# TO STUDY THE EFFECT OF TRADITIONAL EXERCISE TRAINING PROGRAM ON POWER OF ADOLESCENT MALE KABADDI ATHLETES OF MUMBAI CITY

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# 1. Introduction

Sports and physical activities have gained significant prominence in modern life, contributing to the holistic development of individuals by enhancing their physical, mental, and emotional well-being. Among the many traditional sports, Kabaddi, originating in South Asia, holds a unique place. It is a combative, team-based sport requiring a blend of motor skills, agility, strength, and strategy. As physical fitness plays a pivotal role in athletic performance, it is broadly categorized into health-related and skill-related fitness, with motor fitness being an essential factor for excellence in sports. Ancient Indian texts like the Caraka Samhita highlighted the benefits of exercise (vyayama) in maintaining health and curing ailments, emphasizing the harmony between body, mind, and soul. In the modern era, advanced training methodologies such as circuit training, resistance training, and Swiss ball exercises have become integral to sports conditioning. These techniques enhance strength, endurance, and flexibility, contributing to improved performance. Integrating ancient wisdom with modern scientific approaches offers a comprehensive framework for achieving optimal physical fitness and excelling in sports.

### 1.1 Statement of the Problem

The athletes receive multiple trainings and coaching for fitness and skills development. These trainings are mostly influenced by their lifestyle, interest and trainers. These training programs are result of popularity or limited knowledge of trainers. In India, selection of players is made on the basis of the efficiency showed during game situation, physical strength, consistency and reliability. On the other hand, athletes should enthusiastically continue their practice during off seasons also. The question arises which types of exercise is most suitable for players to develop and maintain health, skills and fitness. Various reports on sport event suggest various sets of exercise in this endeavour. In India, peoples have large numbers of options when it's come to physical development of our body in whole. In cities due to westernization, peoples are most influenced by modern exercises and new generation is not much aware about our Indian ancient exercises and its benefits, eventually limited number of players includes these exercises in daily practice. On the other side, in rural area peoples are following traditional exercises, due to lack of availability and demand of expenses for gym culture. It has been intended to evaluate the effectiveness of some selected Swiss ball exercises, resistance exercises and traditional Indian ancient exercises for Kabaddi players. The researcher is interested to conduct this research, in order to develop well trained, physically fit and skilled sport players with less equipment, in small geographical area and without gym culture which is highly expensive. Researcher has observed that, the proposed topic is very much unexplored in the Pune University. It was therefore, decided to conduct the experiment entitled, "To Study the Effect of Traditional Exercise Training Program on Power of Adolescent Male Kabaddi Athletes of Mumbai City".

### **1.2 Significance of the Problem**

- The findings of the present study will be helpful to the concern professionals in order to design effective training program with less equipment and without expensive gym in small geographical area.
- This study will help players to develop and maintain their Power.
- The study also reveals the change in performance of each Kabaddi player, experimental group and control group in power, after completing training program.
- The study will help to develop power of well trained, physically fit and skilled sport players.
- This study will help organizations to understand importance of Physical activity.
- This study will help players to improve their motor physical fitness.

### **1.3 Objective of the Study**

- To compare the mean gain score of Power as measured by standing broad jump test of the experiment group and control group.
- To compare the mean gain score of Power as measured by medicine ball throw test of the experiment group and control group.

### 1.4 Research Hypothesis

 $\mathrm{HO}_{1}$  There will be no significant difference in the mean gain score of Power as measured by standing broad jump test of the experiment group and control group.

 $\mathrm{HO}_2$  There will be no significant difference in the mean gain score of Power as measured by medicine ball throw test of the experiment group and control group.

### **1.6 Delimitations of the study**

- The study will be delimited to adolescent male Kabaddi athletes, aged between 13 to 17 years from Mumbai only.
- The study is delimited to Traditional Exercise Training Program only.
- The study is delimited to selected motor fitness components and tests.

### **1.7 Limitations of the study**

- The researcher will not have control over the internal & external factors like family background, daily routine and food habits of the subjects throughout the program.
- The researcher will not have control over the other activities performed by the boys.
- The researcher will not have control on the hereditary factors that could affect their physical situation.
- The researcher will not have control over the physical and psychological circumstances of the subjects throughout the program.

### **1.8 Operational Definition**

Traditional Exercises

Traditional Exercises are the Indian ancient exercises which are in practice from Vedic period and it helps to develop and maintain physical fitness of human body.

Adolescent Male Kabaddi Athletes

Boys aged between 13 to 17 years and participated at least once in interschool competition as a Kabaddi player.

# 2. Methodology

The researcher adopted true experimental designs for conducting research work. Study is consisted of 40 (n = 40) adolescent male Kabaddi athletes from Mumbai district. They divided into two experimental group and one control group. All the three groups are pre-tested, after pre-testing the subject of the experimental groups were imparted 24 weeks of training program, whereas the control group did not receive any training. The result compared after a period of 24 weeks. The research design used was non-equivalent control group design. The experiment was conducted in three phases.

Experimental Group I (n = 20)	Control Group ( $n = 20$ )		
$\downarrow$	$\downarrow$		
Pre test	Pre test		
$\downarrow$	$\downarrow$		
Treatment	No Treatment		
$\downarrow$	$\downarrow$		
Post Test	Post Test		

The proposed print of the group design is presented below.

### 2.1 Variables of the Study

### **Dependent Variable**

The following motor fitness component is considered as dependent variables of the present study.

### Dependent variables of the study

SR. NO.	VARIABLES
01	POWER (LEG)
02	POWER (HAND)

### **Independent Variables**

Based on the literature available on development of Power, various approaches were analysed by the researcher. The Traditional Exercises training was considered as independent variables.

# Traditional Exercises Dand Baithak Mugdal firvane Mugdal baithak Sapate with pushup bord

### **Design of Traditional Exercise Training Program**

### 2.2 Description of Traditional Exercise

#### • Dand

Positioning Yourself in the Starting Position

Start stretching by standing up, with your feet spread shoulder length apart. Then, bend to touch your toes on each foot, and hold for 10 seconds.

Alternatively, you can stretch sitting down. Sit on the floor with your legs spread, similar to a V position. Reach for your toes on the left foot, right foot, and then reach as far as you can in the middle, and hold for 10 seconds.

Get into a starting Dand position. To start the Dand, get into a normal, starting Dandposition. With your knees bent and touching the ground, place your hands on the ground directly under your shoulders (your arms should be straight). Then, slowly remove your knees from the floor and dig your toes into the ground to stabilize the lower half of your body. You should be in a high plank position.

For beginners, place your hands and feet a little farther than shoulder-width apart.

More advanced trainees can keep their hands and feet closer together for a more intense workout.

Raise your backside into the air. Once you are in the starting Dandposition, begin to raise your backside up into the air. As you raise your backside into the air, keep your arms, legs, and back straight. At this point, your eyes should be looking at your feet. In this position, you will look like an upsidedown V.

This V position is essentially the starting position, and you will return to this position after you complete each Dand

Inhale deeply. Before you begin the next movements of the Dand, remember to breathe in deeply through your nose.

Bend your elbows and lower your chest. While breathing in, begin to bend your elbows outward and lower your chest to the ground. Your backside should be more level to the ground, but still pointing slightly upward at this point. You will feel as if you are in a flexed Dand position with your backside slightly pointed upward.

Arch your lower and upper back. As your chest gets lower to the ground, in a scooping motion, scoop your head upward while arching your lower and upper back. Exhale through your mouth as you do this motion. At this point, you are essentially at the "bottom" of the Dand.

Straighten your arms and look up. After scooping your head in a round, upward motion and arching your back, straighten your arms, lift your torso, and look upwards. Your hips should be down towards the floor, but not touching the floor.

At this point, you have pretty much completed the Dand, but you still need to return to the starting position.

Return to the starting position. To return to the starting position, lower your torso and lift your hips to return to the V position; use your abs and gluteus maximus, i.e., your butt muscles, to bring your backside up into the air. As you push back to the starting position, inhale deeply through your nose, and exhale through your mouth as you reach the V position.

To return to the starting position, you do not need to reverse back through the sweeping, arching motion. Simply push back into the starting position.

Repeat. If you are a beginner, it is recommended that you do as many Dand or repetitions as you are able to, for example, 3 or 5 repetitions is fine. If you need to rest during the exercise, take a break in the starting V position. As you become better you can add more sets and repetitions. For example, you can do 2 sets of 3 repetitions or Dand. If you are more advanced, you can do more sets with more repetitions. For example, 3 sets with 8 to 10 Dand or repetitions.

