

PSYCHOLOGICAL RESILIENCE AND PHYSICAL EFFICIENCY, EFFECTS OF VARIED RESISTANCE TRAINING AMONG COLLEGE LEVEL WOMEN KABADDI PLAYERS

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Abstract

Sports have emerged as representation of skill, playfulness, competition, psychological processes, and strategic components. Kabaddi is a traditional contact sport with ancient Indian roots that that has gained widespread recognition. Sports training uses resistance training exercises, which are highly popular these days, to help women kabaddi players perform better. To encourage improved performance in sprinting and jumping competitions, efficient training techniques are being used. Resistance training is an excellent method to encourage gains in local muscular endurance, strength, power, and size. This study aimed to examine the psychological resilience and physical efficiency, effects of varied resistance training among college level women kabaddi players. Forty participants were divided into EG (n = 20) and CG (n = 20). The subject's age ranged between 19 to 21 years. Two groups will be randomly selected from among the 40 subjects. Group I receives resistance training (Experiment Group), and Group II serves as the control group (CG). A twelve-week training program was organized following the players' completion of the pre-test, and a post-test was administered to determine the players' strength. Using the analysis of covariance (ANCOVA), data on a few physical fitness, and psychological characteristics were gathered from the three groups both before and after the experiment. For every variable that was chosen, the mean and standard deviations were determined. The researcher employed Schaffer's post hoc test to determine whether group was superior if the "F" ratio was determined to be significant. The experimental analysis of post-training of EG showed significant improvements in physical measures when compared to CG, which shows minimal changes.

Keywords: Kabaddi, Physical Fitness, Resistance Training, Speed, Explosive Power, Endurance

1. INTRODUCTION

Kabaddi is a traditional outdoor game that is played throughout India and, in fact, most of Asia. It's a traditional backyard game that was created at home [1]. For both attackers and defenders, Kabaddi demands a great deal of physical stamina, agility, individual proficiency, neuromuscular coordination, lung capacity, quick reflexes, intelligence, and presence of mind.

There is no equipment needed in the playing field, and 14 kabaddi players—seven on each side—participate in a limited playing area. The playing field is 12.5 by 10 m (adults only), with each half measuring 6.25 x 10 m and separated by a midline [2].

A women kabaddi team (one for the raiders and one for the defenders) controls each half. A scorer, two umpires, and a referee oversee the match. Depending on whether team wins the toss, they can choose to deploy their raiders first [3]. The raider attempts to push her way back to their own side without stopping the chant while the defenders attempt to keep player inside their zone. A point is awarded to the raider's group and the victim is eliminated from the game if he manages to return to his area after touching a defender. However, if the defending group can hold the raider, who must then leave, they score a point. A player who was previously eliminated from the opposing group later returns to their own side if a player is removed from one side.

Each group takes turns raiding the opposing side. This procedure keeps going until one team manages to eliminate the entire other team. Two further points are subsequently awarded to the victorious team (Lona). Additionally, a player will be eliminated (except from during a struggle) if the player crosses the boundary line during play or if

any part of the player body touches the ground outside the boundary. At the end of play, the team with the maximum are announced as winners. The play lasts for forty minutes, with five-minute breaks. Being an intermittent sport, kabaddi needs both anaerobic and aerobic endurance as well as a well-built body [4].

For athletes, mental toughness—which includes qualities like attention and resilience—is essential, particularly in high-contact sports like kabaddi. By evaluating athletes for mental toughness, mental training programs can be guided by identifying those who can handle stress, bounce back from setbacks, and perform consistently well under trying conditions. Group cohesion in female Kabaddi teams is used to gauge how cooperative, communicative, and trustworthy the players are. Strong group cohesion influences better coordination, collaboration, and teamwork. Knowing how female players interact with one another can help one better understand the particular difficulties that each gender faces and how team cohesion tactics may need to be adjusted accordingly.

Understanding how various personality qualities affect playing styles, leadership roles, and team dynamics in female Kabaddi teams is made easier by researching traits like the Big Five (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism). Player growth and team cohesion can be improved by customizing coaching methods according to personality factors.

