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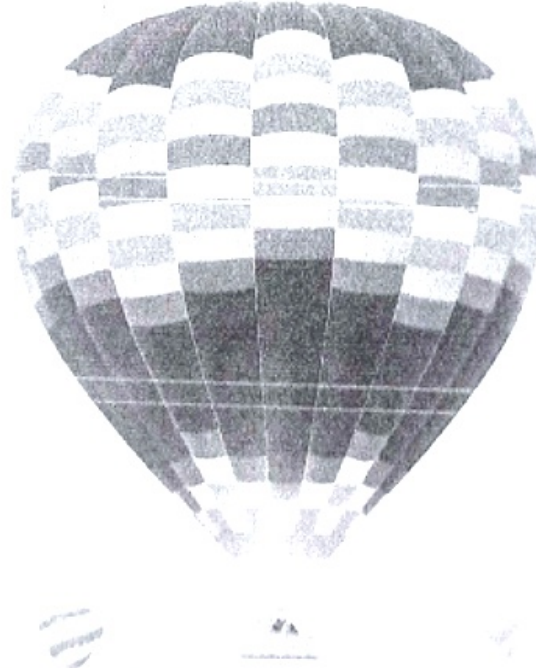
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डॉ. सुनील जाधव

तकनीकी सम्पादक  
अनिल जाधव

पत्राचार हेतु कार्यालयीन पता -  
डॉ. सुनील जाधव,  
महाराणा प्रताप हाउसिंग सोसाइटी,  
हनुमान गढ़ कमान के सामने,  
नांदेड-४३१६०५, महाराष्ट्र

web:- [www.shodhritu.com](http://www.shodhritu.com)  
Email - [shodhrityu78@yahoo.com](mailto:shodhrityu78@yahoo.com)  
WhatsApp 9405384672

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## 12. Relationship of Kho-Kho Players Their Mindset and Performance on Synthetic Mats Verses Clay Courts

**Dr. Prashant Govindrao Gawande,**  
Director of Physical Education and Sports, Arts,  
Science and Commerce College, Chikhaldara

**Dr. Pravin Chandrabhan Dabre,**  
Director of Physical Education and Sports, Shripad  
Krishna Kolhatkar Mahavidyalaya, Jalgaon Jamod

**Introduction:** Kho-Kho game is purely indigenous games. The game Kho-Kho was invented in Maharashtra. The gradual development was continuing still this date. The all India Kho-Kho federation was formed in the year of 1943-44. The game is played in Asian countries. In 1914 Kho-Kho matches were conducted. In 1934 at Akola rule book was published. Kho-Kho included in School and university games since long. In the year 1936, during Berlin Olympics Kho-Kho team from Pune demonstrate this game, which was highly appreciated. In the year 1936 at Berlin Olympic and 1949 Hanuman Vyayam Prasarak Mandal, Amravati demonstrated this game at Sweden and Denmark. In the year 1977-78 NIS Diploma courses in Kho-Kho begin for the production of quality coaches at Patiala. The game is played in Asian countries like Bhutan, Bangladesh, Pakistan, India, Thailand and Nepal. This game was included in the Asian games. Kho-Kho federation of India tried their best to bring this game at International level. Asian Kho-Kho Federation was established in the year 1987. Asian Kho-Kho championship first time held at Kolkata, India in 1996. 2<sup>nd</sup> Asian Kho-Kho championship was held in Bangladesh in the year 2000 at Mirpur, Dhaka. Step by step Kho-Kho started improving. Many rules and regulations changed to make this game spectacular like other International games. After hard efforts of federation, this game has been played at national level since 1959-60 to till date. Kho-Kho team consists of 12 players. 9 players will take the field in the beginning of the match for their turn of chasing. An inning will consist of chasing and defending turns which shall be in senior and

