

# An Analysis of Construction of Norms for Selected Kabaddi Skill Test: A Case Study of Haryana

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**Abstract – The reason for this investigation was to build norms for selected kabaddi skills for kabaddi players of Haryana. With the end goal of the present investigation, Sixty (N=60), Male University Level Kabaddi Players between the age gathering of 18-25 years were selected. The information, which was gathered by overseeing tests, was measurably treated to produce for all the test things. With a specific end goal to develop the norms, Percentile Scale was utilized. Further, the scores were arranged into five evaluations i.e. good, great, normal, poor and exceptionally poor. To close, it is clear that in Hand Touch, the scores beneath 15.853 are viewed as extremely poor, from around 15.853-14.343 is viewed as poor, 14.343-11.323 is viewed as normal, 11.323-9.813 is viewed as great and the scores over 9.813 are viewed as great scores for Kabaddi Players of Haryana. To finish up, it is obvious that in Toe Touch, the scores beneath 13.48 are viewed as exceptionally poor, from around 13.48-12.14 is viewed as poor, 12.14-9.46 is viewed as normal, 9.46-8.12 is viewed as great and the scores over 8.12 are viewed as great scores for Kabaddi Players of Haryana. To close, it is obvious that in Back Kick, the scores underneath 8.78 are viewed as extremely poor, from around 8.78-10.69 is viewed as poor, 10.69-14.51 is viewed as normal, 14.51-16.42 is viewed as great and the scores over 16.42 are viewed as great scores for Kabaddi Players of Haryana.**

## INTRODUCTION

Game is a general dialect. Taking care of business, it can unite individuals, regardless of what their birthplace, foundation, religious convictions or financial status. Physical Education goes for reinforcing the learning procedure of kids and youth in order to make them answerable nationals in our law based society. Diversions, Sports, Dances and Art go about as imperative social scaffolds among the general population of the world. Universal rivalries, for example, Olympic Games, Dance Festivals, Art Exhibitions, go about as coordinating operators between countries.

All things considered, wellness level of individuals is disintegrating step by step due to over complexity. Young ladies are getting to be feeble and unfit to end up sound moms, while young men can't become solid and solid. In this circumstance, customary cooperation in games and diversions and general activities can profit the general population. Games enhance way of life. Extraordinary sportsmen and ladies appreciate higher economic wellbeing in the cutting edge society. Be that as it may, to wind up a decent player, one needs to spend more measures of cash on gear. As India is a creating nation, individuals at the lower strata can't burn through cash on

recreations and games. Games and amusements now-a-days are far from basic men, as they have turned out to be costly popularized and promoted. Sportsmen end up famous by virtue of attention which is supported by business, mechanical, and political monsters. Be that as it may, in the given conditions, the greater part of the energetic youngsters are pulled in to the more affordable diversions like Kabaddi and Kho-Kho.

In 21st century the games and recreations have been changed and formed into a high level of science and innovation. Ramified into various branches as takes after, games and amusements prescription, games and recreations diaries, games and diversions photography, games and recreations news coverage, games and amusements building for making hardware, games and diversions spending plans, games and recreations science, games and amusements brain science, games and recreations babing and commonwealths, games and diversions organization and undercover work and distinction and hostile frameworks, games and amusements ventures and business, games and recreations innovative work, games and recreations divinities.

Physical education goes for keeping individuals solid. For in this feeling of the word, all parts of composed

education goes for wellbeing. The physical education/wellbeing programs give young men and young ladies exact and noteworthy information identifying with their individual needs and intrigue. There is likewise developing worry for wellbeing administrations and solid physical and enthusiastic condition.

The present world parts of games are recreational, helpful and focused. The games have clean cut characterization based on force of interest in particular the recreational games for kids, remedial games for senior citizens, incapacitated people, infected people and aggressive games for youth and grown-ups, especially specialists.