Sport training is the fundamental process by which a women player gets ready to perform better through physical activity. Enhancing athletic performance is the goal of sports training [5]. These days, sports training is more than just a concept; it is a crucial topic that impacts everyone who participates in sports or physical activity, whether for fitness or competitive purposes. Since training increases player's ability to produce energy, tolerate physical stress, and perform better during exercise, repeated training days can be viewed as good stress [6].

The purpose of sports training is to enhance athletic performance. Like other sports performances, athletic achievement is not the result of a single system or facet of the psyche.

Instead, it is the result of the sportsperson's entire personality [7]. A person's physical, social, and psychological aspects are all parts of their personality. Athletes must enhance their social and psychological abilities in addition to their physical and psychological ones in order to perform better in sports, enhancing a sportsman's overall personality is necessary to enhance his performance. Therefore, improving an athlete's personality both directly and indirectly is the aim of sports training [8]. Sports training is a planned and regulated process that uses content, tactics, and organization to modify complicated sports motor performance, behavior, and ability to act in order to achieve a goal.

The basic requirement for every athletic activity is physical fitness. Sports excellence requires both physical fitness and motor skills including strength, power, speed, agility, flexibility, and cardiovascular endurance. The basic requirement for every athletic activity is physical fitness. Sports excellence requires both physical fitness and motor skills including strength, power, speed, agility, flexibility, and cardiovascular endurance. Enhancing the athletes' motor skills and physical fitness, or conditioning, is a major responsibility of sports coaches. The foundation of a sportsperson's overall training is a strong conditioning regimen.

Resistance training is one kind of strength training in which every effort is undertaken against a specific opposing force produced by resistance. Resistance exercise increases the size and strength of skeletal muscles [9]. Resistance training is often known as strength training or weight training. Sportspeople should use circuit training, which consists of a continuous series of exercises, to increase physical fitness with numerous components. A group of people spend a certain amount of time at each station before moving clockwise to the next one, taking into account the sequence and selected activities for the circuit training performance [10].

Structured resistance training can help female athletes perform better and experience less of the mental strain that comes with competition. The advantages of resistance training in men's sports have been demonstrated by earlier research, however there aren't many studies that concentrate on female collegiate Kabaddi players. In this study, we examine the psychological resilience and physical efficiency, effects of varied resistance training among college level women kabaddi players. Forty participants were divided into EG (n = 20) and CG (n = 20). The subject's age ranged between 19 to 21 years. Two groups will be randomly selected from among the 40 subjects. Group I receives resistance training (Experiment Group), and Group II serves as the control group (CG). A twelve-week training program was organized following the players' completion of the pre-test, and a post-test was administered to determine the players' strength. Using the analysis of covariance (ANCOVA), data on a few physical fitness, and psychological characteristics were gathered from the three groups both before and after the experiment.

2. RELATED WORKS

Kalpana et al [11] Determine the impact of resistance training with game-specific training and tabata training on performance-related factors in kabaddi players at the school level. Forty-five (45) male kabaddi players were chosen as subjects in order to meet the study's objectives. The subjects were chosen at random from the Coimbatore district of Tamilnadu's Mettupalayam zonal level. They were in the 14–17 age range. Over the course of eight weeks, the individuals received weight training and tabata training five days a week, along with game-specific instruction. Three equal groups—EG I and II and the control group—were formed from the subjects. Thus, there were 15 subjects in each group. Eight weeks of tabata training were given to EG-I, eight weeks of resistance training were given to EG-II, and no particular instruction was given to the control group. Before and

after the training program, the pre-test and post-test were administered to each of the three groups. Tests of a few chosen criteria, including muscular strength and physical fitness, were administered to the subjects both before and after eight weeks of training. For this study, the investigator used ANCOVA to analyze the data. The researcher employed Schaffer's post hoc test to determine whether group was superior if the "F" ratio was determined to be significant. According to the study's findings, the resistance training and tabata groups outperformed the control group, and there was a notable difference between them.

