

DEVELOPMENT OF KABADDI OFFENSIVE SKILLS TEST FOR HIGH SCHOOL GIRLS

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Submitted: 18-10-2025

Accepted: 28-11-2025

Published: 04-12-2025

ABSTRACT

The purpose of this study was to develop and scientifically authenticate newly constructed Kabaddi offensive skill tests for high school girls aged fourteen to sixteen years. Twelve offensive skill tests—Riding Footwork, Simple Hand Touch, Running Hand Touch, Stooping Hand Touch, Turn & Hand Touch, Hopping Hand Touch, Toe Touch, Double Attack in Toe Touch, Drag Back and Toe Touch, Running Toe Touch, Back Kick and Bonus—were administered to 100 high school girls selected from five schools. Validity, reliability and objectivity were established using Karl Pearson's coefficient of correlation. Results showed significant negative correlations between offensive skills and expert-rated playing ability, indicating high validity. Reliability scores (test–retest) and objectivity scores (inter-tester correlation) were above 0.90 for all tests. Thus, the constructed offensive skill tests were found to be valid, reliable and objective. These tests can be used as standardized tools for evaluating offensive Kabaddi skills among high school girls.

Keywords: Kabaddi, offensive skills, test development, validity, reliability, objectivity

I. INTRODUCTION

Kabaddi is a combative team sport played by seven players on each side for two halves of fifteen minutes each with a five-minute break. The objective of the game is to score points by raiding into the opponent's court and touching defenders while maintaining a continuous chant of "Kabaddi, Kabaddi." Success in Kabaddi depends on various physical and tactical skills including raiding, dodging, breath control, chain formation, attacking and defensive movements.

The development and assessment of skill abilities play an important role in talent identification and training. Earlier researchers and organizations such as the **AAHPER** have contributed extensively to the creation of sports skill tests in games like basketball, volleyball and tennis. In Kabaddi, scholars like Rao (2002) and S.K. Manjunatha & S.M. Prakash (2018) have contributed to the development of specific skills and norms for players, indicating the need for standardized test measures.

Modern Kabaddi demands scientific assessment tools to measure the offensive skills of school-level players, especially girls. Hence, the present study focuses on developing Kabaddi offensive skill tests and establishing their scientific authenticity.

II. REVIEW OF LITERATURE

Skill testing in sports has existed for over a century. Early test developments such as the Athletic Badge Test (1913) and contributions by Elizabeth Beoll (1924) and Brace (1925) laid the foundation for sports skill measurement. Later, AAHPER (1960s) and AAHPERD (1979) expanded structured skill test series for various sports.

In Kabaddi, previous research focused primarily on general fitness, defensive skills, and performance norms. Manjunatha & Prakash (2018) constructed norms for Kabaddi players by testing 500 players and identifying reliable variables including footwork, raiding skill, strength measures and reaction ability.

The purpose of this study was to investigate the relationship between Kabaddi performance and selected coordinative ability of the district player.

The main purpose and objective of the present study is to compare the Physical Fitness Components of Kabaddi and Kho-Kho player abilities.

Kabaddi girls players have better as compare to kho-kho girls players on endurance but there was no significant difference in strength, agility and flexibility between kabaddi and kho-kho girls players.

The age of the subject ranged between 16-18 years. The variable undertake for the study are physical fitness variables agility, explosive leg strength, speed as a physical fitness components for this study. Mean standard deviation and t-test were used as statistical calculations at 0.05 level of confidence. The result of study were reflects that no significance difference observed between female kabaddi and kho-kho players only.

The data collected were statistically treated by applying 't' test with 0.05 level of significance. We find out that Kabaddi players have more strength than basketball players.

The selected physical fitness components namely endurance and flexibility were selected and ankle hold and blocking were selected as skill variables. The data were collected among the Kabaddi players were statistically analysed by using student t-test. In all the cases 0.05 level of confidence was fixed to test the significance. The "t" ratio was employed as a statistical tool to find out the appropriate result of the study and provided significance at 0.05 level of confidence. There was a significant difference between pre and post test of endurance, flexibility and skill performance among Kabaddi players.

