

# Comparison of balance ability and flexibility among the male raiders and stoppers of circle style kabaddi

*Dr. Tejinder Singh, Assistant Professor,  
P.G.S. Govt. College of Physical Education, Patiala.  
E-mail—tejinderbillu@gmail.com*

**Abstract-** The purpose of this study was to compare the balance ability and flexibility among the male raiders and stoppers of circle style kabaddi. With the purposive sampling technique a total two hundred sixteen (102 raiders and 114 stoppers) of circle style kabaddi were taken as subjects. The results were obtained through the SPSS version 21.0. In this study the Flamingo Balance test and Bridge test were used to measure the balance ability and flexibility of the players. These tools were taken from the specific physical fitness test battery for circle style kabaddi players, standardized by Singh T. (2018). The study had been analyzed with the help of mean, SD, Levene's test for equality of variances and the comparison between groups was done with the help of t-test. The study revealed that on the basis of the finding male raiders and stoppers were possessing same degree of balance ability, But raiders have more ability of flexibility than stoppers.

**Key words-** balance ability, flexibility, raider, stopper, circle style kabaddi.

## Introduction-

The greater degree of physical fitness is required for the high level performance in the sports and games. The player can be injured during the training or competition if he has not high level of physical fitness. Circle style kabaddi requires a high level physical fitness. This game is a combative game and during the competition, the body parts of the players take high level stressing. Due to the high level stressing the players are often injured in this game. For avoiding the injuries the players should be proper physically fit for Circle Style Kabaddi.

According to Singh, T. (2018), "Circle Style Kabaddi is becoming a popular game in many parts of the world and there is an increasing demand with regard to fitness skill and related capabilities of the circle style kabaddi players. The promotion and evaluation of the level of physical fitness is considered essential in Circle Style Kabaddi".

Physical fitness gives the good feeling to the players and it increases the self-confidence of the players. Self-confidence plays a very important role for the better performance in the games. Physical fitness is a ability to tolerate the more stress of physical load. A fit player can continue the training or play under difficult circumstances whereas unfit player would quit under difficult circumstances.

So many studies has been completed on physical fitness or comparative study of physical fitness components between the players of many games. Singh, T. (2019). Comparative analysis of speed and muscular power between the male raiders and stoppers of circle style kabaddi Constructed and standardized a specific physical fitness test battery for circle style kabaddi players, Rani, S. (2018) conducted a comparative study of flexibility between kabaddi and kho-kho games players, Singh, T. (2018) conducted a comparative study of cardio-vascular endurance, agility and flexibility level between the circle style male kabaddi players of Panjab University Chandigarh and kurukshetra University kurukshetra, Singh, S. Dr. (2017) conducted a comparative study of selected motor fitness components between interuniversity and inter-college male Kabaddi players.

Balance ability and flexibility are very important components of physical fitness and both also play a very important role for the players of circle style kabaddi. So in this study only these abilities are focused.

## Balance Ability

"To bring into or keep in equilibrium the body parts, it may be in static or in dynamic position of the body". (The Concise Oxford Dictionary 9th.ed.1995).

In this Kabaddi the players often push each other during the struggle when they are stable on one foot. The player who lose the balance during the struggle and not able to quick regain the balance can't give a better performance. So, the proper balance ability is required for the better performance in the Circle Style Kabaddi.

## Flexibility

"Flexibility is the ability to execute movement with greater amplitude". (Singh, 1984).

Singh T. (2018) elaborates the importance of flexibility for circle style kabaddi players that for touching or caching to the opponent in this game, a optimum range is required, that can be achieve through a good ability of flexibility. A circle style kabaddi player which has the ability to move the trunk and limbs through a wide range of positions has an advantage over the less flexible circle style kabaddi player. So, flexibility plays an important role for better performance in circle style kabaddi.

## Method and procedure-

**Sample-** Total two hundred sixteen (102 raiders and 114 stoppers) subjects of this study were selected with the purposive sampling technique from eight teams which were qualified for the league stage of the inter college Kabaddi Circle Style tournament of selected universities i.e. Panjab University Chandigarh, Punjabi University Patiala, Guru Nanak Dev University Amritsar and Kurukshetra University Kurukshetra.

