

# Youth Perspective towards Kabaddi in India

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**ABSTRACT:** Kabaddi is a contact sport that originated in the Indian subcontinent. It is the national game of Bangladesh, and Nepal and also the state game of the Indian states of Tamil Nadu, Maharashtra, Bihar, Andhra Pradesh, Telangana and Punjab. India is the most successful team in the world stage having won every world cup and Asian Games titles so far.

Kabaddi initially became famous in Punjab Region as it was part of their per martial tradition and is popular throughout South Asia and has spread to Southeast Asia, Japan and Iran. As the game is gaining popularity in the world population, systematic studies are needed to select the player, to train up them, to manage their stress and to augment their individual and group performances. The author has tried to sort out the perspective of youngsters towards Kabaddi in India through this manuscript.

**KEYWORDS:** Physical education, Kabaddi, perspective, youngsters.

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## INTRODUCTION

Kabaddi is an congenital folk game of India. Now in India it is considered as “National Game”. To make it international, impulse is provided only very recently. To make a game popular and to rise it up to the international standard different rules should be framed, sound coaching should be provided, skills should be well developed and performance should be measured as well as increased. For this purpose research should be done. Kabaddi is major game, which is played all over the India. This game is also getting a good status in Asian sports. This game is classified as a team game. Sport is a medium through which a player develops both physical and mental abilities and finally it results into a conscious method of doing whatever one does most effectively, whereas in other arts we utilize mental and physical abilities partially. Kabaddi is basically an Indian game, which requires both skill and power. Kabaddi combines the characteristics of wrestling and rugby. Kabaddi is played in more than sixty five countries especially Asian countries. Anthropometric measurements relevant to human movement gained formal recognition as a discipline with the inauguration of the International Society for Advancement of Kinanthropometry in 1986. Anthropometrists of all continents have participated in several major multidisciplinary studies that are being or have been conducted to assess the physical characteristics of people. Kinanthropometry has been defined as the quantitative interface between human structure and function (Ross, Drink water, Bailey, Marshall, Leahy, 1980). This interface is examined through the measurement and analysis of age, body size, shape, proportion, composition and maturation as they relate to gross body function. Previous reports have shown that body structure and morphological characteristics are important determinants of performance in many sports and certain physical impressions such as body composition (body fat, body mass, muscle mass) and physique (somato type) can significantly influence athletic performance (Carter, 1970 & Duquet and Carter, 2001).

In India Kabaddi is considered as National Game. Much impetus has been putting only very recently to make it an international game. For this purpose academic research should be done. There is only a few research works in this filed. The present study was carried out through descriptive survey method within ex-post-facto research design.

Seventy one men Kabaddi players of the teams of different Indian Universities were considered as the sample here. Data was collected from the Kabaddi players in course of Inter-University Kabaddi (Men) Tournament, held in the University of Kalyani during October 12-14, 2006. The height, weight, leg length, arm length, mid thigh girth, calf girth, body composition (i.e. body fat %, fat mass and lean body mass) and body mass index were considered as physical and anthropometric characteristics.

In Kabaddi, the specific fitness is with reference to strength, speed and co-ordination. Fitness training equips the sportsperson to face the physiological and psychological challenges that come his way in his competitive sports career. Specific fitness enables the player to perform the unusual movements required by the concerned sport, which the non-

sportsman does not perform in his everyday routine. Specific fitness however depends a lot on general fitness and this is the reason why the sportsperson has to give equal importance to both general as well as specific fitness, to succeed.

Since strength and endurance are the primary requisites of sportsperson, the training program should commence with physical exercises and activity. Kabaddi being a team game, every player has a specific role to play in defense and offense. The motor qualities differ from player to player and specific abilities of players occupying different positions or roles in the team game also differ. For example, the specific fitness of a raider is slightly different from that of the main defense player. This call for the designing of individual training programmes for each player, as far as possible, especially when they reach a certain standard of performance.