Junior groups 9 minutes and of 7 minutes in su Junior group. Controlled sprinting, dodging Single Chain, Three six up chain, Diving, Po diving, Taping, Covering on cross lane, Po turning are a few skills exhibited during the gam by attacker. Now a day's Kho-Kho is being played on synthetic mats as a big development i Kho-kho. As researcher is working in the field o Kho-Kho since last 35 years, he has seen man developments in this indigenous game. While working in this field, question aroused in the min of researcher is that will this big development o bringing synthetic mats in Kho-Kho are it usefu fulfill the objective behind and serve purpose. The mind of researcher is disturbed and thinks th will this synthetic mats in Kho-Kho are reall useful or not. To fulfill the objective behind th said purpose that synthetic Mats are better for th development of game. Researcher decided t carry on the study.

**Hypothesis** It was hypothesized that performanc of players on synthetic mats will decrease and th mindset of players performing on synthetic ma will be hesitant, where as Kho-Kho players wi be happily play on mud floor.

**Method** Only four teams were selected for th study. These teams are supposed to be th semifinal listed previous years. 48 subject selected for the study whereas 36 players wer active players. The data pertaining to the stud was collected by preparing questionnaire t judges and players about the mindset of Kho-Kh players playing on both the courts. Int university men matches were played on bot synthetic mats and on clay courts as wel Committee of three judges from university tea is formed to judge the Kho-Kho matches. Judge observed the matches and given scoring points t the skills applied during the matches by defende and attackers. Judges had to decide the ski adaptation properly executed or not. It was total on the basis of their knowledge and prio experience. Attacking skills like *diving*, *Po diving*, *Attack on Cross lane* and *Droppin Running Kho*. In Defense, *Ring Game*, *Cha game*, *Defender entry in between pole and fir seated chaser*, *Defender dodging and faking skill* were considered for the study. For every ski used, judges awarded scoring points one to four t

merits of adaptation of skills. Data collected from all semifinal players whom played on Synthetic mats and clay courts. Judges undertaken following points taken in to consideration to judge the matches played on synthetic court and clay court.

- 1. Beauty and sharpness of attacking and defensive skills used
- 2. Points scored by attacker and defenders performance in form of performance timing was recorded
- 3. Public response to attacker and defender, cheering and clapping
- 4. Surface advantage and disadvantages were considered

Data pertaining to the study was collected by training questionnaire to judges and players about the mindset of Kho-Kho. Questions regarding performing and their mindset about participation on synthetic mats and mud courts were asked to the participants players. Before collection of data, the subjects were given a chance to let them know the questions. Also judges were educated about how to observe performance on the basis of their experience so that they should become familiar with the procedures and know exactly what is to be done to ensure uniform testing condition. The subjects were tested during the matches and data were collected.

**Computation of Data:** The data pertaining to the study were collected by judging the performance of players performing on both courts and questionnaires were given to ask them about their mindset to participate on synthetic mats and clay courts. The data was collected in the prescribed guidelines made for this purpose. After collection they were entered in Microsoft Excel for further processing. After the collection of the data, conventional statistical techniques were applied. To find Kho-Kho players performance and mindset about playing on synthetic mats and clay courts. The research scholar used Pearson's Product Moment Correlation

**Testing of Hypothesis:** It is hypothesized that performance of players on synthetic mats was mildly weaker. The mindset about performing on synthetic mats was reluctant. Whereas players were very happy and willingly play on clay

courts. In the light of derived results, it was found that the hypothesis made by the researcher was partially correct. It was based on the previous experience.