These Dand should be done seamlessly in a sweeping motion without delay between each part.

### Baithak

Following are the steps to perform Baithak using the correct form:

Stand upright with a shoulder-width stance. Your arms should be at your sides at the starting position.

Begin the movement by extending your arms straight out in front so they are parallel to the floor.

On an inhale, push back your hips and descend into a baithak while lifting your heels off the floor.

As you lower yourself towards the floor, pull your arms towards your body and circle them behind you.

At the bottom of your movement, you should be sitting on the balls of your feet and your hands should be above your toes.

While exhaling sharply, push your body up to the starting position and raise your arms so that they are perpendicular to your body. Your feet should be placed flat on the floor at this position.

Repeat for recommended repetitions.

### • SAPATE with push-up board

Sapate, also known as Indian push-ups, are a traditional exercise that dates back centuries. The exercise involves a combination of Hindu Push Ups & Squats (Called Dands & Baithaks respectively) providing a comprehensive fullbody workout.

Begin in a standing position. Position your feet shoulder-width apart.

Drop into a squat.

Kick your legs back into a high plank position.

Lower toward the ground and hold push up board.

Bend your elbows and lower your chest

Arch your lower and upper back

Straighten your arms and look up

Return to a squat position and stand.

This is a full body exercise, which builds strength, stamina and speed. The rhythmic, swinging movements also add strength and mobility to the shoulder and elbow joints, while the squat part of the exercise aids strength and mobility in the knees and hips.

### • Mudgar phirvne

The Mudgar is a heavy club made of wood. It is typically used in exercises that involve swinging and rotational movements. The weight of the Mudgar challenges the muscles in the arms, shoulders, and core, providing a full-body workout. It can be used in a variety of ways, including swings, squats, lunges, and rotational movements.

Indian Club Training, also known as mugda, mugdal, or mugdar, is a form of exercise that originated in India over 2000 years ago. This ancient form of training involves the use of Indian Clubs, large wooden clubs that are swung and rotated in various patterns to improve strength, coordination, and flexibility.

Steps to do Mugdar Exercise

stand up straight and hold Mugdar in both hands.

First of all, rotate the mug of your right hand from above the head and put it down.

Then now rotate the mug of your left hand from above the head and put it down.

do this action alternately with both hands. In the beginning, do it with low weight mugdar. Then after the experience, you can increase your weight.

### • Mugdar Squat

Stand upright with a shoulder-width stance. Your arms should be at your sides at the starting position.

Begin the movement by extending your arms straight out in front so they are parallel to the floor.

On an inhale, push back your hips and descend into a baithak while lifting your heels off the floor.

As you lower yourself towards the floor, pull your arms towards your body and circle them behind you.

At the bottom of your movement, you should be sitting on the balls of your feet and your hands should be above your toes.

While exhaling sharply, push your body up to the starting position and raise your arms so that they are perpendicular to your body. Your feet should be placed flat on the floor at this position.

Repeat for recommended repetitions.

### 2.3 Population of the Study

The population for this study is adolescent male Kabaddi athletes, age between 13 to 17 years from Mumbai district.

### 2.4 Sampling Technique

Simple random sampling technique will be use for the experiment. A sample of Forty(n=40) adolescent male Kabaddi athletes from Mumbai will be considered from population. The subjects are divided into three equivalent groups as follows.

Group I: - Experimental Group 1, Traditional Exercise Training (N = 20)

Group III: - Controlled Group (N=20)

### 2.5 Tools of Data Collection

Valid test for each motor fitness components will be use for data collection by researcher to measure the motor fitness ability of adolescent male Kabaddi athletes.

Tools of Data Collection

SR. NO.	VARIABLES	TOOLS/TESTS	UNIT
01	POWER LEG	Standing Broad Jump test	Meter
02	POWER HAND	Medicine ball throw	Meter

### • Power Leg

"Power is biological sense is the ability of the nerve muscle system to overcome resistance which can be concentric, eccentric or isometric"

### STANDING BROAD JUMP TEST (Dr. KANSAL, D. K. 2008)

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- Purpose-The purpose of the test is to measures the power of legs in jumping horizontal distance and may be applied to children of seven years and above.
- Equipments-Floor, mat or long jump pit may be used, measuring tape, marking tape/chalk or a peg.
- Test Administration-A demonstration of the standing broad jump is given to a group of subjects to be tested. The subject is then asked to stand behind the starting line with the feet parallel to each other. The subject is instructed to jump as farthest as possible by bending knees and swinging arms to take off for the broad jump in the forward direction. The subject is given three trials.
- Score- The distance between the starting line and the nearest point of landing provides the score of the test. The best (maximum distance) trial is used as the final score of the test.