### **A LITERATURE REVIEW**

The Modern Kabaddi is a synthesis of the game played in various forms under different names. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by India. The game was introduced in the Indian National Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation (AIKF) came into existence and framed the rules. The AIKF was reconstituted as The Amateur Kabaddi Federation of India (AKFI) in 1973 and the first nationals for men were held in Chennai.

Kabaddi was introduced and popularized in Japan in 1979 by Sundar Ram of India who toured Japan on behalf of Asian Amateur Kabaddi Federation for two months to introduce the game. In 1979, matches between Bangladesh and India was held across India. The first Asian Kabaddi Championship was held in 1980 and India emerged as champion beating Bangladesh. The other teams in the tournament were Nepal, Malaysia and Japan. The game was included for the first time in the Asian Games in Beijing in 1990 where 7 teams took part. India won the gold medal and has also won gold at the subsequent seven Asian Games in Hiroshima in 1994, Bangkok in 1998, Busan in 2002, Doha in 2006, Guangzhou in 2010 and Incheon in 2014.

An attempt to popularize kabaddi in Great Britain was carried out by Channel 4, who commissioned a programme dedicated to the sport. The programme was axed in 1992, but not before its presenter Krishnan Guru-Murthy suffered a collapsed lung while participating in the sport.

It was originally meant to develop self defence, in addition to responses to attack, and reflexes of counter attack by individuals, and by groups or teams. It is a rather simple and inexpensive game, and neither requires a massive playing area, nor any expensive equipment. This explains the popularity of the game in rural India. Kabaddi is played all over Asia with minor variations. Kabaddi is known by various names viz. Chedugudu or Hu-Tu-Tu in southern parts of India, Hadudu (Men) and Chu - Kit-Kit (women) in eastern India, and Kabaddi in northern India. The sport is also popular in Nepal, Bangladesh, Sri Lanka, Japan and Pakistan.

The first world Kabaddi championship in the history of the game, was organised in Hamilton when approximately 14,000 people packed Copps Coliseum, to watch stars from India, Pakistan, Canada, England, and the United States compete.

Kabaddi is the only game where India's supremacy in the Asian Games is unhindered. Kabaddi was included in 11th Asian Games at Beijing, China in 1990. India has won Kabaddi gold in every Asian Games organised after the inclusion of this game. However, popularity of this game in the country is somewhere limited to rural population.

Bhomik (1997) conducted a comparative study on selected physiological parameters between Soccer and Kabaddi players. The purpose of the study was to compare and contrast the selected physiological parameters between soccer and Kabaddi players. Total 30 players from the Kabaddi and soccer (15 from each) were selected randomly and only from the Intercollegiate terms of Amravati University. The physiological parameters selected as criterion were blood pressure, vital capacity and resting pulse rate. The "t" test was computed to find out the significance differences between the mean. It was concluded that Kabaddi players were significantly superior in vital capacity whereas soccer players were significantly superior in resting pulse rate in comparison to their counterpart but in case of blood pressure non-significance differences were found between the two groups.

Siddhu & Kumari (1993) suggested about the relationship between activity and blood pressure level among 500 adult individual of Punjab. Positive association between physical activity and Systolic and Diastolic blood pressure were observed in the study further in majority of age groups. Person with light physical activity show marked higher incidence of hypertension than their medium and heavy physical activity counterpart.

### **KABADDI IN MODERN INDIA**

Kabaddi was given the national status of a game in India in 1918. The state of Maharashtra is accredited with upbringing the game to a national platform. Consequently, the standard set of rules and regulations for the game were formulated in the same year. However, the rules and regulations were brought to print only after a few years, in 1923. During the same year, an All India Tournament for kabaddi was organized at Baroda, wherein the players strictly followed the rules and regulations formulated for the game. Since then, the game has come a long way. Its popularity increased and a number of tournaments were organized at national level, throughout the country. The game was introduced at the 1938 Indian Olympic Games held at Calcutta, which fetched it international recognition.