NEELA et al. [12] determine how yoga and hypercircuit resistance training affected specific physiological aspects in female tribal college kabaddi players. Sixty (N=60) indigenous college women kabaddi professionals from Bhadradri Kothagudem, Telangana state, India, were chosen at random to participate in the study. Sixty (N=60) indigenous college women kabaddi professionals from Bhadradri Kothagudem, Telangana state, India, were chosen at random to participate in the study. The participants ranged in age from 19 to 25. At random, they were divided into four groups of fifteen individuals each. Super Circuit Strength Training was given to Group I, while Yogic Exercises and Combination Super Circuit Diagram Resistance Conditioning were given to Groups II and III, respectively. The control group was Group IV. Only three days a week may be dedicated to the twelve weeks of instruction. The sole dependent variable selected for this study was Vo2 Max. Prior to and immediately following the experimental period, each subject was tested on the selected dependent variables. ANCOVA and Scheffe's subsequent test were used to analyze the data. A 0.05 level of confidence was established. The study's findings indicate that yoga and super circuit strength training significantly improved the chosen physiologic parameter among tribal college women who were involved in kabaddi.

Sureshkumar et al. [13] examined how college-level kabaddi players' physical fitness and skill-related performance factors were affected by isolated mixed interval and continuous training. Forty-five female college kabaddi players, ages 18 to 25, participated in the study. Before and after the 12-week training period, the physical fitness and skill-related performance variables were assessed in relation to the kabaddi skill-related variables of toe touch, hand touch, and angle hold, as well as the physical fitness variables of speed, leg explosive power, and agility. Four groups—interval training, continuous training, and control—were randomly selected from among the subjects. Between the three groups of college women kabaddi players, there were statistically significant gains in baseline scores in the physical fitness variables of speed, leg explosive power, and agility skill related performance variables of toe touch, hand touch, and angle hold factors. The findings showed that all of the chosen performance-related factors—speed, agility, and leg explosive power—as well as the performance variables of toe touch, hand touch, and angle hold had significantly improved. Among college-level women kabaddi players, the interval exercise training group markedly enhanced the chosen performance-related components and particular skill variables. College-level kabaddi players' selected performance-related components and particular skill variables were considerably enhanced by the ongoing training group.

Dibba [14] determine how plyometric activities affect kabaddi players' shoulder strength and speed development. 50 male kabaddi players affiliated with Andhra University make up the sample for this study; 25 are in the EG and 25 are in the CG. On alternating days, or three sessions per week, the experimental group received plyometric exercises such hopping, bounding, depth leaps, tuck jumps, push-ups, etc., while the control group received general training for six weeks. Pull-ups were used to gauge shoulder strength before and after the test, and a 30-meter run was used to gauge speed in the experimental and control groups. This study demonstrates that plyometric training improves the experimental group's shoulder strength and speed while decreasing the controlled group's performance in these areas. The key for Kabaddi players is explosive force. Plyometric workouts are a good way to build explosive power, which is a combination of strength, speed, and muscle endurance. It has been determined that plyometric activities will help kabaddi players' shoulder strength and quickness.

Garg and John [15] evaluate the impact of visual motor coordination and spatial awareness on the skill level of male kabaddi players competing at the intercollegiate level. For the study, one hundred male intercollegiate kabaddi players were chosen. These subjects, who represented their respective institutions in intercollegiate kabaddi competitions held in the state of Chhattisgarh, had an average age of 21.91 years. The subjects were chosen through the use of purposive sampling. A Cesaroni-standardized test was utilized to evaluate spatial awareness in male intercollegiate kabaddi players from Chhattisgarh. Nelson's basic reaction time test was used to record the reaction times of a subset of male intercollegiate kabaddi players. Male intercollegiate kabaddi players' hand-eye coordination was evaluated using a mirror drawing test. Three judges' subjective evaluations were used to assess the intercollegiate male kabaddi players' skill level. The findings show that male intercollegiate kabaddi players' skill ability is significantly influenced by spatial awareness, reaction time, hand-eye coordination, and depth perception, with each of these factors explaining 33.4% of the variance.