### • Power Hand

### Medicine Ball Throw:

This test is used to measure the power of arms and shoulder girdles and is recommended for both boys and girls aged 12 years and above.

Equipment: A6-pound medicine a small rope, a tape measure and marking material (chalk or tape or 'wooden peg).

Test Administration: The subject is asked to take a straight sitting chair and to hold the medicine ball in both hands in such a way that the ball is in front of chest below the chin. A rope is placed around the performer's chest and held tight to the rear by a helper. The performer is asked to push the ball forwards and upwards for a maximum distance using maximum efforts primarily with the arms. Each subject is given three trials. The farthest point where the ball touches first is marked with the help of a wooden peg or tape or chalk as per the feasibility of the marking material depending upon the type of the surface.

Scoring: The longest distance measured provides the score of the test out of the three trials

### 2.6 Procedure of the Study

The intension of the present study is to understand the effects of exercises on Power the researcher selected forty students from Mumbai District. They will be divided into two groups one experimental groups and one control group. Both the groups will be pre-tested, after pre-testing the subjects of the experimental groups had undergone 24 weeks Traditional exercise training and the controlled group did not receive any special training. The controlled group will continue with their regular practices. In order to conduct the study, the researcher has selected tests by taking the review of related literature and suggestion given by the experts.

### Phase I:

Researcher gone through review of related literature on the basis of that researcher has designed training program. This program is reviewed by concerned expert in the field. On the basis of Suggestions and information gathered from the expert, final training program of 24 weeks is designed. Minimal numbers of students will undergo through selected exercises in 2 weeks summer camp. All the subjects will be instructed about the apparatus and events for Training program.

## Phase II: Pre-Test

All the subjects instructed about the apparatus and events in which they have to participate in Pre-test. During Pre-test Dependent variables will be measured.

## Phase III: Implementation of Traditional Exercise Training Program

In this phase, the experimental groups will be exposed to the alternate day training for 1 hour as per the planning for 24 weeks. The control group will continue with their daily practices.

Training Program	Time
Warm up	10 minutes
Traditional exercises	40 minutes
Limbering down	10 minutes

### Daily 60 Min. Traditional Exercise Training Program

### **Phase IV: Post-Test**

In this phase, all the subjects will be directed to go through tests as scheduled in pre-test and data will be recorded and preserved. The data will be collected after the implementation of training program to see the improvements of the subjects. The entire variables are measured after 24 weeks of training, by using all reliable and standard equipment.

### Method of Analysis of Data

Descriptive statistics will use for data analysis the researcher will collect the data by conducting pre-test and post-test to know the difference between various readings of experimental groups and control group. Independent sample "t" test will be used for each dependent variable to analyse the change in power of all the two groups.

Weeks		1-3			4 – 9			10-15	ò		16-21			22-24	
INTENSITY	4	5 - 559	%	55	5 – 65	%	6	5 – 75	%	7	75-85%	6	4	5-55%	76
EXERCISES	Rep	T Min	Res Min	Rep	T Min	Res Min	р	T Min	Res Min	Rep	T Min	Res Min	Rep	T Min	Res min
DAND	30	6	2	45	6	2	60	6	2	66	6	2	30	6	2
BAITHAK	30	6	2	45	6	2	60	6	2	66	6	2	30	6	2
MUDGAR FIRKI	30	6	2	45	6	2	60	6	2	66	6	2	30	6	2
MUDGAR BAITHAK	30	6	2	45	6	2	60	6	2	66	6	2	30	6	2
SAPATE	24	6	2	30	6	2	36	6	2	45	6	2	24	6	2

TWELVE WEEKS TRADITIONAL TRAINING PROGRAMME

# 3. Analysis And Interpretation Of Data

The data collected were systematically presented, analyzed and interpreted. The results were put in the tabulated and graphical forms for each of the selected variable. The data were analyzed by t-test.

A t-test is a statistical test used to determine whether there is a significant difference between the means of two groups. It's commonly used for small sample sizes and the population standard deviation is unknown.

