

Effect of Ground Force Method on Selected Physical Variables Among College Men Kabaddi Players

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Abstract

The purpose of the study was to investigate on 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 present study the 30 college men kabaddi player from Madurai district. The age of the subjects ranged from 17 to 24 years. The selected 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 selected subjects were equally divided into two group's of fifteen each namely experimental group with Ground force method and Control Group have not underwent any training. Abdominal strength was assessed by One Minutes Sit Up Test and Cardio Respiratory Endurance was assessed by 12 minutes Cooper Test.The data were collected before and after six weeks of training. The data were analyzed by applying t-ratio. The level of significance was set at 0.05 level of confidence. The experimental group showed better improvement on Abdominal strength and Cardio Respiratory Endurance among the college men kabaddi players than the control group.

Key words: Ground force method, Abdominal strength, Cardio Respiratory Endurance and Kabaddi.

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.

Methodology

The purpose of the study was to investigate the effect of Ground force method on Selected Physical variable 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 present study the 30 college men kabaddi players from Madurai district were selected at random and their age ranged from 17 to 24 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. Abdominal strength was assessed by One Minutes Sit Up Test and Cardio Respiratory Endurance was assessed by 12 minutes Cooper Test . The data were collected before and after six weeks of training. The data were analyzed by applying t-test. The level of significance was set at 0.05.

Table –1 Analysis of t-Ratio Pre and Post-test for Control and Experimental group on Abdominal strength

Variables	Group	Mean		Sd		Sd Error	df	‘t’ ratio
		Pre	Post	Pre	Post			
Abdominal strength	Control	24	27	1.45	1.61	0.71	14	1.59
	Experimental	28	34	1.73	2.21			0.45

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

Figure 1: Bar diagram showing the pre and post test means values of Abdominal strength