**Selection of Variables -** Balance ability and Flexibility level considered as a variable for this study. Flamingo balance test and bridge test were selected for measuring balance ability and flexibility level of male raiders and stoppers of

circle style kabaddi. These tools were taken from the specific physical fitness test battery for circle style kabaddi players, standardized by Singh T. (2018).

**Hypothesis-** It was hypothesized that there would be significant difference between male raiders and stoppers of Circle Style kabaddi on balance ability and flexibility level.

**Procedure of tests** -All participant were informed of the procedure and purpose the experiment and were required to sign and important consent to participate in the study. Balance ability was measured by flamingo balance test and Flexibility was measured by Bridge test. Score for flamingo balance test was taken in numbers and score for Bridge test was taken in centimeters.

**Statistical Procedure-** In order to compare the balance ability and flexibility level of male raiders and stoppers of circle style kabaddi, the independent t-test was employed. The level of significance chosen to test the hypothesis was 0.05,  $P < 0.05$ . For Statistical Description the Statistical Package for Social Sciences (SPSS), version 21.0 was used.

**Analysis of data-** In the present study analysis and interpretation of the data and results obtained through the application of statistics. This part is devoted to the comparative result of the male raiders and stoppers of Circle Style Kabaddi of selected balance ability and flexibility components. The results had been discussed in two sections. Section-I deals with the statistical description of means and Std. Deviation of the scores of raiders & stoppers. Section II deals with the comparative result of balance ability and flexibility of the raiders & stoppers. This section have been discussed with the help of t-ratio.

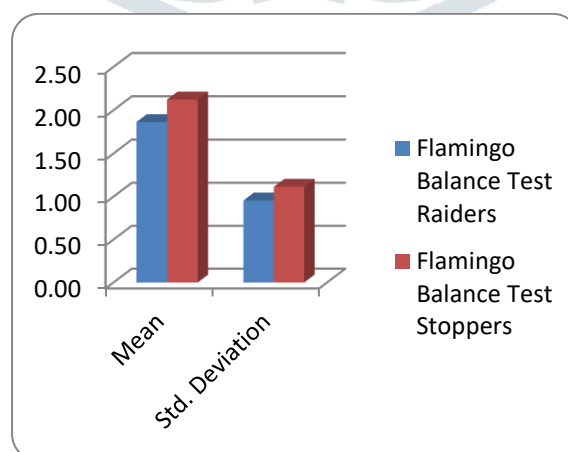
**Section:- I**

**Table:-1**

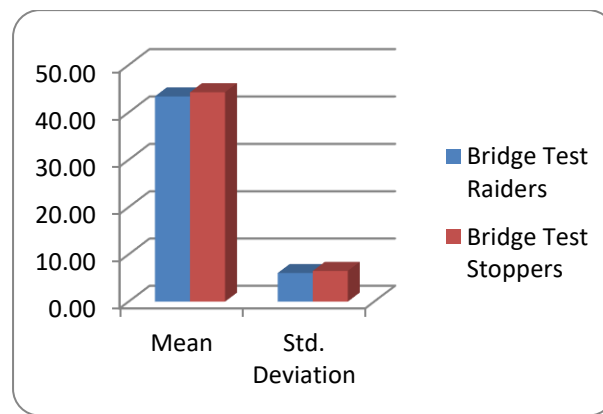
Group Statistics					
Groups		N	Mean	Std. Deviation	Std. Error Mean
Flamingo Balance Test	Raiders	102	1.86	0.95	0.09
	Stoppers	114	2.12	1.11	0.1
Bridge Test	Raiders	102	43.38	6.04	0.6
	Stoppers	114	44.26	6.5	0.61

#### Statistical Description of Mean and Std. Deviation of the tests of male raiders and stoppers of Circle Style kabaddi

Table-1 shows the mean & Std. Deviation of both tests of the raiders and stoppers in group statistics. The output shows that the mean & Std. Deviation of score for Flamingo Balance Test of raiders were 1.86 & 0.95 versus 2.12 & 1.11 for stoppers. The mean & Std. Deviation of score for Bridge Test performance of raiders were 43.38 & 6.04 versus 44.26 & 6.5 for stoppers.