In present day world normal interest in games and amusements and general activities is gainful to everybody to keep up great wellbeing. Games ought to enhance way of life, a decrease in unsafe propensities like smoking and drinking exorbitant measures of liquor. Consistent support in games and recreations is fundamental to diminish or maintain a strategic distance from the cardiovascular illnesses, fringe vascular malady, hypertension, weight, diabetes mellitus, misery or pressure, airborne sicknesses, high blood levels of aggregate and L.D.L. cholesterol.

Kabaddi is fundamentally a contentious group diversion played by the two people or male and female. Each group comprises of 12 players of which seven players are on court at once and five on the save. A Period of 45 minutes with a five moment break (20-5-20) for men, 35 minutes with a five moment break (15-5-15) for ladies junior young ladies and sub junior young men and young ladies. Kabaddi is played with definitely no gear in outside/indoor rectangular court. The estimations of the indoor are 13 meters length, and 10 meters width for men and junior young men players; 12 meters and 8 meters width for ladies and junior young ladies; and 11 meters length and 8 meters width for sub junior young men and young ladies.

Kabaddi is played in various structures on the planet. Kabaddi is the session of assault and guard. Bandits' utilization hostile skills, ought to get focuses. Guarded side or Antes are utilized cautious skills. These crucial skills are utilized as a part of all types of Kabaddi.

A test is a particular instrument strategy or method used to inspire a reaction from the players with a specific end goal to pick up data to be utilized as reason for examination of the quality or amount or components, for example, wellness, skill, information and qualities. The test is a particular instrument of estimation and suggests a reaction from the individual being estimated.

A standout amongst the most engaging explanations behind ability investigate in brandish is the expectation that future ability can be anticipated in "key transferable skills<sup>1</sup>. A person's capacity to perform compound engine assignments has been thought to be a conceivable determinant of physical fitness<sup>2,3</sup>. The construction of norms of athletic brilliance prove in sports exercises solidified groups of investment who valorized thorough sorts of physical train in anticipation of athletic rivalry and in communicating the most noteworthy level of athletic skill. The most much of the time referred to parts fall into two gatherings: one identified with wellbeing and the other identified with skills that relate more to athletic ability.

Wellbeing related wellness alludes to the segments of wellness that are influenced by ongoing physical movement and incorporates body arrangement, oxygen consuming limit, solid quality and continuance, adaptability, and adjust. Today, physical wellness has turned into a component that discovers appropriateness in a few fields. Since it is a multidimensional develop and along these lines can't be surveyed by a solitary test. In this manner a battery of various tests is required. The fundamental point of estimating physical wellness is to decide the current possibilities of people, to get ready exercise programs considering the person's need in this regard and to rehash the estimations at the specific interims keeping in mind the end goal to decide if the projects have accomplished the normal targets. Way of life and prosperity are vital variables for sports entertainers.

The physical wellness or condition is the whole of five engine exercises specifically, quality, speed, continuance, adaptability and Coordinative capacities. These five engine capacities and their mind boggling shapes are the essential requirements for human engine activity. In this manner the games execution in all games depends, as it were, on these capacities change and upkeep of physical wellness or condition is generally vital. The Kabaddi diversion, portrayed by high force engine exercises, places upon players a wide range of necessities on the entirety of their capacities.

## LITERATURE REVIEW

Kabaddi is fundamentally a country diversion and indigenous to India, which is the reason very little games writing is accessible in college libraries magazines diaries or quarterly audits over the world. The scientists could discover restricted writing/data, as to the skill testes of the kabaddi amusement. Kabaddi still laces in skill tests thus needs the examination and advancement of different skill test to enhance and institutionalize at the amusement. Consequently the need additionally study and examination of the diversion.

The specialist has made a genuine and true endeavor to find the comparable investigations made by different researchers, through web, reading material, magazines, diaries, examine quarterlies and paper abstracts.