Kabaddi is essentially an Indian game, which commands huge popularity in the India as well as its hinterland. In India, kabaddi is popular in different names. In the southern parts of India, the game is referred to as Chedugudu or Hu-Tu-Tu. In eastern India, it is fondly called Hadudu (for men) and Kit-Kit (for women). The game is known as Kabaddi in northern India. Breath control, raid, dodging and movement of hand and feet are the basic skills that one has to acquire, in order to play kabaddi. The player has to acquire power and learn both offensive and defensive skills to excel in the game, which combines the characteristics of rugby and wrestling. Read on to explore the history of kabaddi in India.

The popularity of kabaddi has increased over the passing years, from being a popular game in the rural India to a sport recognized at the national level. A number of championships, both at the national and international level, have been organized for kabaddi, wherein the Indian national kabaddi team has delivered remarkable performances. The introduction of Federation Cup Kabaddi matches in India in 1981 is a milestone in the history of kabaddi in India. India touched another milestone in 2004, when she hosted the first ever Kabaddi World Cup, in Mumbai. The country won the World Cup, as well. She has produced a number of talented Kabaddi players, so far, who have earned international recognition and brought laurels to the country.



### **KABADDI IN GLOBAL PERSPECTIVE**

Kabaddi World cup was first played in 2004 and then in 2007 and 2010. So far India is the unbeaten champion in Kabaddi World Cup. Iran is the next most successful nation being twice runner-up. Pakistan was the runner-up in 2010.

The Punjab government organized a Circle Style Kabaddi World Cup from 3rd to 12th April, 2010. On April 12th, 2010 Indian team emerged as the winner after beating Iran in the finals. The opening match of the tournament was held in Patiala while the closing ceremony took place in Ludhiana. India won the first edition of the Circle Style Kabaddi World Cup, Beating rival Pakistan in a 58-24 victory. The final of this 10-day tournament was played at Guru Nanak Stadium.

The World Kabaddi League is using circle kabbadi which is more popular in the Northern belt of the country. At the start, you could also see viewership coming from rural and semi-urban India. In fact, if you look at it, the only thing common between World Kabaddi League and Pro Kabbadi League is the name kabbadi. That is because the forms of kabaddi being played are different.”

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### **YOUTH PERSPECTIVE TOWARDS KABADDI**

Some individual members constitute a team; they have different responsibilities in the team. Evaluating the performances of an individual member of a team is very complicated. So, the assessment of the performance of an individual player in a team game is actually a very complex decision making problem. But this assessment is necessary for the research work relating to formulate the strategies to select a player and coaching him/her. Actually, the assessment of individual performance in a team game is essential to ascertain the impact of psychological, physical and anthropological factors on performance of a player in that game.

Kabbadi, a sport of Indian origin but which has remained on the fringes our sporting consciousness despite fetching gold medals at the Asian Games, is looking for avenues to become part of the Olympics. Having caught the fancy of other Asian as well as European nations, efforts are on to make it a global sport.

Born as an outdoor sport, kabaddi moved indoors and was played on a synthetic surface, which made the game faster and swifter. Despite new techniques and tactics being introduced to upset the Indians, they continue to dominate their rivals.

The game is mainly supported by Indian expatriates and people from the Indian sub-continent in Europe and the Americas. As it is inching towards becoming a global sport, it is indeed very important to change kabbadi’s profile in its own land.

### **CONCLUSIONS**

Performance in kabaddi depends to a large extent on physical fitness. Sports trainers concentrate on improving the physical fitness and motor abilities of a player, i.e., speed, strength, endurance, flexibility. Improving the physical fitness of a player is also called conditioning. A sound conditioning programme forms the most important part of training any sports person. Conditioning or physical fitness is categorized into general and specific fitness.

General fitness refers to the common qualities required for any sports person irrespective of the sport i.e., motor qualities such as strength, endurance, flexibility and coordination ability. Every sport demands motor abilities at various levels above the average. Specific fitness is achieved when a player acquires the required motor ability at the intensified level for the particular sport. For example, specific fitness in kabaddi is with reference to strength, speed and co-ordination.

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