**Graphical presentation of Mean and Std. Deviation of the Flamingo Balance Test**



**Graphical presentation of Mean and Std. Deviation of the Bridge Test**

**Section 2 :-** This section presents the comparison of balance ability and flexibility between the male raiders and stoppers of Circle Style kabaddi. The comparisons with the significance of difference between means score of the raiders and stoppers on selected variables are presented in Table No. 2.

**Statistical Description- Significance of difference between means score with t-test of male raiders and stoppers of Circle Style kabaddi :**

**Table -2**

		Independent Samples Test						
		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Flamingo Balance Test	Equal variances assumed	6.302	.013	-1.83	214	.068	-0.26	0.14
Bridge Test	Equal variances assumed	1.532	.217	-1.03	214	.305	-0.88	0.86

The sig. of Levene's test for equality of variances is more than 0.05 for Flamingo Balance Test and Bridge Test, So the first rows (Equal variances assumed) was selected for both tests.

**Interpretation of the t-test results-** t-test was employed to find out the significance difference between means. The significance level was set at .05 levels. The p-value given by SPSS is 2-tailed, but according to hypothesis there was a need to divide it in half for a 1-tailed test. According to the table-2 the 1-tailed p-value for Flamingo Balance Test is  $0.068/2=0.034$  and for Bridge Test is  $0.305/2=0.153$ .

**Findings:** As per the results depicted in Table-2 shows that

1. The p-values for Flamingo Balance Test was less than 0.05. So, there was a statistical significance difference between the male raiders and stoppers of Circle Style kabaddi in balance ability. The hypothesis was accepted.
2. The p-values for Bridge Test was more than 0.05. So, there was not a statistical significance difference between the male raiders and stoppers of Circle Style kabaddi in Flexibility. The hypothesis was rejected.

**Conclusion:** The findings of the study can be concluded as under: On the basis of t -test applied the finding of the study concluded that there was not a statistical significance difference on Bridge Test. So, raiders and stoppers have the same flexibility level. But there was a statistical significance difference on Flamingo Balance Test. So, raiders and stoppers have not the same balance ability. The mean score of balance ability of raiders is better than stoppers so the raiders have more ability of balance ability than stoppers.

**References-**

- Kumar K., Himanshu H. and Kumari H. (2018). A comparative study of sports achievement motivation of national level circle style kabaddi players, International Journal of Physiology, Nutrition and Physical Education; 3(1): 1621-1624
- Singh A. (2017) comparative study of group cohesion between inter university and inter college circle style Kabaddi male players International Journal of Physiology, Nutrition and Physical Education 2017; 2(2): 945-947

Singh, S. Dr. (2017) A comparative study of selected motor fitness components between inter-university and inter-college male Kabaddi players, International Journal of Yoga, Physiotherapy and Physical Education, Volume 2; Issue 6;; Page No. 65-67

Singh H. (1984) Sports Training, General Theory and Methods, NSNIS, Patiala.

Singh, T. (2018). A Comparative Study of Cardio-Vascular Endurance, Agility and Flexibility Level between the Circle Style Male Kabaddi Players of PU Chandigarh and KU Kurukshetra, Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-08, Special Issue (02).

Singh, T. (2018). Construction and Standardization of Specific Physical Fitness Test Battery for Circle Style Kabaddi Players, International Journal of Physical Education and Sports Sciences Vol. 13, Issue No. 07, ISSN 2231-3745.

Singh, T. (2019). Comparative analysis of speed and muscular power between the male raiders and stoppers of circle style kabaddi, International Journal of Physical Education, Sports and Health, 6(4): 148-153.