Existing literature shows a lack of standardized tests specifically designed to measure **offensive Kabaddi skills for school girls**, which justified the need for the present study.

Purpose of the Study

The purpose of this study was to develop and standardize offensive Kabaddi skill tests for high school girls aged fourteen to sixteen years.

Hypothesis

It was hypothesized that the newly constructed Kabaddi offensive skill tests would be:

1. Valid
2. Reliable
3. Objective

III. METHODOLOGY

Selection of Subjects

A total of 100 high school girls aged 14–16 were randomly selected from five high schools of the Madchal district, with 20 students from each school.

Selection of Test Items

Twelve offensive skills were selected based on face validity, expert consultation and review of literature. These skills were:

1. Riding Footwork
2. Simple Hand Touch
3. Running Hand Touch
4. Stooping Hand Touch
5. Turn & Hand Touch
6. Hopping Hand Touch
7. Toe Touch
8. Double Attack in Toe Touch
9. Drag Back and Toe Touch
10. Running Toe Touch

11. Back Kick

12. Bonus

Statistical Techniques

To establish scientific authenticity:

- **Validity** was tested by correlating skill scores with expert-rated playing ability.
- **Reliability** was tested using the **test–retest method**.
- **Objectivity** was tested by correlating scores given by two different testers.
- All correlations were computed using **Karl Pearson’s coefficient of correlation**, with significance at 0.05 levels.

IV. RESULTS

- Composite scores and expert ratings were analyzed using SPSS. The validity, reliability and objectivity coefficients for all twelve skill tests are presented below.
- **Table 1: Validity, Reliability and Objectivity Coefficients of Skill Tests**

S. No	Name of the Test	Validity	Reliability	Objectivity
1	Riding Footwork	-0.87	0.98	0.98
2	Simple Hand Touch	-0.84	0.99	0.97
3	Running Hand Touch	-0.83	0.97	0.96
4	Stooping Hand Touch	-0.92	0.99	0.99
5	Turn & Hand Touch	-0.68	0.96	0.97
6	Hopping Hand Touch	-0.91	0.94	0.94
7	Toe Touch	-0.89	0.97	0.96
8	Double Attack in Toe Touch	-0.86	0.98	0.98
9	Drag Back and Toe Touch	-0.89	0.96	0.93
10	Running Toe Touch	-0.77	0.99	0.97
11	Back Kick	-0.88	0.93	0.89
12	Bonus	-0.75	0.96	0.78

Discussion

The results show that all offensive skill tests exhibit **high negative validity**, meaning players who performed the skills faster received higher ratings. This confirms that the tests accurately measure offensive performance ability.

Reliability coefficients above 0.90 for all tests indicate that the measurement tools produce consistent results over repeated administrations.

Objectivity coefficients above 0.78 demonstrate strong agreement between different testers, proving that the tests are free from scoring bias.

The findings support the hypothesis that the newly constructed offensive skill tests are scientifically authentic in terms of validity, reliability and objectivity.

V. CONCLUSION

The study concluded that the newly constructed Kabaddi offensive skill tests for high school girls are. On the basis of results, it may be concluded that playing surface i.e. clay and mat do influence motor coordinative ability of female kabaddi players. It is recommended that physical education teachers may modify their teaching program according to the level of anxiety and personality of student teachers. A similar study may be replicated on more population of physical education students. A study may be conducted to find out the differences in male and female student of physical education in their anxiety level during first and second teaching practice in schools and colleges.

- **Valid** – accurately measure offensive skills
- **Reliable** – produce consistent results
- **Objective** – free from scorer bias

Therefore, these tests can be recommended as standardized tools for assessing Kabaddi offensive performance at the school level.

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