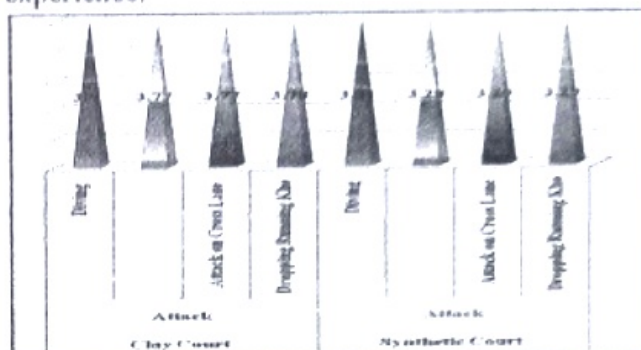


Figure 1 Attacking Skills Clay and Synthetic

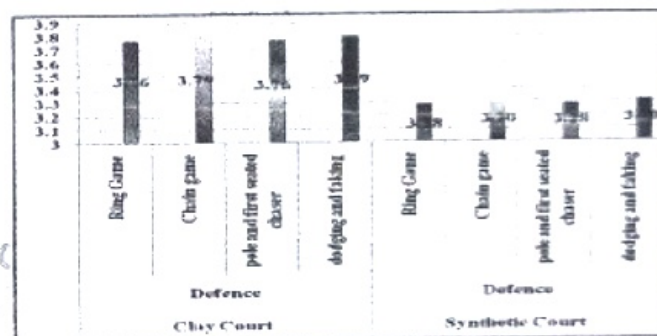


Figure 2 Defensive Skills Clay and Synthetic Court

### Discussion and Findings

On the basis of within the limitation of present study & findings the following findings have been drawn. It was found that performance of Kho-Kho players were mildly decreased on synthetic mats. The use of synthetic mats court in Kho-Kho is in the budding stage. Degradation of qualities of mats with time can affect the performance, and might be injury prone. As the Torque generated between the shoe and the playing surface on synthetic mats courts during sudden stops and changes in direction is a cause of injury to the ligaments of knee, ankle joint and balance. Players expressed negative opinions about synthetic court. Players were happy to participate on clay courts i.e. on soil surfaces, however, players can make faster changes in acceleration and produce greater force. Players never get synthetic mats courts at their respective places, because it is very costly affair. Due to which we never find synthetic mats court in private sports

clubs, school & colleges to practice the Kho-Kho game. Even poor and economically backward players can't purchase shoes to practice. Only in big tournaments like Nationals & Universities they are provided shoes to play. Only to bring this game at International arena and fulfilling the other countries wish, this change might have been done. No doubt Kho-Kho court looks attractive but the kind of performance we can find on clay courts, we can't see it on synthetic mats courts, also the risk factor for use of artificial synthetic mats court compared to natural clay courts is more. Synthetic mats court exposed hardness, elasticity and high friction. Yes, there is no trouble of marking courts with lime powder on synthetic court. It can be painted or stick paper stripes on it. Even if federation wants synthetic mats court to play, they need to think of how private sports clubs, school and colleges afford synthetic mats court at their campus to practice. it is a big question in the mind of Kho-Kho fraternity. Synthetic mats are sure to add beauty to the game no doubt. The correlation between skill adaptation on synthetic mats and clay court was positive and it was exactly one. This means that the null hypothesis rejected and the alternative hypothesis accepted that there is a mild decrease in the performance of skill adaptation on clay and synthetic court. More over graphical representation also clarifies the differences certainly defensive techniques had lot more difference as compared to attacking skills.

**Conclusion** From the above discussion and findings it could be concluded that the synthetic court used for the Kho-Kho might had the worsen effect on the skill adaptation of defensive players as compares to attacking players. While the mindset of the players indicated that they like to use the clay courts to play as compared to synthetic courts.

**Recommendation** On the basis of the results the following recommendations are made from the study which may be useful for the future research work:

1. Kho-Kho federation of India should make efforts through central and state Governments to provide synthetic mats at a very affordable price to the needy.

2. Central government should provide grants through HRD/UGC for synthetic mats to school and colleges.
3. District sports offices should provide synthetic mats in large numbers to needy sports clubs and wherever there is a need of it.
4. It is recommended that the game must be played on clay courts to see proper execution of the skill. Clay surface gives proper grip of ground. Feet use is the essence of game.
5. The same study may be repeated with other games like Atya-Patya, Kabadii and Wrestling which were played previously on clay surface courts, and now played on artificial synthetic mats.
6. The findings of the study may serve as a reference material for the future studies.

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