#### Raw data of Raiders and Stoppers

Raiders	F.B.T.	Br. T		Stoppers	F.B.T.	Br. T
Sukhdeep Singh	2	42.1		Avtar Singh	2	42.6
Sandeep singh	3	46.7		Parminder Singh	1	38.4
Gurpreet Singh	1	37.3		Asif Mohmmad	1	36.3
Rajakaranveer Singh	3	45.7		Balkarn Singh	3	50.2
Satnam Singh	3	46.9		Pardeep Singh	4	49.7
Harmanpreet Singh	2	41.8		Jaskirat singh	4	46
Mandeep Singh	5	48.9		Rajwinder Singh	3	53.9
Gagandeep Singh	5	51.6		Sandeep Singh	3	51.8
Karanbarinder Singh	1	39.4		Gursewak Singh	1	35.2
Gagandeep Singh	1	36.4		Harmanjit Singh	3	51.5
Gursimran Singh	2	45.8		Hardeep Singh	1	33.9
Jaspinder Singh	2	47.3		Ramanpreet Singh	3	52.3
Vatandeep Singh	2	49.6		Jaskirt Singh	2	40.2
Jasmeet Singh	2	48.1		Darshan Singh	2	38.9
Preetpal Singh	4	53.1		Harmeet Singh	1	41.3
Manjot Singh	3	52.8		Karanpreet Singh	1	42.7
Baljit Sharma	2	45.7		Balwant singh	1	40.7
Jagmeet Singh	2	44.6		Amtojsran	3	48.3
Balwant Singh	2	50.4		Shyam Sunder	1	44.6
Parminder Singh	2	44.4		Karmjit Singh	3	42.3
Satnam Singh	1	38.8		Major Singh	1	46.5
Sarabjit Singh	1	42.5		Kuldeep Singh	1	33.7
Mandeep Singh	2	50.8		Sukhwant Singh	2	49.8
Tejinder Singh	1	47.6		Karanbir Singh	1	44.2
Amanpreet Singh	1	46.3		Arandeep Singh	1	37.6
Rupinder Singh	3	55.1		Akashdeep Singh	2	35.1
Raman Kumar	2	33.8		Sukhwinder Singh	3	48.2
Saranpreet Singh	2	35.4		Hardeep Singh	1	34.6
Ravandeep Singh	3	49.9		Pargat Singh	2	37.7
Manjobanjeet Singh	1	34.7		Gurwinder Singh	1	37.9
Pawandeep Singh	3	46.4		Amritpal Singh	3	49.2
Jaspal Singh	3	46.9		Angrej Singh	3	51.5
Amansud	3	39.1		Mandeep Singh	2	53.2
Honey Deol	2	37.3		Amritveer Singh	5	54.3
Karanpreet Singh	2	41.7		Sulinder Singh	1	34.4
Manjinder Singh	3	47.5		Harmanpreet Singh	4	51.8
Ravinderpal Singh	2	47.3		Gurpreet Singh	3	45.7
Mandeep Singh	3	49.8		Gurpinderjit Singh	5	53.9
Manpreet Singh	1	37.6		Satpal singh	1	38.1
Mandeep Singh	3	50		Jaskiranjit Singh	3	48.9