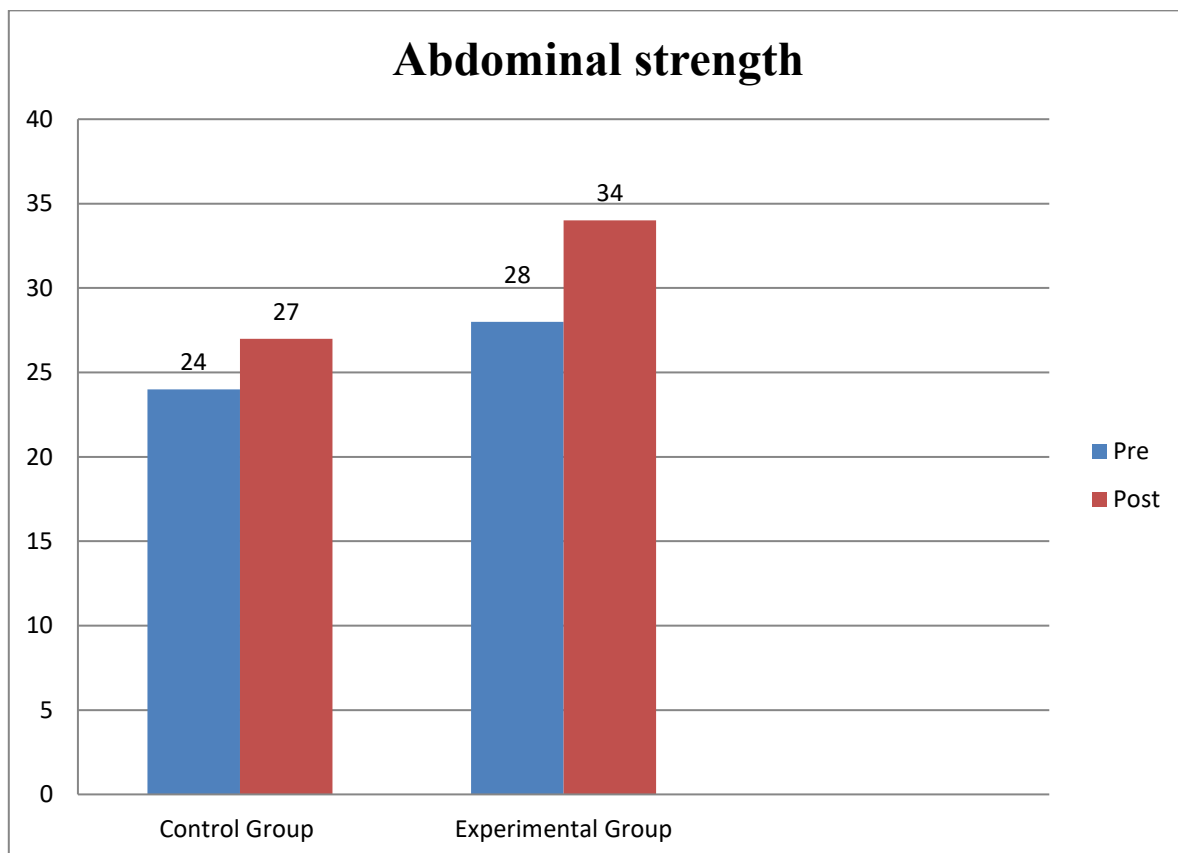


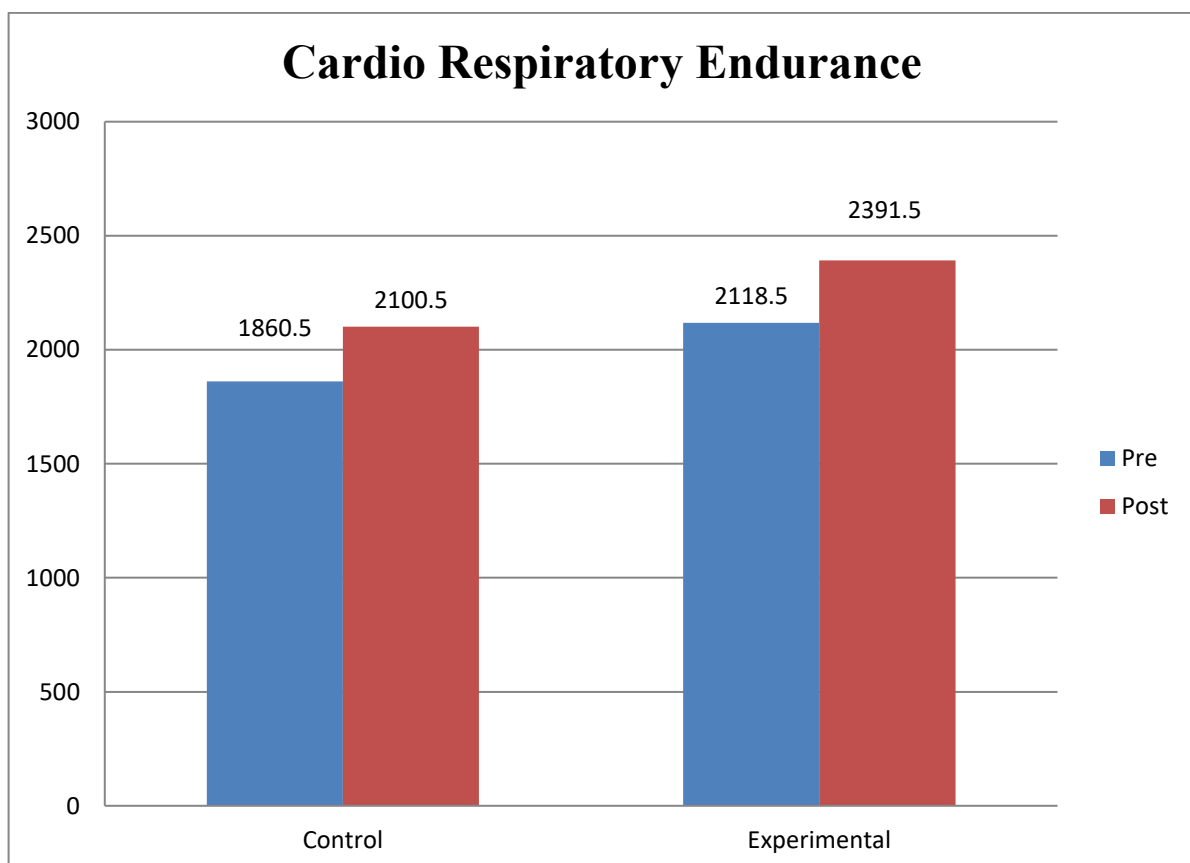
Table – 2

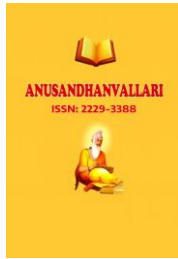
Analysis of t-Ratio Pre and Post-test for Control and Experimental group on Cardio Respiratory Endurance

Variables	Group	Mean		SD		Std Error	df	't' ratio
		Pre	Post	Pre	Post			
Cardio Respiratory Endurance	Control	1860.50	2100.50	65.44	55.84	13.19	14	0.83
	Experimental	2118.50	2391.50	65.44	63.33	6.17		4.61*

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

Figure 1: Bar diagram showing the pre and post test means values of Cardio Respiratory Endurance





Discussion on Findings

The results of the study indicate that the experimental group namely Ground force method had significantly improved in the selected dependent variable namely Abdominal strength and Cardio Respiratory Endurance .

From the results of the present investigation, it is also concluded that significant difference on Ground force method in developing dependent variable Abdominal strength and Cardio Respiratory Endurance the hypothesis was accepted.

Conclusion

On the basis of findings and within the limitations of the study the following conclusions were drawn:

- ❖ Ground force method had positive impact on Abdominal strength and Cardio Respiratory Endurance among college men kabaddi players.
- ❖ The experimental group showed better improvement Abdominal strength and Cardio Respiratory Endurance among college men kabaddi players than the control group.

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