look at the method for the various sports players. The matched mean distinction was resolved utilizing Scheffe's post hoc test.

Harikanth, S., & Gajanana Prabhu, B. (2016) aimed of the current study was to investigate the gender-based disparities in youth sports participation motivation in Goa. 254 young men (N=173) and women (N=81) from the state of Goa who were involved in sports at different levels served as the study's subjects. Clearly, playing sports was a great way to stay emotionally stable, socially aware, physically active, and mentally alert. The basis for every athletic endeavor and success was motivation. It was necessary to take steps to determine the primary drivers of Goan youth sports motivation in order to maintain their interest. Minimum intercollegiate participation was the study's inclusion criterion. To gather information on the motivation behind sports involvement, a revised version of the Sport Motivation Scale (SMS-6) with six variables by Mallett et al. (2007) was translated into Hindi. With appropriate guidance, the investigator gathered the data from the subjects in their free time. Standard deviations and means were computed, as well as independent sample t-tests. It was determined that, in comparison to their male counterparts in Haryana, female athletes were more motivated to participate in sports. Males showed stronger intrinsic drive in sports, whereas females had higher external regulation, identified regulation, and total sports motivation.

Parmar, G., & Kumar, A. (2023) Tests of developed skills were shown to have a strong connection and good objectivity. The purpose of the study was to develop a chain skill test to evaluate players' skills in different Haryana districts. The investigation was limited in some ways. The following is the selected particular abilities test for Chain in Kho-Kho. The study was then limited to twenty randomly selected male Kho-Kho players from various districts in Haryana. The study's limitation was the age range of the subjects, which was 19 to 30 years. By evaluating the instrument's validity and the tester's skill, data dependability was guaranteed. Using the test-retest method, the dependability of the built-in Chain test was assessed; the outcomes revealed associated values. Statistical Process: The validity of any particular skill was determined by applying the product moment correlation as the determining criterion. A variety of test outcomes were evaluated for validity and objectivity using correlation coefficients. There was a significant association between test-retest scores when the same tester gave the Chain Test constructed skill tests a second time. It was thus concluded that the skill test's design had a strong connection and good reliability. There was a significant association between test-retest scores when the Chain Test constructed skill tests were given again by a different tester.

Tiwari, R., & Venugopal, R. (2015) The study's goal was to create a tapping skill test specifically for female Kho-Kho players. This is an offensive skill that calls for flexibility, good body balance, and control over running speed. Sixty female Kho-Kho players, ages ranging from 17 to 25, were given this test item. To prevent any ambiguity in the test, all instructions and demonstrations for the test item were provided accurately. To assess validity, impartiality, and reliability, correlation analysis is employed. After finding that the test's validity was.84, reliability was.88, and objectivity was.92,.87, and.89. It was therefore determined that the test is dependable for evaluating the tapping skills of female Kho-Kho players.

Suresh Patil and Vithal D. Metri (2016) assisted high schools in Koppal taluk and worked on a survey of sports and physical education facilities and accomplishment in government. Finding information about the sports facilities in government and assisted high schools is the aim of the study. The survey approach was utilized to gather data for the study, which is limited to Koppal taluk in order to identify the sporting facilities. A questionnaire has been used to collect the data. A questionnaire is created using data from Koppal Taluka's government and assisted high schools, together with study and hypothesis. Using the aforementioned

questionnaires, the author visited the high schools in person and conducted interviews with the headmaster and directors of physical education. After gathering, the data was tallied and examined. Since physical education cannot be chosen by any other course in the college's curriculum, it generally plays a significant role in all educational programs as an essential component of an individual's progress. Because of this, the administrations of all institutions must offer chances for students to hone their leadership skills and facilities for engaging in extracurricular activities that will assist them in achieving these worthwhile goals in life.

3. RESEARCH METHDODOLOGY

3.1. Research Design

In order to assess and compare the performance of wrestlers, Kho-Kho players, and Kabaddi players on a particular exam, this study uses a comparative quantitative research design of Haryana. The purpose of the design is to ascertain whether various sports groups' performances differ significantly from one another and to evaluate the potential impact of each sport's unique physical or skill requirements on test results.

3.2. Research Method

Three different groups—kabaddi players, wrestlers, and Kho-Kho players—were given systematic tests. The test results were examined to compare how well each of these groups performed. The observed differences in mean scores were examined for statistical significance using t-tests and other statistical techniques.

3.3. Sample Size

There were 150 contestants in all, 50 from each of the three groups (Kabaddi players, wrestlers, and Kho-Kho players). This sample size improves the trustworthiness of the statistical data and permits a strong comparison.

3.4. Data Analysis

Mean, standard deviation, and standard mistake of the mean were calculated for each gathering utilizing spellbinding insights. We utilized autonomous samples t-tests to look at the gatherings' exhibition scores. Statistical importance was resolved utilizing p-values, with an importance level of 0.05. Tracking down statistically massive contrasts in execution evaluations across wrestlers, Kho players, and Kabaddi players was

the essential target of the review. To illustrate the distinctions in execution among the various sports gatherings, the results were introduced in tabular and graphical organizations.

