

Effect of Weight Training on General Motor Ability of College Level Kabaddi Players

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Submitted: 15-01-2021

Revised: 27-01-2021

Accepted: 30-01-2021

ABSTRACT: The purpose of this study was to find out the Effect of Weight Training on General Motor Ability of College level Kabaddi players. This study was delimited to 40 (men) kabaddi players within the age group of 18 to 23 years divided equally to form Control and Experimental Groups (10 subjects each). A, B, C Groups were Experimental Groups and D was Control Group. This study was also confined to the pre-season period of 12 weeks of training (weight training). Further, the study was delimited to the General motor ability variables of Speed, Explosive power, Agility, Muscular Strength and Cardiovascular Endurance for measuring General motor Ability of college level Kabaddi players. The required data was collected by administering the tests within the 12 weeks training programme. The procedure was explained to each subject prior to the administration of pre-test and post-test. The Effect of different specific weight training schedules were ascertained by using the statistical tool like Mean, Standard deviation, Analysis of variance (ANOVA) and Analysis of Co-variance (ANCOVA) and the level of significance for the study were taken at 5% level ($P < 0.05$). The data were examined by applying analysis of variance as well as analysis of covariance with regard to three experimental groups and one control group to find out the inter-group variability to allow for the comparison between initial and final scores and to effect adjustments in final or terminal scores which allowed for difference in same initial variables. The same procedure was employed to assess the effect of the cause at periodical interval with respect to all variables under study. The analysis of data revealed that the three experimental groups, administered with differential intensity of weight training exercises showed significant improvement in general motor ability variables after administration of training for a duration of 12th weeks. The control group did not show any significant increase in the performance of any variable under study. The results of the study coincided with the general conception that weight training exercises improve

explosive strength, speed and agility along with the endurance of the players in a progressive manner.

KEY WORDS: Weight Training, General Motor Ability, Kabaddi Players, Speed, Explosive power, Agility, Muscular Strength and Cardiovascular Endurance.

I. INTRODUCTION:

A fit body is an asset to any game. The present era stresses upon sports and games involving high skill and expertise. Super performances not only depend upon skill and expertise but also require a high degree of physical fitness of the players. Thus, fitness is the key factor and base of the super performances. Advanced skills can be learned on those bases. Preparing a skilled player depends upon the provision of type of training to the player. Sports training refer to specialized strategies and methods of exercise used in various sports to develop players and athletes and prepare them for performing in sporting events. There are now a diverse range of sports training methods to be found. The main building blocks in all sports are flexibility, agility, endurance, speed and strength. Nowadays the concept of the mind and its development is also considered a prerequisite to sporting success.

STATEMENT OF THE PROBLEM:

The purpose of this study was to know the Effect of Weight Training on General Motor Ability of Kabaddi Players.

OBJECTIVE OF THE STUDY:

To determine whether the weight training would have better effect than the traditional method of training programme on the improvement of selected general motor ability variables of kabaddi players at the end of 12th week.

HYPOTHESIS:

Ho: There would be no significant differences on General Motor Ability variables of the kabaddi

players at the end of the 12th week of scheduled weight training programme with different intensities.

DELIMITATION:

This study was delimited to 40 (men) kabaddi players within the age group of 18 to 23 years divided equally to form Control and Experimental Groups (10 subjects each). A,B,C Groups were Experimental Groups and D was Control Group.

LIMITATION:

Certain factors like personal habits, life style, daily routine, diet and climatic condition which might have an effect on the study were not considered for the present research

SIGNIFICANCE OF THE STUDY:

This study might help to evolve a comprehensive pre-season training programme for enhancing the performance of kabaddi players.

This study might guide the kabaddi coaches and trainers to follow a suitable training schedule.

DESIGN OF THE STUDY:

The duration of weight training for the three experimental groups was 12 weeks. The administration of different weight training were being conducted alternative days i.e. three days in a week.

The present score of every parameter towards motor ability were recorded on all the subjects before the administration of weight training (pre-test), and after 12th weeks (Post-tests) of the administration of training schedule, the post-test scores were recorded on every subject for all the parameters. Then the data were collected and put for statistical analysis to establish the significance.

STATISTICAL ANALYSIS:

The Effect of different weight training schedules were ascertained by using the statistical tool like Mean, Standard deviation, Analysis of variance (ANOVA) and Analysis of Co-variance (ANCOVA) and the level of significance for the study were taken at 5% level ($P < 0.05$).

II. DISCUSSION OF FINDINGS:

The analysis of data revealed that the three experimental groups, administered with differential intensity of weight training exercises showed significant improvement in general motor ability variables after administration of training for a duration of 12th weeks. The control group did not

show any significant increase in the performance of any variable under study.

The results of the study coincided with the general conception that weight training exercises improve explosive strength, speed and agility along with the endurance of the players in a progressive manner.

III. CONCLUSION:

The analysis of data revealed that the three experimental groups, administered with differential intensity of weight training exercises showed significant improvement in general motor ability variables after administration of training for a duration of 12th weeks. The control group did not show any significant increase in the performance of any variable under study.

The results of the study coincided with the general conception that weight training exercises improve explosive strength, speed and agility along with the endurance of the players in a progressive manner.

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**International Journal of Advances in
Engineering and Management**

ISSN: 2395-5252



IJAEM

Volume: 03

Issue: 01

DOI: 10.35629/5252

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