

Impact of Participation in Kho - Kho on Academic Performance

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Abstract

Background: The objective of the study was to find out the Impact of participation in Kho-Kho on academic performance (To find out significant difference between the academic performance of Kho - Kho Players and Non Sports Persons),

Methods: The subjects for this study were selected from Kho-Kho players and non sports persons. All the subjects were selected randomly (Stratified random sampling) from Colleges Ahmednagar District total of forty subjects were selected. Age of the subjects was ranging from 18 to 25 years. The selected variable was academic performance and recorded in ordinal scale. To compare academic performance of the players of Kho-Kho, Mann-Whitney-U Test was used since academic performance of both the groups was recorded in ordinal scale, percentage of Marks converted in to ranks.

Results: Analysis of data revealed that no significant difference was found between the Kho-Kho players and non sportspersons with respect to academic performance.

Key Words: Kho-Kho, Academic Performance.

Conclusion: No significant differences were found between the students' pre-season and postseason grades, which suggest that participating in school-sponsored sports activities did not affect the academic achievement for the participating rural high school students. While insignificant difference was found between the Kho-Kho players and non sportspersons with respect to academic performance.

INTRODUCTION

Kho-kho is a game of speed, stamina, endurance, strength and skill. Dodging and controlled sprinting makes the game exciting. In our country the competition on Kho-Kho are being held in school, College level interuniversity level, all India interuniversity level occasionally attempts are being made to include this Kho - Kho game in the area of competitive Sports at the international level. Traditionally the Kho - Kho game is played by Indian because it involves less financial requirement & small play field area. Moreover, many participants can play the game together as a team sports & can in rich health & fitness. Kho-Kho and Sports have an important place in India. Researchers in India decided to study the playing Kho-Kho being the traditional game. (Dhondge S. R., 2011) A person who lives a sedentary lifestyle may colloquially be known as a couch potato. It is commonly found in both the developed and developing world. Sedentary activities include sitting, reading, watching television, playing certain video games, and computer use for much of the day with little or no vigorous physical exercise. A sedentary lifestyle can contribute to many preventable causes of death. (en.wikipedia.org/wiki/Sedentary_lifestyle) The researcher in the aforesaid research studied the Impact of participation in Kho - Kho on academic performance and impact of sedentary lifestyle of sedentary persons on academic performance and the comparison between the kho-kho players and non sports persons.

Objective of the Study

The objective of the study was to find out the Impact of participation in Kho - Kho on academic performance. (To find out significant difference between the academic performance of Kho - Kho Players and Non Sports Persons).

METHODOLOGY

The subjects for this study were selected from kho-kho players and non sport persons. All the subjects were selected randomly from Aff. Colleges of Ahmednagar. A total of forty subjects were selected. Age of the subjects was ranging from 20 to 25years.twenty subjects were selected from kho-kho and 20 subjects were selected from non sport persons.

RAW SCORES OF KHO-KHO PLAYERS AND NON SPORTS PERSONS (% of marks in High School Exam)

S.N.	Kho-Kho Players	Non Sports Persons)
1.	78.8	64.0
2.	85.0	65.5
3.	84.8	57.8
4.	55.6	60.0
5.	63.0	57.3
6.	84.6	55.0
7.	47.5	64.0
8.	69.4	65.3
9.	73.8	66.3
10.	86.4	59.5
11.	85.2	62.1
12.	57.0	52.5
13.	64.2	52.8
14.	55.4	65.3
15.	49.0	55.5
16.	63.0	57.3
17.	78.2	59.0
18.	61.4	59.5
19.	54.4	47.6
20.	51.5	65.0

Variables

The selected variable was academic performance and recorded in ordinal scale.

Selection of Groups

1. Kho-Kho Players
2. Non Sports Persons

Statistical Analysis

To find out the Impact of participation in Kho - Kho on academic performance (To find out significant difference between the academic performance of Kho - Kho Players and Non Sports Persons), Mann-Whitney-U Test was used since academic performance of both the groups was recorded in ordinal scale, percentage of Marks converted in to ranks (Black Ken, 2009). Large sample case of Mann-Whitney-U Test was used ($n_1, n_2 > 10$) a level of .05(two tailed) was adopted to test the hypothesis.

Mann-Whitney Test and CI: Kho-Kho Players, Non Sports Persons

	N	Median
Kho-Kho Players	20	63.60
Non Sports Persons	20	59.50

Point estimate for ETA1-ETA2 is 5.80

95.0 Percent CI for ETA1-ETA2 is (-1.90, 18.30)

W = 462.0

Test of ETA1 = ETA2 vs ETA1 not = ETA2 is significant at 0.1636

The test is significant at 0.1635 (adjusted for ties)

Discussion of Findings

Analysis of data revealed that no significant difference was found between the Kho-Kho players and non sportspersons with respect to academic performance. Feng S. Din (2006) conducted a study to determine whether participating in sport activities had any impact on students' academic achievement in rural high schools. The participating students (N=225) were selected from four rural high school districts. The participants' immediate pre-season grades in English, math, science and social science were compared with their immediate postseason grades in the same courses. The independent variable was participating in school-sponsored sport activities and the dependent variable was the participants' postseason grades. The comparisons were conducted on a course-by-course and team-by-team basis. Results of data analyses indicated that no significant differences were found between the students' pre-season and postseason grades, which suggest that participating in school-sponsored sports activities did not affect the academic achievement for the participating rural high school students. Insignificant difference was found between the Kho-Kho players and non sportspersons with respect to academic performance. The reason might be the level, age and sex of selected players of Kho-Kho and activeness towards the physical activity. Another reason might be, Kho- Kho played in rural regions frequently than the urban areas and the subjects of the study belong to urban areas. Result of the present study support the study conducted by Feng S. Din (2006).

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