



AN ANALYTICAL STUDY OF PERFORMANCE OF KHO KHO PLAYERS OF AT NATIONAL UNIVERSITY GAMES

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ABSTRACT:

Indian culture is the oldest culture in this world. It has gifted many things to this world. Literature, arts, sports, philosophy, scientific theories and social, political and economical thoughts spread in the world are originated from Indian culture. The game Kho-Kho had its origin in Maharashtra state and slowly spread throughout the length and breadth of India and subsequently to the neighboring countries, Nepal, Bangladesh, Srilanka and Pakistan. Kho-Kho ranks as one of the most popular traditional sports in India. The origin of Kho-Kho is difficult to trace, but many historians believe, that it is a modified form of 'Run Chase', which in its simplest form involves chasing and touching a person. History of Kho-Kho in India goes back a long way, as it was first started in the state of Maharashtra. The game has been very popular in the Marathi speaking people. With its origins in Maharashtra, Kho-Kho in ancient times, was played on 'raths' or chariots, and was known as RATHERA. Like all Indian games, it is simple, inexpensive and enjoyable. It does, however, demand physical fitness, strength, speed and stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members. This study was a descriptive research. The study was examined to performance of KhoKho players. The performance of KhoKho players were finds out from last twenty years of different university players of Punjab. For present study, therequired primary data was collected Govt university of Punjab. The researcher was collecting the data from directorate sports office, Coaches, Players etc. The researcher was use purposive sampling method (probability sampling method) for the collection of data. The data of present study was collect from directorate of sports, Coaches/Trainer of university. Data collection from Primary Sources: Interview, Questionnaire, Official Record, Personal record of related persons, other record. Independent Variables: Sports Performance of university in KhoKho according to Director Sports and Coaches/ Trainers. It is concluded that the performance of KhoKho players of Punjabi university is very good in north zone interuniversity championship and in all India inter university championship performance is very poor in last twenty years.After the analysis of data there are similar in performance of KhoKho players in last twenty years (1998-2018). In out of twenty years the team has been achieved very good in north zone inter university championship and poor

performance in all India inter university championship. So we can say that the performance of KhoKho players in national university game has been not satisfactory.

INTRODUCTION

Indian culture is the oldest culture in this world. It has gifted many things to this world. Literature, arts, sports, philosophy, scientific theories and social, political and economical thoughts spread in the world are originated from Indian culture. The game KhoKho had its origin in Maharashtra state and slowly spread throughout the length and breadth of India and subsequently to the neighboring countries, Nepal, Bangladesh, Srilanka and Pakistan.

Kho-Kho ranks as one of the most popular traditional sports in India. The origin of Kho-Kho is difficult to trace, but many historians believe, that it is a modified form of 'Run Chase', which in its simplest form involves chasing and touching a person. History of Kho-Kho in India goes back a long way, as it was first started in the state of Maharashtra. The game has been very popular in the Marathi speaking people. With its origins in Maharashtra, Kho-Kho in ancient times, was played on 'raths' or chariots, and was known as Ratha.

Like all Indian games, it is simple, inexpensive and enjoyable. It does, however, demand physical fitness, strength, speed and stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.

Kho-Kho Each team consists of twelve players, but only nine players take the field. A match consists of two innings with each inning consisting of chasing and running turns of 9 minutes each.

One team sits on their knees in the middle of the court, in a row, with adjacent 8 members facing opposite directions. The runners play in the field, three at a time and the team that takes the shortest time to touch all the opponents in the field, wins. There is a pole on each end and the runner can go between two players who are sitting in zig-zag manner, but the chaser is not allowed to turn back while running and go between the players. However, the chaser can go to the pole and touch it and can go back or towards the other side. Performance structure is the specific make up of performance in general and sports performance in specific with all the constituent factors. Performance structure of any sport is complex in nature with a very high number of influencing variables. Kho-Kho is a game of the participants` physical fitness, strength, speed and stamina and dodging ability. As the level of performance increases the players attains high degree of physical fitness. Peter and Haliski (1950) supported this view that the successful participation in any game is directly related to physical fitness. Bernard (1966) reported that physical fitness improves in those who take regular physical exercises. Regular participation in games significantly contributes to higher level of performance and greater degree of physical fitness amongst the players.

METHODOLOGY

The study is entitled "An Analytical Study on Performance of Punjabi University KhoKho Players at National University Games (2015-2020)" for this study the researcher collect the data from Directorate Office of Sports. Only five years data was collected. Firstly

researcher was scheduled the interview with Director Sports of same university through the selected questions of related to this study. After that collect the data from official record of particular office. Data was analyzed with the help of suitable process and converted in table as well as figure.

Data Analysis

Table 1: Show the performance of khokho players at National University Games.

S/N	Year	North Zone	All India/Inter Zone
1	2015-16	Participation	Nil
2	2016-17	2 nd	Participation
3	2017-18	2 nd	Participation
4	2018-19	2 nd	Participation
5	2019-20	3 rd	Participation

According to above table showing performance data of khokho players, as per table in session 2015-16, the team was not achieved any position in north zone and inter zone. In next three years the team was achieved second position in north zone and participated in Inter zone. But in session 2019-20 team gain third position in north zone and participation in inter zone. It is concluded that the performance of khokho players is satisfactory in last five years.

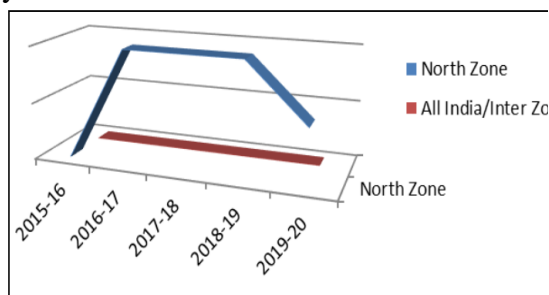


Fig 1: Show the performance of kho kho players at National University Games

Summary After the analysis of data there are not more difference in performance of khokho players in last five years. In out of five years the team has been achieved second position in three time, third position one time and only one time cannot achieved any position in north zone inter university games. According to the base of north

zone inter university position, the team has been only participate in inter zone competition and not achieved any position. So we can say that the performance of khokho players in national university game has been satisfactory.

RESULTS:

The collected data was converted infrom of table through suitable statistical analysis.

Statistical Analysis and Interpretation of Data

Table.1. Data of performance of Punjabi University Kho Kho players from 1998-2018

NZIN						AIU					
Participation			Position			Participation			Position		
20 time						14					
14 (70%)						01					
Home State	Out of State	1 st	2 nd	3 rd	4 th	Home State	Out of State	1 st	2 nd	3 rd	4 th
04	16	02	07	02	03	03	11	-	01	-	-
20%	80%	10%	35%	10%	15%	21%	79%	-	7%	-	-

According to above table showing performance data of KhoKho players of Punjabi university, as per table twenty time team have been participated in north zone inter university championship and got position in fourteen time as well as the fourteen time participated in all India inter university championship and got only single time position.

It is concluded that the performance of KhoKho players of Punjabi university is very good in north zone inter university championship and in all India inter university championship performance is very poor in last twenty years.

CONCLUSION :

After the analysis of data there are similar in performance of KhoKho players in last twenty years (1998-2018). In out of twenty years the team has been achieved very good in north zone inter university championship and poor

performance in all India inter university championship. So we can say that the performance of KhoKho players innational university game has been not satisfactory.

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