Mehta, [16] examine how well plyometric and core training affect female kabaddi players' agility. Between the ages of 18 and 25, sixty female players in all took part in the study. The T-test was used to measure agility. Based on their T-test results, players were split into two groups equally and at random. Each group was given 30 players. Group A players received core training, while Group B players received plyometric exercise. For five weeks, both groups trained three days a week. After five weeks, agility was evaluated once more. The data was statistically analysed using the 95% confidence interval paired t-test for intragroup comparison and the unpaired t-test for intergroup comparison. Analysis of pre and post training data revealed that both training modalities were successful (p value < 0.0001). The intergroup comparison revealed a statistically significant difference (p value 0.0285). Plyometric training was found to be more successful in increasing agility based on the mean difference

and the number of participants in each category of the T-test following training in both groups. Both forms of training were advantageous to female kabaddi players; however, plyometric exercises might be more effective than core training at boosting agility.

3. METHODOLOGY

In this study, we examine the psychological resilience and physical efficiency, effects of varied resistance training among college level women kabaddi players. Forty participants were divided into experimental ($n = 20$) and control ($n = 20$) groups. The subject's age ranged between 19 to 21 years. Two groups will be randomly selected from among the 40 subjects. Group I receives resistance training (Experimental Group), and Group II serves as the control group (CG). A twelve-week training program was organized following the players' completion of the pre-test, and a post-test was administered to determine the players' strength.

Statistical Technique

The statistical technique of analysis of covariance (ANCOVA) was used to statistically assess the data obtained from the two groups on specific physical fitness performance measures both before and after the experimental treatments. Scheffe's test was used as a post hoc test to identify the significant paired means difference whenever the F-ratio for post-test means was shown to be significant. The 0.05 level of confidence was set as the threshold for testing the hypotheses in each instance [17].

Training Protocol

- **1st–4th weeks:** 70% intensity, 3 sets $\times$ 10–12 reps
- **5th–8th weeks:** 75% intensity, 3 sets $\times$ 10–12 reps
- **9th–12th weeks:** 80% intensity, 3 sets $\times$ 10–12 reps
- Exercises: Rowing, squats, walking lunges, calf raises, deadlifts (dumbbells & weight plates)
- Session: 10 min warm-up, 40 min exercises, 10 min cool-down

Variables and Measurement

The mean and standard deviation of the physical fitness component, and psychological components of college-level women kabaddi players were displayed in Table 1. The goal of the current study was to establish a correlation between the anthropometric traits, physical fitness component, and psychological aspects of collegiate-level Kabaddi players and the coaches' evaluation as a gauge of playing skill.

Table 1 Fitness variables of Women Kabaddi Players

S. No	Variable	Test	Unit
1	Speed	50-m dash	Seconds
2	Explosive Power	Standing Broad Jump	cm
3	Muscular Endurance	Flexed Arm Hang	Seconds
4	Resting Pulse Rate	Radial Pulse	Beats/min
5	Breath Holding Time	Breath Hold Test	Seconds
6	Vital Capacity	Digital Spirometer	Liters
7	Stress	Everly & Giordano Questionnaire	Points
8	Anxiety	Spielberger's Trait Anxiety Questionnaire	Points
9	Aggression	Buss & Perry Aggression Questionnaire	Points

Data – Pre and Post Test

The experimental group received resistance training exercises, such as dumbbells and weight plates, on alternate days, or three sessions per week, while the control group received general training for six weeks. The experimental group and the control group of college Kabaddi players participated in pre- and post-tests [18].

Physical Variables

Physical fitness is a crucial aspect of each well-being in the context of physical education. Every sport has specific fitness requirements that go beyond general fitness. Elite sports like kabaddi require a certain level of physical fitness. For instance, kabaddi-specific physical fitness refers to muscular endurance, cardiovascular endurance, maximum strength, flexibility, speed, agility, power, balance, and coordination. The player can execute the unique movements needed for the activity in question, which a non-athlete would not be able to achieve in his daily routine, thanks to this particular level of physical fitness.

The physical fitness of women participants is heavily emphasized by the sports trainer, who also serves as a conditioning program. Speed, explosive power and muscular endurance are factors that performance largely depends on physical fitness. The physical variables of the EG and CG during the pre and the post-test are shown in Table 1 and Figure 1. The result shows improvement in speed, explosive power, and muscular endurance for the experimental group while the CG show less performance.

