



# An Analytical Study of Constructing Norms for Selected Kabaddi Skills for Kabaddi Players

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## Abstract

The present study was aimed to identify and construct norms for selected kabaddi skills for Punjabi university kabaddi players. Sixty (N=60), Male University Level Kabaddi Players between the age group of 18-25 years were selected. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. The data, which was collected by administering tests, was statistically treated to develop for all the test items. In order to construct the norms, Percentile Scale was used. To conclude, it is evident that in Hand Touch, the scores below 15.743 are considered very poor, from about 15.743-14.013 is considered poor, 14.013-10.553 is considered average, 10.553-8.823 is considered good and the scores above 8.823 are considered very good scores for Kabaddi Players of Punjabi University, Patiala. Summarizing from the findings we can conclude, it is evident that in Toe Touch, the scores below 14.07 are considered very poor, from about 14.07-12.61 is considered poor, 12.61-9.69 is considered average, 9.69-8.23 is considered good and the scores above 8.23 are considered very good scores for Kabaddi Players of Punjabi University, Patiala. To conclude, it is evident that in Back Kick, the scores below 8.74 are considered very poor, from about 8.74-10.52 is considered poor, 10.52-14.08 is considered average, 14.08-15.86 is considered good and the scores above 15.86 are considered very good scores for Kabaddi Players of Punjabi University, Patiala.

**Keywords:** Kabaddi Players, Physical Fitness.

## Introduction

The relationship of sports performance with the physical, psychological and physiological abilities has been the thrust area for researchers from decades. There have been thousands of attempts by the researchers to develop a consistent Physical and psychological and physiological profile of athletes, to be reliably used to differentiate athletes and to predict the sports performance<sup>1</sup>.

Skill is an athlete's ability to choose and perform the right techniques at the right time, successfully, regularly and with a minimum of effort. One of the most appealing reasons for talent research in sport is the hope that future talent can be predicted in "key transferable skills"<sup>1</sup>.

An individual's ability to perform compound motor tasks has been considered to be a possible determinant of physical fitness<sup>2-4</sup>.

The construction of norms of athletic excellence evidenced in sports activities cemented communities of participation who valorized rigorous sorts of physical discipline in preparation for athletic competition and in expressing the highest degree of athletic skill. Physical fitness, one of the key requirements for good health, is a complex area. Speculation continues as to what factors contribute to physical fitness.

The literature supports three vital factors: cardiorespiratory endurance, muscular endurance, and muscular strength<sup>5</sup>. Much research in recent years has focused on how different types of sport programs develop young athletes.

Cote and colleagues' Developmental Model of Sport Participation<sup>6-8</sup> was built on research with elite and recreational athletes in a variety of sports including rowing, swimming, baseball, hockey, tennis, and triathlon.