4. DATA ANALYSIS

The test results show that there were notable disparities in the performance of wrestlers, Kho-Kho players, and Kabaddi players. With a mean score of 20.20 versus 15.00, wrestlers did better than Kabaddi players. This difference is statistically significant ($t = -5.71, p < 0.05$). With a mean score of 20.50 as opposed to 15.00, Kho-Kho players also performed better than Kabaddi players. This difference is statistically significant ($t = -5.10, p = 0.05$). According to these results, test performance may be enhanced by the physical or skill demands of wrestling and Kho-Kho as opposed to Kabaddi.

Table 1. Comparative Evaluation of Performance Points in Various Sports Groups

Group	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2- tailed)
Kabaddi	50	15	5.94	5.3	-5.71	59	0
Wrestlers	50	20.2	5.14	5.36			
Kho-Kho Players	50	20.5	5.1	5.35	-5.1	60	0.05

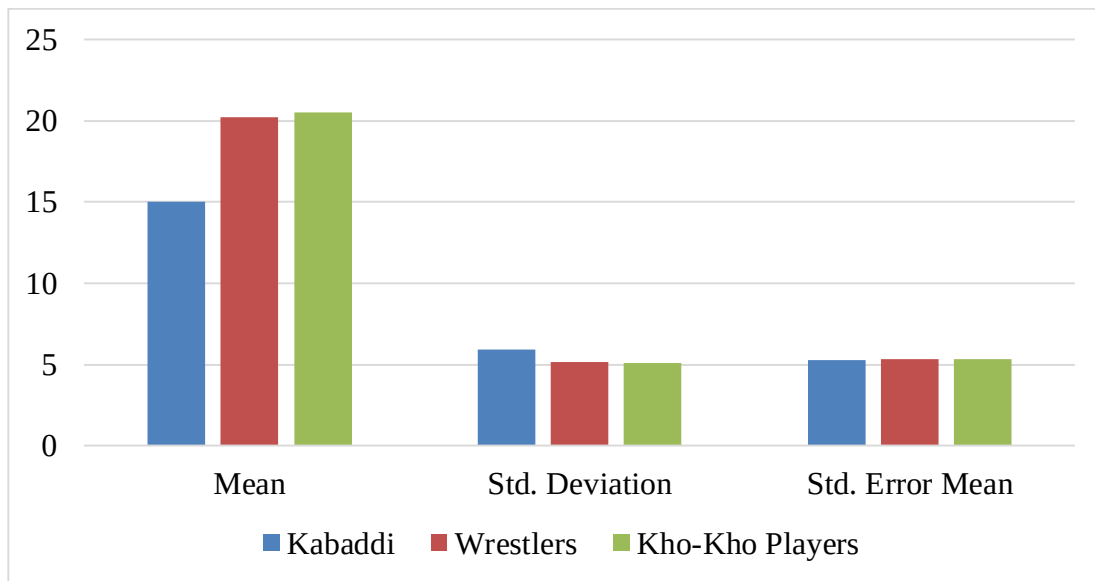


Figure 1: Graphical Representation of Comparative Evaluation of Performance Points in Various Sports Groups

Players of Kabaddi did better on the exam than both wrestlers and Kho-Kho players, according to the data. The mean score of Kabaddi players was higher at 20.38, compared to the mean scores of wrestlers and Kho-Kho players, which were 15.10 and 15.80, respectively. Both the difference between Kabaddi players and Kho-Kho players ($t = 5.8$, $p > 0.05$) and the difference between Kabaddi players and wrestlers are statistically significant. These findings imply that, in comparison to wrestling and Kho-Kho, Kabaddi's physical or skill requirements may help players do better on this specific exam. The discovered changes might not be statistically significant, though, and more research would be needed given that the p-values are higher than the traditional significance level of 0.05.

Table 2. Comparing Sports Groups' Mean Performance Scores Statistically

Group	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Kabaddi	50	20.38	5.56	5.2	5.53	60	1.02
Wrestlers	50	15.1	5.2	5.4			
Kho-Kho Players	50	15.8	5.1	5.35	5.8	59	1.01



Figure 2: Graphical Representation of Comparing Sports Groups' Mean Performance Scores Statistically

5. CONCLUSION

In a particular skill test, the study found that wrestlers and Kho-Kho players did better than Kabaddi players. Wrestlers scored an average of 20.20, while Kho-Kho players scored an average of 20.50, which was significantly higher than the mean score of 15.00 for Kabaddi players. This implies that, in comparison to Kabaddi, the physical or skill demands of wrestling and Kho-Kho may improve performance. In a different comparison, Kabaddi players outperformed Kho-Kho players (mean score of 20.38), but this difference was not

statistically significant, suggesting that performance differences might not be that large. Overall, the results show how the physical demands of various sports affect test results; nevertheless, more investigation is required to confirm these findings and identify the underlying causes.

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