Table 1. Physical Variables (Pre-test and Post-test, Mean $\pm$ SD)

Variable	Group	Pre-Test Mean $\pm$ SD	Post-Test Mean $\pm$ SD
Speed (s)	Experimental	9.45 $\pm$ 0.32	8.62 $\pm$ 0.28
	Control	9.42 $\pm$ 0.35	9.38 $\pm$ 0.34
Explosive Power (cm)	Experimental	142.3 $\pm$ 10.5	157.8 $\pm$ 9.6
	Control	141.7 $\pm$ 9.8	143.2 $\pm$ 10.1
Muscular Endurance (s)	Experimental	24.5 $\pm$ 3.2	31.6 $\pm$ 3.5
	Control	24.7 $\pm$ 3.1	25.2 $\pm$ 3.0

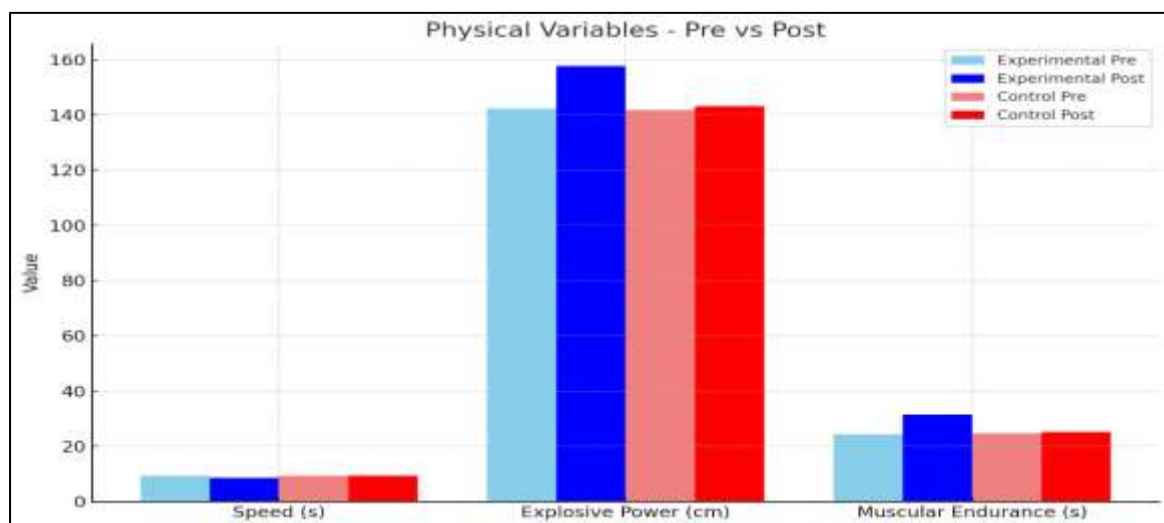


Figure 1. Physical Variables – Grouped bar chart (Experimental vs Control, Pre vs Post).

Psychological Variables

Female Kabaddi players' psychological profiles, which include traits like anxiety, goal orientation, mental toughness, group cohesion, and personality, offer important insights into the psychological traits of elite athletes and allow for more specialized training and support. The psychological variables such as stress, anxiety and aggression are chosen that describe the significance of psychological variables. The psychological variables of the women kabaddi players before and after the experiment was shown in Table 2 and Figure 2. The results highlight reductions in stress, anxiety, and aggression in the experimental group, while control values remained largely unchanged.

Table 2. Psychological Variables (Pre-test and Post-test, Mean $\pm$ SD)

Variable	Group	Pre-Test Mean $\pm$ SD	Post-Test Mean $\pm$ SD
Stress (points)	Experimental	38.5 $\pm$ 5.2	28.3 $\pm$ 4.6
	Control	38.2 $\pm$ 5.0	37.8 $\pm$ 4.9

Anxiety (points)	Experimental	41.7 ± 4.8	32.1 ± 4.2
	Control	42.0 ± 4.6	41.5 ± 4.5
Aggression (points)	Experimental	35.4 ± 4.3	27.6 ± 3.9
	Control	35.7 ± 4.1	35.3 ± 4.0

