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COMPARISON OF PHYSICAL FITNESS BETWEEN BASKETBALL AND KABADDI FEMALE PLAYERS OF LUCKNOW

Dr. Ramesh Kumar Yadav

Assistant Professor ,

Department of Physical Education,

Vidyant Hindu P.G. College, Lucknow, U.P.

ABSTRACT :

Purpose of the study: The main purpose of the study was to compare the Physical Fitness between Basketball Female players and Kabaddi Female players of Lucknow District.

Research Methodology: The present study was conducted on 25 female Basketball players (who participated in Inter-University/National level) and 25 female Kabaddi players (who participated in Inter-University/National level) were selected of Lucknow District to assess the selected physiological variable Speed and Flexibility. To assess the Speed and Flexibility subjects were randomly selected from Basketball and Kabaddi game. The age of the subject ranged from 18 to 25 years. Descriptive statistics and independent 't' test was used for this study.

The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.



Conclusions: The study clearly indicated that there is significant difference in Physical Variables between Basketball players and Kabaddi players.

KEYWORDS: Physical Fitness, Speed, Flexibility, Basketball and Kabaddi

INTRODUCTION

Physical fitness is the fundamental necessity for any sporting activity. General Fitness is a state of health and well being. Specific Fitness is a task-oriented definition based on the ability to perform specific aspects of sports or occupations. Motor qualities such a speed, strength, endurance and flexibility along with physical fitness are essential for excellence in sports. Sports trainers lay heavy emphasis on improving the physical fitness and motor qualities of the players. A good conditioning program is the backbone of the over- all training of the sportsperson.

Good Physical Fitness is the basis for sports. An athlete who has good physical fitness not only can increase the efficiency of learning sports skills, but also can reduce the incidence of injuries and accidents caused by the movement. