DEVELOPMENT OF FREE STYLE WRESTLING SKILL TEST FOR JUNIOUR BOYS

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Abstract

In the field of wrestling only few skill tests were available to evaluate the skill performance of wrestlers. So researcher has undertaken the study *"Development of free style wrestling for junior boys"*. The purpose of the study was to development of free style wrestling skill test for selection, evaluation and assessment of performance of wrestlers, the normative study was conducted under descriptive research. The study was confined to age group 18 to 19 years' school level male free style wrestlers from Punjab. The researcher used purposive random sampling method. Standard procedures were followed to conduct this research project. The researcher followed step-wise method of construction and establishing standard norms. Researcher analyzed important basic skills used by school level wrestlers of age group 18 to 19 years with help the experts from wrestling field. The newly designed skill test was administered on school level male wrestlers of age group 18 to 19 years from various wrestling club, different schools and practice houses in Punjab and test was revised. After the modification the test was finalized and changes were made after pilot study. Validity, Reliability and Objectivity were established by following procedure given in various books of tests, measurement and evaluation. The data, which was collected by administering tests, was statistically treated to develop norms for all the test items. The normative scales, namely, the Percentile Scale and 7 Sigma Scale were constructed for the male wrestlers of state and national level. The norms were constructed by using Percentile and 7 Sigma Scale techniques analyzed through statistical packages, the scores were further classified into five grades i.e. Excellent, Good, Average, Fair, Poor under Normal Distribution.

Key Words: Wrestling, Test, Standardization, Norms.

Introduction- The free style wrestling is an Olympic sport. The dynamic movements and their proper execution in playing situations are entirely scientific and biomechanical principles are fully employed in Wrestling. Wrestling require high degree of skill development, physical fitness and motor abilities for outstanding performance .the frequent change and advancement in wrestling game are mainly due to the overemphasis given by sports experts in terms of systematic training and accurate application of scientific knowledge. A skill test may serve as useful tools for the selection of real wrestlers for a team representing their institutions, district or state association on an objective basis minimizing bias on the part of selection committee members. Provide feedback with motivation to the wrestlers from time to time on the degree of progress they make in their abilities. This instrument may also be used in grading wrestlers in advance teaching or coaching of free style wrestling or in coaching session arranged for competition at various levels. This study will helpful physical education teachers and coaches in judging the adequacy of achievements of their students in wrestling skill and will assist the students to diagnosing their own strengths and weakness in wrestling. The test will be the latest test which fulfills the present requirement of free style wrestling.

REVIEW OF REALTED LITRAURE

David, E. (2012) conducted study which was to describe the technical-tactical performance of the top ten wrestlers in 2011 Word Senior Championship in free style and female wrestling from the time of 2013 By Bahman. M, Sholeh, K. K. and Farshad, T. 2014, Mane H. Dnyaneshwar 2014, Metz. K et.al (1997) Development of a wrestling specific performance test. It was observed through wrestling literature only Mane H. Dnyaneshwar constructed a wrestling skill test according to researcher. In the field of wrestling only few skill tests were available to evaluate the skill performance of wrestling players. So the researchers had under taken the study "Development of skill of free style wrestling Game for junior level Male Wrestlers". The objective of the study was to construction and standardization "Test" for the selection, evaluation and assessment of performance of wrestlers, the normative study was conducted under descriptive research. The study was confined for 55kg weight category junior level male freestyle wrestling players from Pune district.

Methodology- For the first phase of study a sample of 100 wrestlers and experts in field of wrestling were selected as a subject related to the preliminary skill for the formation of test battery and construction the free style wrestling skill Test. Samples of 400 subjects were selected for the third phase of study to develop the norms and standardized the final free style wrestling skill test. Subjects were the wrestlers of various selected school, sports academy and state wrestling team participated in school and open Championship

In the part one the test items and subjects were selected to identify the final skill test items.

In the second part finding the standard variable through expert suggestion, validity reliably and objectivity.

In the third part the researcher concerned the administration of skill test items and collection of data, statistical analysis of the data acquired and developed the norms.

RESARCH PROCEDURE The subjects were explained about the various test items before conducting the test in which they had to participate. To facilitate the best effort from the subject's assistance from professionally qualified wrestling coach and the physical education teacher of the respective schools was required and the investigator trained them physically to collect data perfectly before the data collection. With the intention of making the study more reliable the researcher educated the wrestlers about the performance of the skill test and also explained the benefits of the skill test concerned with their performance. The investigator assured them, that this test would provide the best information about the level of their free style wrestling skills which would help them to improve their achievements for the forthcoming wrestling competitions.

There were seven test items in which the students participated energetically.

1. Single-leg take down ………….……Ekhari patti

2. Double-leg takes down …………… Do-hari patti

3. Fire man carry …………………..Khala-jung

4. Hip toss………………………………………Dhak

5. Arm throw………………………………… Dhobbi

6. Gut-wrench …………………………………Bharandaj

7. Ankle lace/ Leg lace………………………...Fittile

Procedure and Scoring The skill was performed by expert wrestlers who have participated in national, state or district level events. It was performed by the players of almost same height, same weight category wrestlers having almost same performance capacity. The skill started with the signal i,e. blowing of whistle. The performer executed his skill properly and the partner did not show any offensive technique. The scoring was based on expert's vision. Three experts gave the marks to performer on the scale of 1-5 and assign points according to the perfection of skill. The experts then compared the scoring of four variables i,e grip, stance, speed/timing and wrestling skill. During the whole course of process the opponent remained stagnancies. Three trails were given to the performer and best was recorded. There was no time bond but the performer was directed to perform the skill quickly. The skill was noticed by the three judges. They scored independently than the three different score were added, mean was calculated and final scoring was done.

Scoring table

1. GRIP …………………………………………… 5 4   3   2 1
2. STANCE ………………………………………… 5 4   3   2 1
3. TIMING/SPEED ………………………………… 5 4   3   2 1
4. WRESTLING SKILLS……………………………5   4   3   2 1
   5 POINTS …………………………………………… EXCELLENT

   4 POINTS…………………………………………....GOOD

   3 POINTS…………………………………………….AVERAGE

   2 POINTS…………………………………………... …FAILURE

   1 POINT …………………………………………….. …POOR

These steps are as follows:
1. Selecting a criterion
2. Developing experimental test items
3. Computing validity, reliability and objectivity.
6. Establishing norms

Result: shows that the maximum scores of Free Style Wrestling skill Test battery for 18 to 19 years male wrestlers are at 95th percentile and the minimum score are at 5th percentile for age group 18 to 19 years male wrestlers. The lowest scores are at the top while the highest scores are at the bottom of the table -2.

Table-1
RELIABILITY OF THE FREE STYLE WRESTLING SKILL TEST

SR.NO	TEST OF ITEMS	"r"
1.	Single Leg Take Down Test	.82
2.	Double Leg Take Down Test	.84
3.	Fireman'carry Test	.80
4.	Arm Throw Test	.74
5.	Hip Throw Test	.79
6.	Guttrench Test	.93
7.	Anckle lace test	.94

The result was significant at < 0.05

Table no. 2

SHOW THE PERCENTILE NORMS OF FREE STYLE WRESTLING SKILL TEST BATTERY FOR 18-19 YEARS WRESTLERS

Percentile	Single leg take down	Double leg take down	Firemencarry	Arm throw	Hip throw	Guttrench	Ankle lace	Total
5	13.350	13.000	13.333	13.333	13.333	13.017	12.667	13.8119
10	13.667	13.033	13.667	13.333	13.367	13.333	13.000	13.9048
15	13.667	13.333	13.667	13.667	13.667	13.333	13.000	13.9119
20	14.000	13.333	13.733	13.667	13.733	13.667	13.333	13.9524
25	14.000	13.333	14.000	13.667	14.000	13.667	13.333	14.0000
30	14.000	13.333	14.000	14.000	14.000	14.000	13.333	14.0476
35	14.000	13.667	14.000	14.000	14.000	14.000	13.667	14.0476
40	14.333	13.667	14.133	14.000	14.333	14.000	13.667	14.0952
45	14.333	14.000	14.333	14.000	14.333	14.000	13.667	14.0952
50	14.333	14.000	14.333	14.333	14.333	14.167	13.833	14.1429
55	14.333	14.000	14.333	14.333	14.333	14.333	14.000	14.1690
60	14.667	14.000	14.333	14.333	14.333	14.333	14.000	14.1905
65	14.667	14.333	14.550	14.333	14.667	14.333	14.000	14.2690
70	14.667	14.333	14.667	14.333	14.667	14.333	14.333	14.2857
75	14.667	14.333	14.667	14.333	14.667	14.333	14.333	14.3333
80	15.000	14.333	14.667	14.667	15.000	14.667	14.333	14.3714
85	15.000	14.617	14.950	14.667	15.000	14.667	14.667	14.3810
90	15.000	14.667	15.000	15.000	15.000	14.967	14.667	14.4762
95	15.333	15.000	15.317	15.000	15.333	15.333	15.000	14.4762

Table no. 3
5 point standard scale for evaluation of 18-19 years age groups (single leg take down)

5 point standard scale	Score range for 18 -19age group
Excellent	14.88 to 15.41
Good	14.34 to 14.87
Average	13.79 to 14.33
Fair	13.25 to 13.78
Poor	4.00 to 13.24

Table no. 4
5 point standard scale for evaluation of 18-19 years age groups (double leg take down)

5 point standard scale	Score range for 18 -19age group
Excellent	14.69 to 15.33
Good	14.03 to 14.68
Average	13.38 to 14.02
Fair	12.73 to 13.37
Poor	4.00 to 12.72

Table no. 5
5 point standard scale for evaluation of 18-19 years age groups (firemencarry)

5 point standard scale	Score range for 18 -19age group
Excellent	14.80 to 15.36
Good	14.24 to 14.79
Average	13.68 to 14.23
Fair	13.11 to 13.67
Poor	4.00 to 13.10

Table no. 6
5 point standard scale for evaluation of 18-19 years age groups (arm throw)

5 point standard scale	Score range for 18 -19age group
Excellent	14.72 to 15.32
Good	14.10 to 14.71
Average	13.49 to 14.09
Fair	12.87 to 13.48
Poor	4.00 to 12.86

Table no. 7
5 point standard scale for evaluation of 18-19 years age groups (hip throw)

5 point standard scale	Score range for 18 -19age group
Excellent	14.80 to 15.36
Good	14.24 to 14.79
Average	13.68 to 14.23
Fair	13.11 to 13.67
Poor	4.00 to 13.10

Table no. 8
5 point standard scale for evaluation of 18-19 years age groups (guttrench)

5 point standard scale	Score range for 18 -19age group
Excellent	14.65 to 15.21
Good	14.08 to 14.64
Average	13.51 to 14.07
Fair	12.94 to 13.50
Poor	4.00 to 12.93

Table no. 9
5 point standard scale for evaluation of 18-19 years age groups (anckle lace)

5 point standard scale	Score range for 18 -19age group
Excellent	14.69 to 15.39
Good	13.98 to 14.68
Average	13.28 to 13.97
Fair	12.57 to 13.27
Poor	4.00 to 12.56

Table no. 10
Total 5 point standard scale for evaluation of 18-19 years age groups wrestlers

5 point standard scale	Score range for 18 -19age group
Excellent	14.36 to 14.56
Good	14.15to 14.35
Average	13.94 to 14.14
Fair	13.73 to 13.93
Poor	4.00 to 13.72

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