The Height and Weight Analysis of Men's Kabaddi Athlete in Asian Games 2018 Jakarta Palembang

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Abstract---**Kabaddi is a sport played by two teams who attack each other to catch and touch to get as many points as they can. This sport needs good physical and bio-motor components, such as agility and strength. This research aimed to analyze the average result of age, height and weight of Kabaddi athletes in the 2018 Asian games as one of the criteria for selecting athletes who would compete for the Asian level. Subject in this research was all men's kabaddi athletes from each country participating in Asian Games 2018 of 118 athletes. This research used ex post facto method. The variables of this research consisted of age, height and weight. Furthermore, the results of the data would be analyzed using descriptive analysis. For ages of men's kabaddi had an average of 25.92. Height had an average of 175.36. Weight had an average of 76.80. Based on the result of the research, it can be seen that weight factor is an important factor in determining the criteria for athletes in kabaddi sport besides age and height because weight has a maximum limit set in the rules of the match.**

Keywords: Asian Games 2018, Kabaddi, Age, Height, Wight.

I. INTRODUCTION

Kabaddi is a sport played by two teams who attack each other to capture and touch in an effort to collect as many points as possible. Kabaddi is a popular sport in southern Asia that is played in different forms under different names. The game is 4000 years old. It is formerly known as various kabaddi sports such as Hu-Tu-Tu in western India and Ha-Do- Do in eastern India [1]. it has been officially competed at the Asian Games through a long process. Kabaddi sports have been included in many national and international sport competitions [2].

Kabaddi is a sport which needs Good physical needs in supporting performance due to Kabaddi's game is a sport that does not use additional tools in playing it. Thus, the physical abilities of the body are very necessary in this sports. Biomotor component factors such as agility (change of direction) and muscle strength become the basis in Kabaddi sports games. Changes in direction of motion is an indispensable element in the game of Kabaddi because the characteristic traits of this game are moving quickly in changing direction to be able to get points in carrying out attacks. The factor of height and weight in Kabaddi sports affect in carrying out attacks requires a long reach and coupled with agility in carrying out attacks or captures.

Asian games 2018 Jakarta Palembang was held in Indonesia. It competed various kinds of sports, one of which is the Kabaddi sport that is participated by 12 participating countries, such as Bangladesh, Indonesia, India, Iran, Japan, South Korea, Malaysia, Nepal, Pakistan, Sri Lanka, Thailand and Taiwan. Kabaddi sport has become a popular sport among people especially in Asia. There are no criteria for age, height and weight for kabaddi sports specialization in determining the athlete of the national team to be able to compete at the level of achievement in Asia which is needed by the community and kabaddi trainers especially. Weight regulation has important mental functions [3].

This research aimed to conduct analysis of age, height and weight of men's kabaddi team in Asian Games 2018 Jakarta Palembang. Athletes competing in the Asian Games are the best athletes from each participating country.

II. METHODS

This research used ex post facto research method. The nature of ex post facto research is that there is no control over variables [4]. Variables are seen as they are". That ex post facto research is research conducted after differences in independent variables occur because of the development of an event naturally [5]. Researchers used this method because the process of data retrieval was based on facts and data that have occurred on the Olympic Council of Asia website. It eases researcher for researchers to analyze and process research data. In this research, there were 118 research subjects consisting of all men athletes of Kabaddi at the 2018 Asian Games.

III.   RESULTS AND DISCUSSION

Process of collecting the data in this research was conducted through the site www.ocagames.com as the official organization for organizing the Asian Games. Data in the form of raw data consisted the names of athletes; age; weight; and height. The following is data on men Kabaddi athletes from 12 participating countries at the 2018 Asian Games with 118 athletes.

Table 1. Statistic Test Result

The result of calculating the data of age

	N	Mini mum	Maxi mum	Mea n	Std. Deviati on
Age	118	17	46	25.9 2	4.658
Heigh t	118	159	189	175. 36	6.548
Weig ht	118	51	85	76.8	6.15

obtained from 118 men athletes of 12 countries after being testes statistically were obtained min value of 17 years and max 46 years obtained a mean value of 25.92 years with Std. deviation 4,658. The results of the calculation of height data obtained from 118 male kabaddi athletes from 12 countries after statistical tests were obtained min value of 159 cm and a maximum of 189 cm obtained a mean value of 175.36 cm with Std.deviation 6,548. The results of the calculation of weight data obtained from 118 men Kabaddi athletes from 12 countries after the statistical test obtained min value of 51 kg and max 85 kg obtained a mean value of 76.8 kg with Std. Deviation 6.15.

Based on the explanation above, height and weight were obtained from the average age of men kabaddi athletes of 25.92. in kabaddi sports, it is not determined in the rules of the age limit criteria. It can be analyzed that kabaddi athletes as national team athletes will reach the peak age range of 26.92 because the age data are the best athlete of each participating country of the 2018 Asian Games. Variable height was obtained an average of 175.36 cm, height in kabaddi sports did not have rules that set height restrictions. Thus, data

could be analyzed that to become a national team player from each country with a minimum height of around 175.36 cm is assumed to be able to compete at the Asian level. In kabaddi sports for men, the field is 10 x 13 meters, the higher the body size, the longer the range when carrying out attacks, the greater the opportunities obtained when trying to touch the mid line and the defender. Variable weight obtained an average of 76.8 kg. Kabaddi sports is a sport game that use the maximum weight limit criteria of 85 kg for men and 75 kg for women. The data were analyzed to be able to compete at the Asian level of a male kabaddi athlete having a minimum body weight of around 76.8 kg from the average weight of a kabaddi athlete in 12 countries.

IV.   CONCLUSION

Based on the result of the research, it can be seen that weight factor is an important factor in determining the criteria for athletes in kabaddi sports besides age and height. It is because weight has a maximum limit set in the rules of the match. The research still has limitation in determining the criteria of athlete. It is expected that there will be further research about more detail classification toward kabaddi athletes.

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