A Comparative Study of physical fitness components between basketball and Kabaddi game players

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ABSTRACT

The main purpose of the study was to compare the physical fitness components between basketball and Kabaddi games players. Total 40 (forty) female inter-university players from MDU, Rohtak were selected from different games. The ages of the subjects were ranged 18-28years. The data were collected on the selected subjects by simple random method. The data collected were statistically treated by applying ‘t’ test with 0.05 level of significance. We find out that Kabaddi players have more strength than basketball players.

Key Words: Standing Broad Jump, Flexibility.

INTRODUCTION

Physical fitness a state of physiologic well being that is achieved through a combination of good diet, regular physical exercise and other practices that promote good health. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. A person who is fit is capable of living life to its fullest extent and also performed in sports. Physical and mental fitness play very important roles in your lives, and different game situation. People who are physically fit are also healthier, are able to maintain their most optimum weight, and are also not prone to cardiac and other health problems. In order to maintain a relaxed state of mind, a person should be physically active. A person who is fit both physically and mentally is strong enough to face the ups and downs of life, as well as game situation and is not affected by drastic changes if they take place.

FLEXIBILITY

Flexibility is a health-related component of physical fitness that plays a very important role in the functioning of all individuals especially athletes. Flexibility is defines as joint range of motion. Examples of flexibility include: a gymnast doing a leg split, a hockey goalie reaching with arms and/or legs to save a goal, someone doing yoga, or bending over to touch your toes.

STANDING BROAD JUMP

The Standing Broad jump, also called the long Jump, is a common and easy to administer test of explosive leg power. The standing Broad jump was also once an event at the Olympic Games.

1. OBJECTIVES OF THE STUDY

- To compare the physical fitness components between basketball and Kabaddi game players.

2. HYPOTHESIS OF THE STUDY

- There would be no difference between basketball and Kabaddi game players in their strength.
- There would be no difference between basketball and Kabaddi game players in their flexibility.
3. LIMITATION OF THE STUDY

- The effect of weather condition during collection of data could influence the data

4. DELIMITATION OF THE STUDY

- The study has been delimited to only strength and flexibility test.
- The study has been further delimited to Basketball, Kabaddi inter university female players of MDU Rohtak.
- The ages of the subjects were ranged 18-28 years.

5. RESEARCH PROCESS AND METHODOLOGY

The sample for the present study 20-20 basketball and Kabaddi game players were randomly selected from MDU, Rohtak.

6. TOOL AND TECHNIQUES

- For measuring the strength we use standing broad jump test and for measuring the flexibility we use sit and reach box test.

7. STATISTICAL METHOD

The obtained data were analyzed by applying t test in order to determine the strength and flexibility between basketball and Kabaddi players. The level of significance was set at 0.05. For obtaining reliable result special statistics software was used.

MEAN DIFFERENCE BETWEEN BASKETBALL AND KABADDI GAME PLAYERS IN THEIR STRENGTH

Table no. 1

(N = total numbers of students)

<table>
<thead>
<tr>
<th></th>
<th>VARIABLES</th>
<th>GROUP</th>
<th>N</th>
<th>MEAN</th>
<th>SD</th>
<th>df</th>
<th>t-value</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>BASKETBALL</td>
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<td>20</td>
<td>85.25</td>
<td>7.39</td>
<td>38</td>
<td>2.79**</td>
</tr>
<tr>
<td>2</td>
<td>KABADDI</td>
<td>FEMALE</td>
<td>20</td>
<td>90.45</td>
<td>3.79</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 1. Shows ‘t’ value (2.79). The mean score of strength between basketball and Kabaddi players is higher than the table value 0.05. The mean score of basketball players (85.25) is lower than the Kabaddi players (90.45), which show the significant difference. It means that Kabaddi players have more strength than the basketball players.
RESULT

A significant difference was observed between basketball and Kabaddi players in their strength. That is why hypothesis-1 “There would be no difference between basketball and Kabaddi game players in their strength which was formulated earlier was rejected. We observed that Kabaddi players have more strength than the basketball players.

Table no. 2: Mean Difference between Basketball and Kabaddi Game Players in Their Flexibility

(N = total numbers of students)

<table>
<thead>
<tr>
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<th>VARIABLE</th>
<th>GROUP</th>
<th>N</th>
<th>MEAN</th>
<th>SD</th>
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</thead>
<tbody>
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<td>4.66</td>
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<tr>
<td>2</td>
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<td>FEMALE</td>
<td>20</td>
<td>13.75</td>
<td>4.05</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NOT SIGNIFICANT AT 0.05 LEVEL

Table 2. Shows t’ value (1.55). The mean score of flexibility between basketball and Kabaddi players is lower than the table value 0.05. The mean score of basketball players (11.60) is lower than the Kabaddi players (13.75). It means that kabaddi players have more strength than the basketball players but not significant.
A significant difference was observed between basketball and Kabaddi players in their flexibility. That is why hypothesis-2 “There would be no difference between basketball and Kabaddi game players in their flexibility which was formulated earlier was accepted.

REFERENCES

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