Arabdeep Singh	4	53.3		Sarbjit Singh	1	42.4
Nirmal Singh	1	34.7		Karamjit Singh	3	44.1
Dilsher Singh	3	43.5		Balraj Singh	2	33.6
Gurlal Singh	2	43.9		Jaspal Singh	2	40.1
Jugraj Singh	3	40.4		Gurpreet Singh	4	53.8
Jaimal Singh	3	46.2		Lovepreet Singh	4	50.7
Paramjit Singh	3	48.5		Maninder Singh	2	38.4
Malkit Singh	1	46.2		Gursajjan Singh	3	48.3
Gurdas Singh	2	47.2		Amritpal Singh	3	49.9
Arjun Singh	1	36.4		Jasbir Singh	3	49.4
Sandeep Singh	3	48.8		Manpreet Singh	4	53.5
Lovejinder Singh	1	35.3		Kulwinder Singh	1	37.1
Manpreet Singh	3	49.4		Kawaljit Singh	1	38.9
Manjinder Singh	1	35.6		Jugraj Singh	1	39.5
Parminder Singh	2	40.7		Robinpreet Singh	3	44.4
Gurdeep Singh	3	47.7		khusdeep Singh	4	52.2
Ramandeep Singh	1	41.5		Sapinder Singh	1	36.5
Gurwinder Singh	3	47.6		Vizen Kumar	1	36.3
Kulwinder Singh	1	38.8		Amritpal Singh	2	43.1
Devinder Singh	2	40.2		Punjab Singh	4	54.8
Rajwant Singh	1	35.8		Kamalpreet Singh	3	49.1
Kulwinder Singh	1	36.1		Sheetal Singh	4	51.2
Hardavinder Singh	2	42.6		Kulwinder Singh	3	48.3
Sukhjeet Singh	3	47.9		Rajwinder Singh	2	38.4
Lakhveer Singh	3	47.2		Mandeep Singh	2	43.2
Sukhveer Singh	3	43.7		Chand Singh	2	45.5
Amarpreet Singh	3	48.7		Harman Singh	1	46.6
Gurtej Singh	3	46.9		Gurik Singh	4	49.1
Rupinder Singh	3	47.1		Harmandeep Singh	1	34.3
Sukhpreet Singh	1	33.6		Jagpal Singh	4	51.8
Sukhchain Singh	1	42.4		Inderjeet Singh	2	43.5
Gurwinder Singh	3	48.4		Amritpal Singh	1	34.1
Harjaspreet Singh	3	49.7		Satnam Singh	2	39.9
Sukhpreet Singh	1	37.1		Parminder Singh	1	36.3
Bhupinder Singh	1	33.4		Randhir Singh	2	39.6
Ramandeep Singh	1	33.9		Amanjot Singh	2	44.5
Iqbal Singh	2	49.5		Pawanvir Singh	1	43.8
Manpreet Singh	2	47.7		Harjinder Singh	3	51.2
Jashandeep Singh	4	54.1		Gurkarpal Singh	4	54.8
Jaspreet Singh	4	52.9		Gurmeet Singh	1	35.8
Sonu Kumar	1	34.3		Jaspreet Singh	3	48.3
Anil Kumar	2	42.7		Surinder Singh	3	49.6
Naresh Kumar	1	33.9		Gurlamber Singh	1	46.2
Ankush	4	50.5		Gurparkash Singh	1	38.1
Parveen	3	44.6		Amandeep Singh	3	48.4
Yadvinder Singh	3	43.8		Vikram	1	35.2
Harinder Singh	4	54.5		Gurdeep Singh	1	34.5
Gurjinder Singh	2	37.5		Sonu	3	44.8
Ravi Parkash	2	34.3		Tinka	3	49.4
Naresh Kumar	1	38.1		Gourav	4	52.7
Naresh	3	42.4		Ramesh	1	33.7
Jaydeep	1	33.7		Amandeep	1	35.2
Vijay Goyat	2	40.2		Sonu	1	34.9
Jagdeep	3	47.9		Anuj	1	38.8
Sukhbir	2	41.7		Ramesh Kumar	4	52.4
Parvesh	1	37.3		Mohan	3	47.6
Amit Kumar	2	36.5		Deepak	4	51.8
Kuldeep	1	35.8		Vikki Singh	4	53.3
Dinesh	1	42.5		Mohan	1	40.2
Hari Ram	2	37.2		Anuj Lohan	1	35.7
Hemant Kumar	1	36.7		parveen	2	46.5

Sunny	1	33.4		Ashish	1	38.1
Aman Kumar	4	50.1		Naveen	2	41.6
				Robin	4	50.4
				Rakesh	3	51.1
				Ankit Kumar	2	36.4
				Amit	4	52.7
				Ajay	2	41.4
				Mohit Shukla	3	49.6
				Nikit	3	47.1
				Sahil	3	49.9
				Subham	1	38.1
				Gaurav Kamboj	4	49.6