Logical estimation of the aftereffects of instructing has a built up put in the field of physical education today. Anyway dependable and legitimate tests of capacity are nearly few. A battery of tests for any diversion might be valuable in a few ways on the off chance that it has substantial records. It might be utilized as a part of ordering the players, in deciding the advance in skills, in giving motivation to hone and of judging the proficiency of the instructor. In the interim the idea of the battery of tests in estimating the crucial skills ought to be a field based one instead of the lab based. Since the field based test things feature the genuine amusement circumstance, evaluating the player in the genuine diversion circumstance is supported. The advancement of games skill has had a long and profitable history.

Skill tests were produced to gauge the fundamental skills utilized as a part of a particular game (AAHPERD, 1968). The skill test things are all in all called attest battery. The skill test encourages the people to assess their execution in the basic skills of the diversion and gives a motivating force to change.

The AAHPERD endeavored for building up the norms of 'Skill Test' for young men and young ladies. The norms manual contains outlined norms for scoring each test thing and, likewise, gave scores and recorded cards. The underlying test-things were selected by the Project Committee and they led the test on suitable subjects. Percentile norms for all test things were set up in light of 600 to 900 scores for each sex at each age from 10 to 18 years.

Kabaddi is a discontinuous game. The rest delay amid the amusement is adequate for recuperation. Amid assaulting the fundamental wellspring of vitality is anaerobic. Dey, Khanna and Batra (1993) examined physical attributes, muscle versus fat, slender weight (LBM) and somato sort of Twenty-five national kabaddi players (Asian gold medalists 1990), mean age 27.91 years, who went to a national camp at the Sports Authority of India, Bangalore before the Beijing Asian Games in 1990. The physiological attributes surveyed included back quality, greatest oxygen take-up limit and anaerobic limit (oxygen obligation) and related cardio respiratory parameters (oxygen beat, breathing comparable, most extreme aspiratory ventilation, most extreme heart rate). Muscle versus fat was computed from skinfold thickness taken at four unique destinations, utilizing Happened skinfold calipers. An activity test (evaluated convention) was performed on a bike thus meter (ER-900) utilizing a modernized EOS Sprint (Jaeger, West Germany). The mean (S.D) rate

muscle versus fat 17.56 (3.48) of kabaddi players was observed to be higher than ordinary stationary individuals. Their physical make-up was observed to be endomorphic mesomorph (3.8-5.2-1.7). Mean (S.D) back quality, most extreme oxygen take-up limit ( $V_{O2max}$ ) and oxygen obligation were observed to be 162.6 (18.08) kg, 42.6 (4.91) ml kg<sup>-1</sup> min<sup>-1</sup> and 5.02 (1.29) liter separately. Physical attributes, rate muscle to fat ratio, somatotype, greatest oxygen take-up limit and anaerobic limit (oxygen obligation) and other cardiorespiratory parameters were contrasted and other national partners. Give information are practically identical information for judo, wrestling and weightlifting. Since no such examination has been directed on global partners, these information couldn't be looked at. These information may go about as a rule in the determination of future kabaddi players and to achieve the physiological status similar to the present gold medalists.

Bala Kumararaja (2000) built a test of lower arm pass divider volley in volleyball for High and Higher Secondary School young ladies in Tamilnadu. For this examination he has selected thousand female understudies as subjects. For this examination lower arm pass was contemplated for the construction. He had built up a legitimacy 0.80 and an unwavering quality  $y=0.896$ . This demonstrates the new built test was superior to anything the foundation test which is as of now being used.

Jackson and others (2002) expected to research the unwavering quality and legitimacy of one mile stroll as field test for vigorous limit and to create norms for that test. For building up unwavering quality and legitimacy the examples included 41 guys (n=21) and females (n=20) in the age gathering of 19-32 years. The subjects play out the treadmill push test to decide the pinnacle  $O_2$  utilization and 3 trials of a greatest one mile stroll on an indoor track. The mean trial execution was utilized for factual examination. The alpha unwavering quality gauge was 0.96 yet a critical pattern was available. Trials 2 and 3 had a dependability gauge of 0.95 with no pattern. The between trial third and pinnacle  $O_2$  utilization was 0.57. At the point when the Rock port expectation work utilizing age, weight, sex, one mile walk and completion heart rate was utilized to foresee top  $O_2$  the r enhanced to 0.66. The standardizing tests included guys (n=400) and females (n=426) with an age scope of 18-30 years. They played out a training trial of the one mile walk took after by an execution trial. At that point the percentile standard was developed.