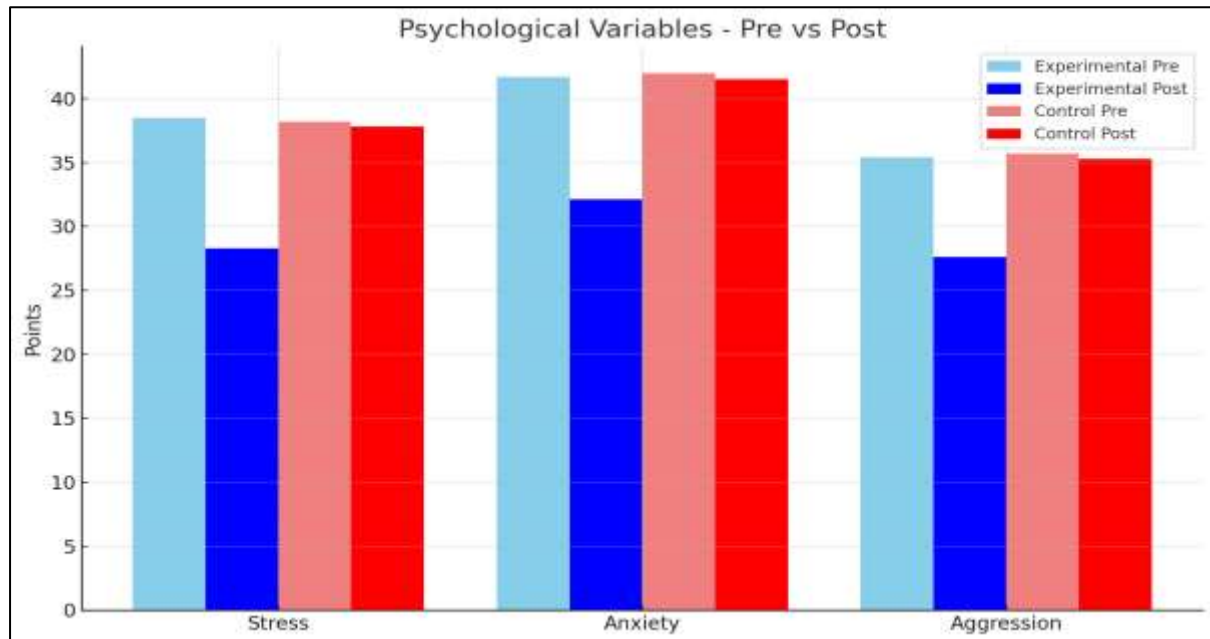


Figure 2. Psychological Variables – Grouped bar chart (Experimental vs Control, Pre vs Post).

4. RESULTS AND DISCUSSION

The experimental group exhibited significant improvements across all physical and psychological variables, confirming that resistance training enhances strength, endurance, and aerobic capacity. The moderate anxiety levels indicate that these athletes retain a stable psychological state even though stress may be a natural part of competitive sports. Interventions aimed at controlling negative energy and boosting positive energy are necessary, according to the mental toughness profile. These kabaddi players seem to have a strong sense of group cohesion, balancing interpersonal and task-related elements. Psychological markers also improved significantly, indicating reduced stress, anxiety, and aggression. The control group showed minimal changes, highlighting the effectiveness of structured equipment-based resistance training. Female kabaddi players have a well-rounded psychological profile, as seen by their moderate personality characteristic scores. The high degree of openness to experience points to a potential willingness to adopt new tactics and a susceptibility to creative coaching techniques.

5. CONCLUSION

In this study, we examine the psychological resilience and physical efficiency, effects of varied resistance training among college level women kabaddi players. Forty participants were divided into experimental (n = 20) and control (n = 20) groups. The subject's age ranged between 19 to 21 years. Two groups will be randomly selected from among the 40 subjects. Group I receives resistance training (Experimental Group), and Group II serves as the control group (CG). A twelve-week training program was organized following the players' completion of the pre-test, and a post-test was administered to determine the players' strength. Using the analysis of covariance (ANCOVA), data on a few physical fitness, and psychological characteristics were gathered from the three groups both before and after the experiment. Varied resistance training over 12 weeks is effective in improving performance, and mental well-being in college-level women Kabaddi players. In the future, coaches should integrate resistance training into regular routines for holistic athlete development.

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