### **Types of t-tests:**

- 1. One-sample t-test compares the mean of a single group to a known value (like a population mean).
- 2. Independent two-sample t-test compares the means of two independent groups (e.g., control vs treatment).

$$t=rac{ar{X}_1-ar{X}_2}{\sqrt{rac{s_1^2}{n_1}+rac{s_2^2}{n_2}}}$$

Where:

- $\bar{X}_1, \bar{X}_2$  = sample means
- s<sup>2</sup><sub>1</sub>, s<sup>2</sup><sub>2</sub> = sample variances
- n<sub>1</sub>, n<sub>2</sub> = sample sizes
- 3. Paired sample t-test compares means from the same group at different times (e.g., before and after treatment).

$$t=rac{ar{d}}{s_d/\sqrt{n}}$$

Where:

- *d* = mean of the differences between paired values
- s<sub>d</sub> = standard deviation of the differences

n = number of pairs

# 1. Data analysis of experimental group based on SBJ readings, Using paired t-test

### **Descriptive Stats**:

- Mean (PRE): 1.880
- Mean (POST): 1.905
- Mean Difference (POST PRE): +0.025
- Standard Deviation of Differences: 0.0515

### Paired t-test Result:

- t-statistic: -2.173
- p-value: 0.0426

### Interpretation:

- Since the p-value (0.0426) < 0.05, the difference between PRE and POST values is statistically significant at the 5% level.
- This suggests that there was a small but significant increase from PRE to POST.



### Left Plot: Individual Changes

- Each line represents a subject's change from PRE to POST.
- Most subjects show a slight increase, though some stayed the same or even decreased a little.

#### **Right Plot: Boxplot + Swarmplot**

- Shows the distribution of PRE vs POST.
- POST values are slightly higher and more spread, with some individual increases visible.
- Together, these visuals support the statistical result: a small but significant improvement from PRE to POST.



### Here is the bar plot with error bars:

- The bars represent the average measurement for PRE and POST test mean.
- The vertical lines (error bars) show the standard deviation, indicating how spread out the values are.

You can clearly see a slight increase in the POST average, aligning with the t-test result.

# 2. Data analysis of control group based on SBJ readings, Using paired t-test

### Paired t-test Result:

- t-statistic  $\approx -4.42 \times 10^{-15}$
- p-value  $\approx 1.0$  (or more precisely, 0.9999999999999964)

### Interpretation:

- Since the p-value >> 0.05, we fail to reject the null hypothesis.
- This means there is no statistically significant difference between PRE and POST measurements in the CONTROL group.

# 3. Data analysis of Experimental and control group based on SBJ POST readings, Using Independent t-test

### **Descriptive Statistics**

Statistic	<b>Control Group</b>	<b>Experimental Group</b>
Count	20	20
Mean	1.798	1.9.5
Std Dev	0.205	0.306
Min	1.34	1.26
25% (Q1)	1.695	1.778
Median	1.825	1.970
75% (Q3)	1.950	2.118
Max	2.11	2.34

### Independent t-test Result (Control vs. Experimental Group):

- t-statistic  $\approx$  -1.30
- p-value  $\approx 0.202$

### Interpretation:

- Since p > 0.05, there's no statistically significant difference between the control and experimental groups.
- This suggests that the difference in means between the two groups could be due to random chance.

### **Observations:**

- The experimental group has a slightly higher median.
- There is a wider spread in the experimental group, including a few outliers.
- Despite these visual differences, the t-test showed no statistically significant difference ( $p \approx 0.202$ ).

### Paired t-test Result (Matched Samples):

- t-statistic  $\approx 1.27$
- p-value ≈ 0.219

### Interpretation:

- Since p > 0.05, we again fail to reject the null hypothesis.
- This means there's no statistically significant difference between the matched control and experimental group values.

### Cohen's d (Effect Size for Paired Samples):

- Cohen's d  $\approx 0.28$
- Interpretation of Effect Size:

### Effect Size Interpretation

- 0.2 Small effect
- 0.5 Medium effect
- 0.8+ Large effect
- So, a value of 0.28 suggests a small effect the experimental group shows a slight improvement over the control, but it's not statistically significant.



Here are the visualizations added to the report:

- 1. Boxplot: Shows the spread, median, and potential outliers between groups.
- 2. Histogram: Compares the distribution of scores for control and experimental groups.

These visuals help support the earlier conclusion: while the experimental group has a slightly higher average, the overlap and variability mean the difference isn't statistically significant.