Bascaran (2003) led an examination on construction of Volleyball skill test and calculation of norms for school young men of various age bunches in Pondicherry state. For this reason 4515 young men were selected running from the age gathering of 13,



14 and 15 years. It was conjectured that the recently built test won't not be dependable legitimate.

Alicsson et al. (2004), directed an investigation to test the dependability of two games related practical tests, a speed test (slalom-test) and a readiness test (jump test). Eleven competitors matured 11 years (8 young men, 3 young ladies) took an interest willfully in the examination. All subjects finished four distinctive test sessions for both the slalom-test and the obstacle test utilizing six standard obstacles put at 2-m interims along a 12-m length of track. There were no huge contrasts between testing sessions for either the slalom-test ( $p=0.99$ ) or the obstacle test ( $p=0.96$ ), demonstrating no methodical variety between test times. The intra class relationship coefficients were 0.96 and 0.90 separately, demonstrating a decent unwavering quality. We infer that the slalom-test and obstacle test are dependable games related utilitarian tests for estimating pace and nimbleness in gatherings of youthful athletic people.

As per Lidor et al. (2005) testing for choice is a standout amongst the most imperative basics in any multi step brandish program. In most ball games, mentors survey engine, physical and specialized skills all the time in beginning periods of ability recognizable proof and advancement. Be that as it may, choice procedures are mind boggling, are frequently unstructured, and need obvious hypothesis based learning. For instance, little is thought about the pertinence of the testing procedure to the last determination of the youthful prospects. The reason for the investigation was to recognize engine, physical, and skill factors that could give mentors significant data in the choice procedure of youthful group hand athletes. Altogether, 405 players (12-13 years old toward the start of the testing time frame) were prescribed by their mentors to experience a battery of tests before choice to the lesser national group. This number is the total of all players taking an interest in the diverse periods of the program. Be that as it may, not every one of them partook in each testing stage. The battery included physical estimations (stature and weight), a 4x10-m running test, dangerous power tests (medication ball toss and standing long bounce), speed tests (a 20-m run from a standing position and a 20-m dash with a flying begin), and a slalom spilling test. National group 2 after 3 years those not selected exhibited that lone the skill test filled in as great pointer. In every single other estimation, a wide cover could be seen between the consequences of the selected and non-selected players. It is recommended that future examinations explore the convenience of tests reflecting more particular physical capacity and intellectual attributes.

Vishal Thakur (2012) uncovered that logical approach for ability recognizable proof is of most extreme significance for predominant execution in sports. It is imperative that each sportsman knows about his or her standard of execution and where he or she

remains in contrast with different players. Estimation will demonstrate the mentor how compelling his preparation is and how well the player has acclimatized the skill instructed. In the event that tests are controlled amid the preparation procedure, the assessment turns into a propelling component for the students, prompting self-change. In kabaddi the requirement for a logical approach in ability recognizable proof of players at a youthful age can be sustaining, in a methodical way to draw out their potential in full and for best execution. The selected tests must be objective, dependable, and substantial ought to be connected in remedy norms.