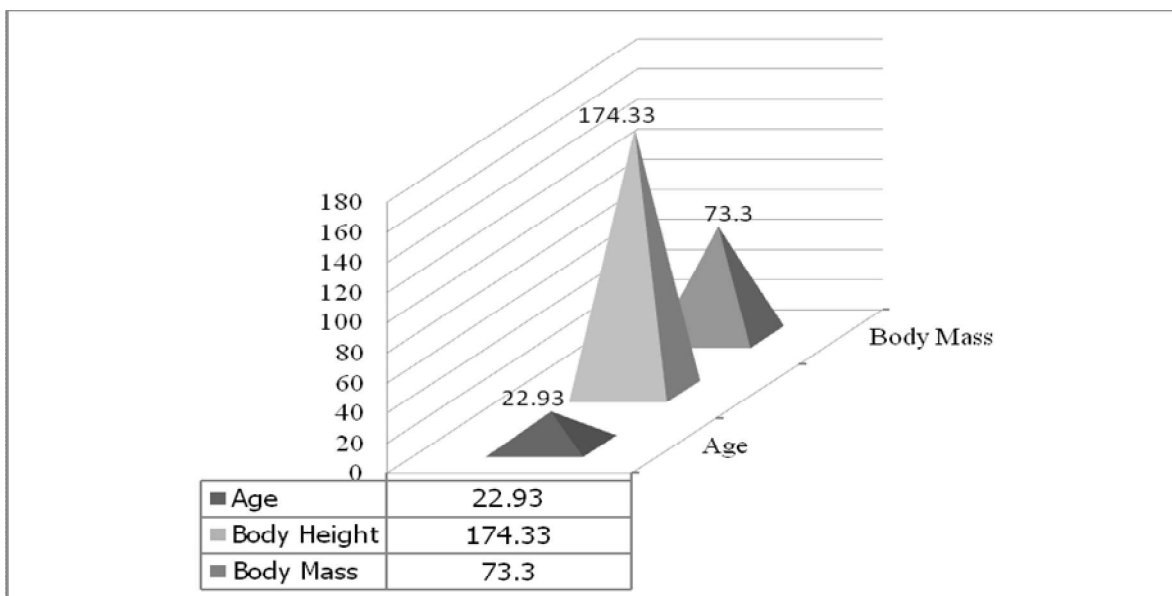
## Methodology

**Selection of Subjects:** Sixty (N=60), Male University Level Kabaddi Players between the age group of 18-25 years were selected. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. The subjects were purposively assigned:

Group-A: Punjabi University, Patiala (n<sub>1</sub>=60)

**Statistical Technique:** The data, which was collected by administering tests, was statistically treated to develop for all the test items. In order to construct the norms, Percentile Scale was used.

For testing the hypotheses, the level of significance was set at 0.05.



**Figure-1**  
**Subject’s Demographics of Punjabi University, Patiala (n<sub>1</sub>=60) University Level Kabaddi Players**

**Results and Discussion**

Table-1 show that in Hand Touch, the mean score was 12.283 and standard deviation score was 1.73. In Toe Touch, the mean score was 11.150 and standard deviation score was 1.46. In Back Kick, the mean score was 12.300 and standard deviation score was 1.78. The Descriptive Statistics (Mean and Standard Deviation) of selected Kabaddi Skills of Kabaddi Players (n<sub>1</sub>=60) of Punjabi University, Patiala has been presented graphically in figure-2.

The values listed in table- 2 gives a guide to expected scores for Kabaddi Players of Punjabi University, Patiala (n<sub>1</sub>=60) for the