Summary	Report	for	SBJ
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Test	t-statistic / Value	p-value	Interpretation
Independent t-test	-1.30	0.202	No significant difference (p $> 0.05$ )
Paired t-test	1.27	0.219	No significant difference (p $> 0.05$ )
Cohen's d	0.28	N/A	Small effect size

# 4. Data analysis of experimental group based on MBT readings, Using paired t-test

Statistic	Control Group	Experimental Group
Count	20	20
Mean	3.486	3.524
Std Dev	0.886	0.893
Min	1.890	1.910
25% (Q1)	2.838	2.843
Median	3.225	3.240
75% (Q3)	4.215	4.268
Max	4.910	4.980

### **Descriptive Statistics**

### Paired t-test Result

- t-statistic = -6.57
- p-value = 0.00000273

### Interpretation

- The p-value is far below 0.05, indicating a highly statistically significant difference between pre and post test scores.
- There is a significant improvement in performance after traditional Exercise training program. The post-test scores are significantly higher than the pre-test scores.

# 5. Data analysis of control group based on MBT readings, Using paired t-test.

### **Descriptive Statistics**

Metric	PRE	POST
Count	20	20
Mean	3.4735	3.4700
Standard Dev.	0.9337	0.9387
Min	1.89	1.88
25th Percentile	2.8075	2.7975

Median (50%)	3.15	3.165
75th Percentile	4.5475	4.54
Max	4.97	4.98

### Paired t-test Result

- t-statistic: 0.8492
- p-value: 0.4063

### Interpretation:

Since the p-value (0.4063) is greater than the common significance level of 0.05, there is no statistically significant difference between the PRE and POST values.

6. Data analysis of Experimental and control group based on MBT POST readings, Using Independent t-test

**Descriptive Statistics** 

Metric	<b>Control Group</b>	<b>Experimental Group</b>
Count	20	20
Mean	3.4700	3.5235
Standard Dev.	0.9387	0.8929
Min	1.88	1.91
25th Percentile	2.80	2.84
Median (50%)	3.17	3.24
75th Percentile	4.54	4.27
Max	4.98	4.98

### Independent t test

- t-statistic: -0.185
- p-value: 0.854



### Interpretation:

- There is no statistically significant difference between the Control and Experimental groups (p > 0.05).
- The boxplot above shows the spread and central tendency of both groups, which visually supports the similarity in distributions.

### 3.1 Influence of Traditional exercise training programme on Power (Leg)

It is seen from table 1, that in case of Power leg as measured by Standing broad jump the mean of the pre and post-tests of the control group are 1.880 and 1.905 respectively, whereas, the mean difference is +0.025 (SD =0.0515) and t-statistic is -2.173. Since the p-value (0.0426) < 0.05, the difference between PRE and POST values is statistically significant at the 5% level.

This suggests that there was a small but significant increase from PRE to POST test. the above result have been also represented in figure graphically.

### 3.2 Influence of Traditional exercise training programme on Power (Hand)

It is seen from table 2, that in case of Power hand as measured by Medicine ball throw the mean of the pre and post-tests of the control group are 3.486 (SD = 0.886) and  $\_3.524$  (SD = 0.893) respectively, whereas, the mean difference is 0.038 and 't' value is -6.57 which is significant at 5% level the above result have been also represented in figure graphically.

# 4. Conclusions

The investigator, within certain limitations concludes the study as follows:

- 1. The Researcher was not controlled the food habits, health, and climatic condition of the subjects involved in the study of both the experimental as well as control group.
- 2. The Researcher was not controlled the day-to-day activities of the subject Selected for the both group.
- 3. The Experimental Group shows slightly higher average improvements in both SBJ and MBT, the differences are not statistically significant based on the independent samples t-test of group analysis.
- 4. The extra practice done by the subject was not controlled by Researcher.
- 5. Regular exposure of Traditional exercise training involved in selected motor fitness Component.

# 5. Recommendations

The following recommendations have been forwarded in the light of present study.

- The study recommends that Traditional exercise training can be used a suitable mean to improve the level of power especially for adolescent kabaddi players in Mumbai.
- The study also recommends that as Traditional exercise training is effective to improve power.
- It can also recommend that the Traditional exercise training for twentyfour weeks is enough to attain better level of Power of kabaddi players in Mumbai.

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