Abhishek Verma, Devpal Rana and Abhimanyu Singh (2014) led an investigation to build up the physical profile of Kabaddi players. For this examination, the specialists selected 100 male Kabaddi players from West-Zone Inter-University title as the subjects of the investigation. Their age extended between 18 to 23 years. Remembering the plausibility speed, deftness and touchy power had been selected for this investigation. Speed and readiness were surveyed by controlling 50 yard dash and the execution was recorded in seconds and transport run separately. To decide for the unstable power, standing board hop was utilized and the perusing was recorded in meters. To build up the physical profile of Kabaddi players, expressive investigation was connected. The consequences of study shows that if there should arise an occurrence of 50 yard dash, standing expansive hop and transport run Kabaddi Players were having normal in scores. If there should be an occurrence of standing expansive bounce kabaddi Players scored better than expected. It was presumed that West-Zone University Kabaddi players were normal in speed and transport run and if there should arise an occurrence of standing expansive bounce were over the normal.

Devaraju and Kalidasan (2015) anticipated the Kabaddi playing capacity from selected anthropometrical and physical factors among school level players. One hundred and forty four male intercollegiate Kabaddi players were arbitrarily selected from different schools in Tamilnadu State, India and their age extended in the vicinity of 18 and 28 years. The subjects had past playing knowledge of no less than 3 years in Kabaddi and just the individuals who spoke to their separate school groups were taken as subjects. A progression of anthropometrical estimations was done on every member. These included standing tallness estimated by stadiometer, body weight estimated by measuring machine, two length estimations a safe distance, leg length, estimated by Lufkin Anthropometric tape. The information were gathered by following standard testing convention of worldwide society for the Advancement of Kinanthropometry. Physical wellness segments were estimated by the accompanying tests. Speed were evaluated by 50 m dash, adaptability surveyed by Sit and Reach test, leg unstable quality

surveyed by Standing wide hop, Muscular power evaluated by altered sit-ups and solid continuance surveyed by 2.4 km run. The playing capacity which was taken as the execution factor was subjectively surveyed by three qualified Kabaddi mentors. All testing was completed 2 days before between university rivalry by utilizing experimentally affirmed hardware. Mean and Standard deviations were figured for every one of the selected factors. The between relationship among the selected anthropometrical, physical factors and Kabaddi playing capacity were figured by utilizing Pearson' item minute connection coefficients. All selected anthropometrical and physical factors that measurably related with execution were utilized to frame separate straight prescient models (step-wise contention choice). The outcomes uncovered that an Inter-relationship exists fundamentally between the anthropometrical, physical and execution factors among male between university Kabaddi players. The outcomes additionally uncovered that speed, deftness, weight and adaptability turn into the regular attributes which can anticipate the playing capacity in Kabaddi players.

**METHODOLOGY**

**Selection of Subjects:** For the motivation behind the present investigation, Sixty (N=60), Male University Level Kabaddi Players between the age gathering of 18-25 years were selected.

**Selection of Skills:** The accompanying skills were selected for the present investigation:

**Skills:** Hand contact, toe contact, back kick.

**Measurable Technique:** The information, which was gathered by regulating tests, was factually treated to create for all the test things. Keeping in mind the end goal to develop the norms, Percentile Scale was utilized. Further, the scores were grouped into five evaluations i.e. good, great, normal, poor and extremely poor.

**RESULTS AND DISCUSSION**

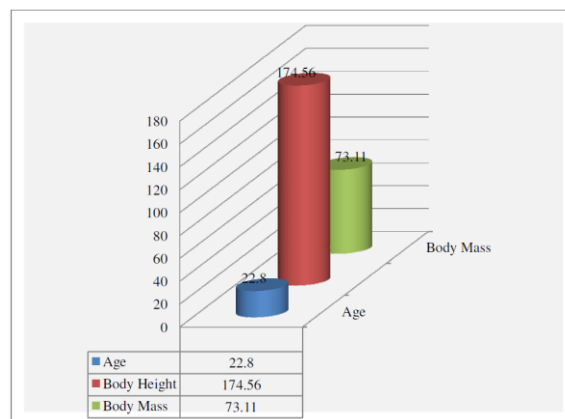
Table 1 demonstrates that in Hand Touch, the mean score was 12.833 what's more, standard deviation score was 1.51. In Toe Touch, the mean score was 10.800 and standard deviation score was 1.34. In Back Kick, the mean score was 12.600 and standard deviation score was 1.91. The Descriptive Statistics (Mean and Standard Deviation) of selected Kabaddi Skills of Kabaddi Players (n=60) of Haryana has been displayed graphically in figure-2.

