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REVIEW ARTICLE

A PILOT STUDY: COMPARISON OF EXPLOSIVE LEG STRENGTH AMONG THE PLAYER OF DIFFERENT INDIGENOUS GAMES OF NORTH TRIPURA

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A Pilot Study: Comparison of Explosive Leg Strength among the Player of Different Indigenous Games of North Tripura

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Abstract – The purpose of the study was to compare the explosive leg strength among the players of different indigenous games of North Tripura. It was hypothesized that on explosive leg strength there would be no significance differences among the players of different indigenous games of North Tripura namely, Kabaddi, Kho-kho and Solaimani (Wrestling). Twenty (20) players each from district level were selected as the subjects from three different indigenous games of North Tripura namely, Kabaddi, Kho-kho and Solaimani (Wrestling) for the study. The ages of the subject were ranged from 18 to 30 years. After applying ANOVA it was obtained that $F(3.78)$ is greater than $F(3.17)$. Hence, there were significant differences among the players of different indigenous games of North Tripura in relation to explosive leg strength. LSD test indicates that there was significant difference in explosive leg strength between Solaimani (42.45) and Kabaddi (52.65). However, there were no such significant differences between Solaimani (42.45) and Kho-Kho (48.3) and Kabaddi (52.65) and Kho-Kho (48.3) respectively.

Key Words – Explosive Strength & Indigenous Games

INTRODUCTION

Now a day's sports become a compulsory event of daily life and it is meaningless without competition. Competition leads to better performance. The performance of an athlete is mainly depends upon the components of Physical Fitness and the initial skill development during childhood and which can only be achieved through taking part in indigenous games and sports. Tripura is a land full of traditional games and sports. The traditional games of Tripura are called Thwgmung. It is common in almost all the clans in Tripuri. The youths of Tripura are very fond of their traditional games and sports. Indigenous involvement in sport has been and remains a vehicle through which Indigenous Peoples assert and celebrate their cultural identity. Native games are more than just games. They build body and spirit through exercise and are played by all age groups—children, youth, and adults. Many games have roots in ancestral tests of strength and sport that reinforced group cooperation and sharpened survival skills in often hostile environments. For warriors, the games helped maintain their readiness and combat skills between times of war.

In this study we have selected one of the component of physical fitness i.e., explosive leg strength. Due to favorable environmental condition and work life style,

the athletes from North East Indian are good at explosive leg strength but at the same time it's become more important to know which kind of indigenous sports have better potential in it so that we can catch them young and train them well in concerned games & sports and which indigenous sports need to improve as well in concerned games and sports.

OBJECTIVE

The explosive leg strength among the players of different indigenous games of North Tripura namely, Kabaddi, Kho-kho and Solaimani (Wrestling)

HYPOTHESIS

It was hypothesized that on explosive leg strength there would be no significance differences among the players of different indigenous games of North Tripura namely, Kabaddi, Kho-kho and Solaimani (Wrestling).

METHODS

Twenty (20) players each from district level were selected as the subjects from three different indigenous games of North Tripura namely, Kabaddi,

Kho-kho and Solaimani (Wrestling) for the study. The ages of the subject were ranged from 18 to 30 years. The readings measured in Sergeant Jump Test were taken as scores of Explosive Leg Strength. The three groups (tribes) were evaluated and compared on explosive leg strength by applying analysis of variance "F- ratio" at .05 level of significance. For further analysis, LSD Test was applied.

FINDINGS

Finding pertaining to explosive leg strength among the players of different indigenous games of North Tripura



COMPARISON OF EXPLOSIVE LEG STRENGTH AMONG THE PLAYERS OF DIFFERENT INDIGENOUS GAMES OF NORTH TRIPURA

Sources of variance	D.f	S.S	M.S	F-ratio
(SS) b	r- 1= 2	1048	524	3.78
(SS) w		7911.6	138.8	
Total	N- r= 57 60			

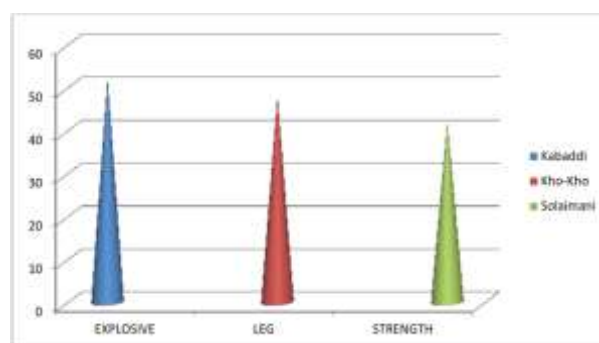
The above mention table indicates that cal F(3.78) is greater than Tab F(3.17). Hence, there were significant differences among the players of different indigenous games of North Tripura namely, Kabaddi, Kho-kho and Solaimani (Wrestling) in relation to explosive leg strength. As F-ratio found to be significant, the data further analyzed with Post- hoc TEST (LSD)

PAIRED MEAN DIFFERENCES OF EXPLOSIVE LEG STRENGTH AMONG THE PLAYERS OF DIFFERENT INDIGENOUS GAMES OF NORTH TRIPURA

Mean of diff.grs			Mean differences	Critical differences
I	II	III		
	48.3	42.45	5.85	
52.65		42.45	10.2	
52.65	48.3		4.35	7.5

This table indicates that there was significant difference in explosive leg strength between Solaimani (42.45) and Kabaddi (52.65). However, there were no such significant differences between Solaimani (42.45) and Kho-Kho (48.3) and Kabaddi (52.65) and Kho-Kho (48.3) respectively.

GRAPHICAL REPRESENTATION OF EXPLOSIVE LEG STRENGTH AMONG THE PLAYERS OF DIFFERENT INDIGENOUS GAMES OF NORTH TRIPURA



CONCLUSION

As the hypothesis was concerned there was a significant difference in explosive leg strength between the players of Solaimani (42.45) and Kabaddi (52.65). Kabaddi players consider having the highest explosive leg strength among all the three indigenous games of North Tripura namely, Kabaddi, Kho-kho and Solaimani (Wrestling) as it has the highest mean value (52.65) in relation to Explosive Leg Strength.

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