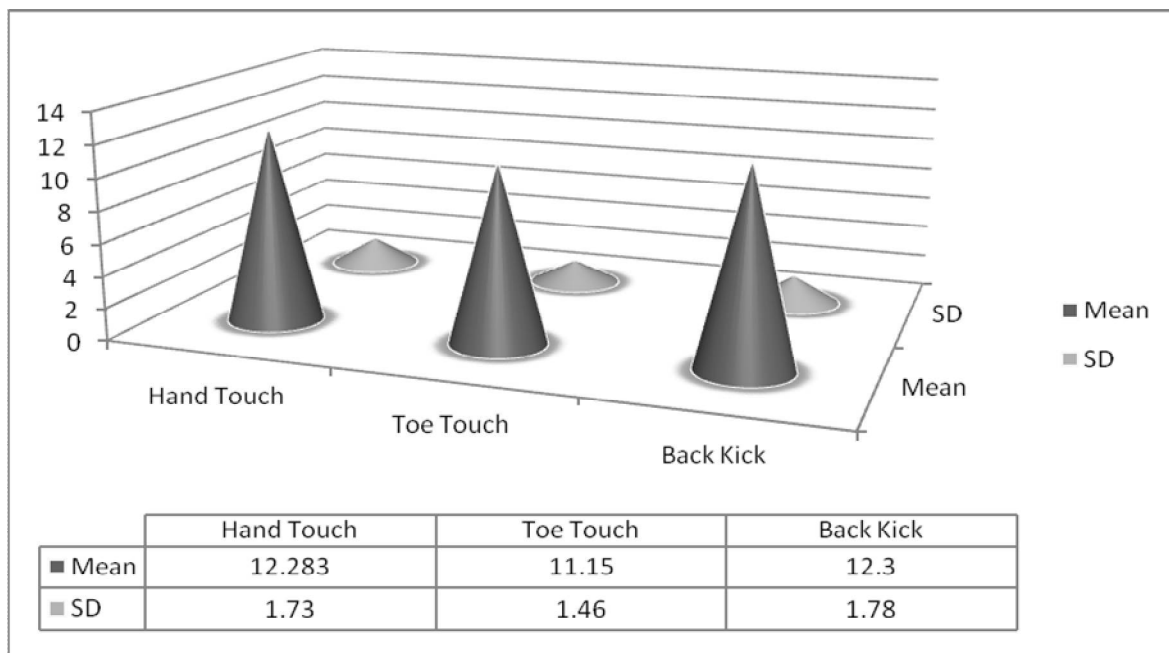
selected Kabaddi Skills. In Hand Touch, the scores below 15.743 are considered very poor, from about 15.743-14.013 is considered poor, 14.013-10.553 is considered average, 10.553-8.823 is considered good and the scores above 8.823 are considered very good. In Toe Touch, the scores below 14.07 are considered very poor, from about 14.07-12.61 is considered poor, 12.61-9.69 is considered average, 9.69-8.23 is considered good and the scores above 8.23 are considered very good. In Back Kick, the scores below 8.74 are considered very poor, from about 8.74-10.52 is considered poor, 10.52-14.08 is considered average, 14.08-15.86 is considered good and the scores above 15.86 are considered very good.

**Table-1**  
**Descriptive Statistics (Mean and Standard Deviation) and Percentile Plot (Hi and Low) of selected kabaddi skills of Kabaddi Players (n<sub>1</sub>=60)**

Test Items	Mean ± Standard Deviation		Hi	Low
Hand Touch	Mean	12.283	15	10
	SD	1.73		
Toe Touch	Mean	11.150	9	13
	S.D	1.46		
Back Kick	Mean	12.300	10	15
	S.D	1.78		

**Table-2**  
**Grading for Kabaddi Players of Punjabi University, Patiala (n<sub>1</sub>=60) for the selected Kabaddi Skills (i.e., a. Hand Touch, b, Toe Touch and c. Back Kick)**

Skills	Very Poor	Poor	Average	Good	Very Good
Hand Touch	Greater than (>) 15.743	15.743-14.013	14.013-10.553	10.553-8.823	Less than (<) 8.823
Toe Touch	Greater than (>)14.07	14.07-12.61	12.61-9.69	9.69-8.23	Less than (<) 8.23
Back Kick	Less than (<) 8.74	8.74-10.52	10.52-14.08	14.08-15.86	Greater than (>) 15.86



**Figure-2**  
**Descriptive Statistics (Mean and Standard Deviation) of selected kabaddi skills of Kabaddi Players (n<sub>1</sub>=60)**

### Conclusion

i. To conclude, it is evident that in Hand Touch, the scores below 15.743 are considered very poor, from about 15.743-14.013 is considered poor, 14.013-10.553 is considered average, 10.553-8.823 is considered good and the scores above 8.823 are considered very good scores for Kabaddi Players of Punjabi University, Patiala. ii. To conclude, it is evident that in Toe Touch, the scores below 14.07 are considered very poor, from about 14.07-12.61 is considered poor, 12.61-9.69 is considered average, 9.69-8.23 is considered good and the scores above 8.23 are considered very good scores for Kabaddi Players of Punjabi University, Patiala. iii. To conclude, it is evident that in Back Kick, the scores below 8.74 are considered very poor, from about 8.74-10.52 is considered poor, 10.52-14.08 is considered average, 14.08-15.86 is considered good and the scores above 15.86 are considered very good scores for Kabaddi Players of Punjabi University, Patiala.

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