

An Analytical Study of the Effect of Weight Loss on Wrestling Skill Performances of Wrestlers in Vidarbha Region before competition

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Abstract:

Wrestling is one of the ancient sports in world. Wrestling is oldest form of combat with wild animals. Wrestling is the basic need of human being and so it is supposed the father of all Sports. The first real traces of the development of wrestling date back to the times of the Sumerians 5000 years ago. Wrestling was the decisive discipline of the Pentathlon in ancient Olympic Games from 708 B.C. Wrestling is traditional ancient and favorite sports of India. Indian wrestling has a great and glorious history. Indian ancient wrestling can be divided into four categories i.e. Hanumanti, Beemseni, Jamuvanti and Jarasandhi wrestling. Now Indian wrestlers have achieved so many medals in International and Olympic wrestling tournaments. Maharashtra has a great history of wrestling. Late Khashaba Jadhao from Maharashtra was first Indian to write India's name in the individual category in the Olympics. In the Vidarbha region so many Akhada, Talim, Kusti Kendra and wrestling clubs are situated. In these above centers largest number of young boys has started the wrestling practices.

The purpose of this study is to find out the effect of weight loss or weight cutting on wrestling skill performances of wrestlers in Vidarbha region before competition. 50 wrestlers are randomly selected for this study from Vidarbha region. The tool of this pilot study is in the form of questionnaire & interviews.

The present result of this research shown that wrestlers of Vidarbha region are facing problems related to their wrestling skill performances due to loss their weight before competition without any scientific knowledge.

Keywords: Wrestler, Weight Loss, Skill Performance, Vidarbha Region

Introduction:

Wrestling is one of the ancient sports in world. Wrestling is oldest form of combat with wild animals. In Stone Age man had to strengthen himself with wrestling practice for physical combat with different groups of enemy. Wrestling is the basic need of human being and so it is supposed the father of all Sports. Wrestling has very glorious history and evidences are easily available on this account. The first real traces of the development of wrestling date back to the times of the Sumerians 5000 years ago. Wrestling was the decisive discipline of the Pentathlon in ancient Olympic Games from 708 B.C.

Wrestling is traditional ancient and favorite sports of India. Indian wrestling has a great and glorious history. In India Wrestling is called " Mall-Yudhha" The information about wrestling is found in the great epic of Indian History. Indian ancient wrestling can be divided into four categories i.e.

Hanumanti, Beemseni, Jamuvanti and Jarasandhi wrestling. Now Indian wrestlers have achieved so many medals in International and Olympic wrestling tournaments.

Maharashtra has a great history of wrestling. In the state so many Akhada, Talim, Kusti Kendra and wrestling clubs. In those above centers largest numbers of young boys have started their wrestling practices. Late Khashaba Jadhao from Maharashtra was first Indian to write India's name in the individual category in the Olympics. Many wrestlers from Maharashtra have achieved Hindi Kesari, Rustam-E- Hind and medals in national wrestling tournament. In the Vidarbha region so many Akhada, Talim, Kusti Kendra and wrestling clubs are situated. In these above centers largest number of young boys has started the wrestling practices.

Purpose:

The purpose of this study is to find out the effect of weight loss or weight cutting on wrestling skill performances of wrestlers in Vidarbha region before competition.

Method(s):

50 wrestlers are randomly selected for this study from Vidarbha region. The tool of this pilot study is in the form of questionnaire & interviews. In this questionnaire multiple types of questions relating to wrestling with various objectives are included. There is scope to express their views about weight loss & skill in this questionnaire and interviews.

Data Collection and Analysis:

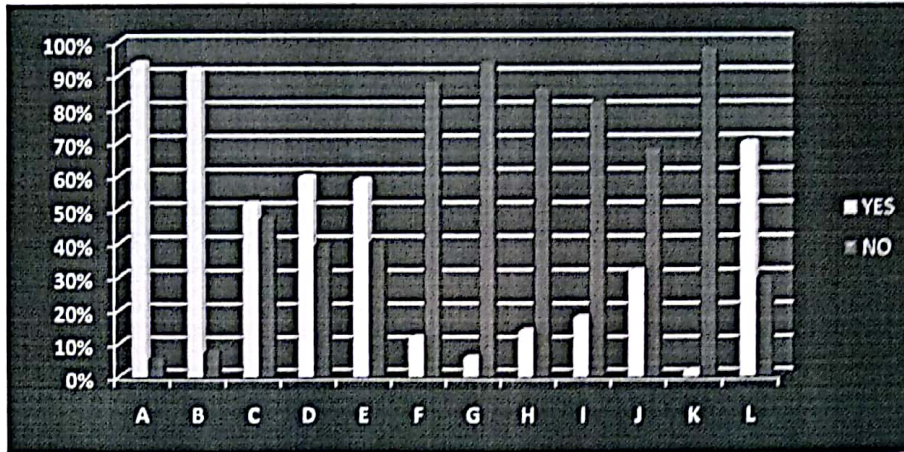
The Following data is collected by questionnaires and interviews from 50 wrestlers in Vidarbha region. The Analysis of data is as per their section and sequence.

A. Methods for Weight Loss.

The table shows the data for weight losses .

Que.	Information	Wrestler's Respond	
		YES	NO
A	Diet Control with Food Restriction	94%	06%
B	Fasting	92%	08%
C	Fluid Deprivation	52%	48%
D	Heavy Load Exercises or Practice	60%	40%
E	By Sweat Loss uses Rubber Suits/Track Suit/Rain Suit	59%	41%
F	By Sweat Loss use Steam Rooms	12%	88%
G	By Sweat Loss uses Hot boxes	06%	94%
H	By Sweat Loss use Sauna Bath	14%	86%
I	Uses of Laxatives Medicines	18%	82%
J	Forced Vomiting	32%	68%
K	Forced Diuretics	02%	98%
L	Avoid sleep at night	70%	30%

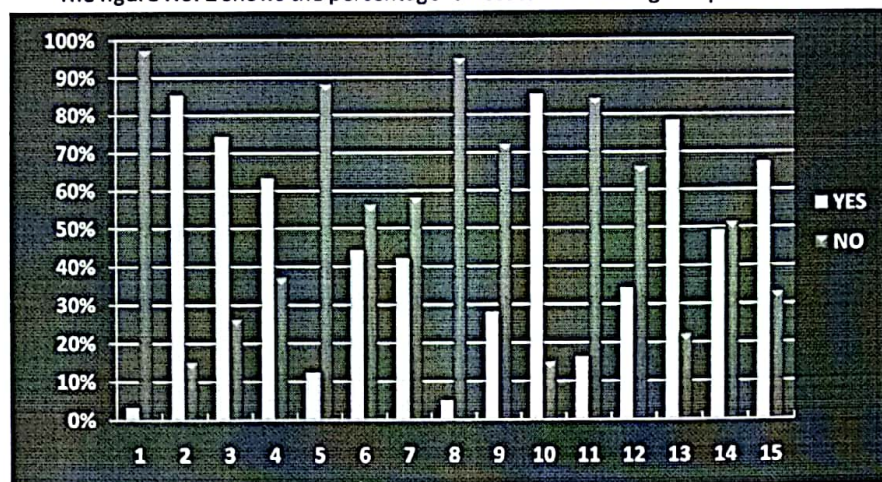
The figure No. 1 shows the percentage of weight loss methods used by wrestlers.



A. Problems related to Skill performances of wrestlers due to weight loss before competition.

Que.	Information	Wrestler's Respond	
		YES	NO
1	Can Skill Performance enhance after weight loss	03%	97%
2	Strength Loss	85%	15%
3	Deceased Muscular Endurance	74%	26%
4	Loss In Stamina	63%	37%
5	Decreased Flexibility	12%	88%
6	Decreased Concentration	44%	56%
7	Decreased Mental Alertness	42%	58%
8	Decreased In Confidence	05%	95%
9	Decreased Wrestling Upper Body Attack Skill	28%	72%
10	Decreased Wrestling Lower Body Attack Skill	85%	15%
11	Decreased Motion	16%	84%
12	Decreased Wrestler's Lifting Skill	34%	66%
13	Decreased Wrestler's Back Arch Skill	78%	22%
14	Decreased Wrestler's Ground Technique	49%	51%
15	Decreased Wrestler's Defensive Skill	67%	33%

The figure No. 2 shows the percentage of losses of wrestling skill performance.



Conclusion:

The present result of this research shown that wrestlers of Vidarbha region are facing problems related to their wrestling skill performances due to loss their weight before competition without any scientific knowledge.

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