The qualities recorded in table-2 gives a manual for expected scores for Kabaddi Players of Haryana (n=60) for the selected Kabaddi Skills. In Hand Touch, the scores underneath 15.853 are viewed as extremely poor, from around 15.853-14.343 is viewed

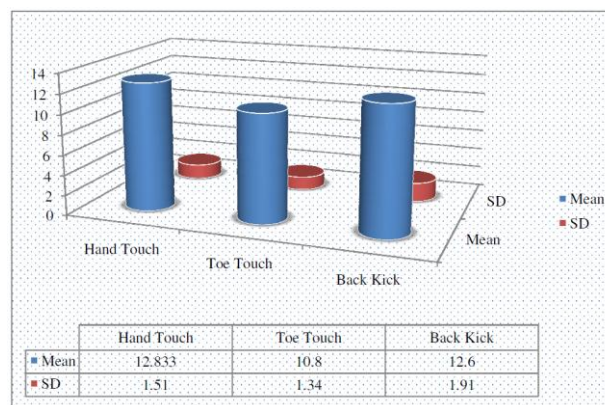
as poor, 14.343-11.323 is viewed as normal, 11.323-9.813 is viewed as great and the scores over 9.813 are viewed as great. In Toe Touch, the scores beneath 13.48 are viewed as exceptionally poor, from around 13.48-12.14 is considered poor, 12.14-9.46 is viewed as normal, 9.46-8.12 is viewed as great and the scores over 8.12 are viewed as great. In Back Kick, the scores beneath 8.78 are viewed as extremely poor, from around 8.78-10.69 is viewed as poor, 10.69-14.51 is viewed as normal, 14.51-16.42 is viewed as great and the scores over 16.42 are viewed as great.

Test Items	Mean ± Standard Deviation	Hi	Low
Hand Touch	Mean	12.833	15
	SD	1.51	10
Toe Touch	Mean	10.800	13
	S.D	1.34	9
Back Kick	Mean	12.600	15
	S.D	1.91	10

**Table-1 : Descriptive Statistics (Mean and Standard Deviation) and Percentile Plot (Hi and Low) of selected kabaddi skills of Kabaddi Players (n=60) of Haryana.**



**Figure-1 : Subject's Demographics of Haryana (n=60) University Level Kabaddi Players.**



**Figure-2 : Descriptive Statistics (Mean and Standard Deviation) of selected kabaddi skills of Kabaddi Players (n=60) of Haryana.**

## CONCLUSION

The investigation has demonstrated the skill test norms in kabaddi, which was a spearheading endeavor made by the researcher in setting up the institutionalized skill test norms. Since singular engine capacity were not uniform, beyond what many would consider possible, the preparation Program ought to be intended for every individual players in each situation of play receives the guarded and hostile frameworks. The player should be fit and to manage the quality all through the bearer.

To finish up, it is obvious that in Hand Touch, the scores underneath 15.853 are viewed as exceptionally poor, from around 15.853-14.343 is thought about poor, 14.343-11.323 is viewed as normal, 11.323- 9.813 is viewed as great and the scores over 9.813 are considered great scores for Kabaddi Players of Haryana. To close, it is clear that in Toe Touch, the scores underneath 13.48 are viewed as extremely poor, from around 13.48-12.14 is thought about poor, 12.14-9.46 is viewed as normal, 9.46-8.12 is considered great and the scores over 8.12 are viewed as extremely great scores for Kabaddi Players of Haryana. Thought about poor, 12.14-9.46 is viewed as normal, 9.46-8.12 is considered great and the scores over 8.12 are viewed as extremely great scores for Kabaddi Players of Haryana.

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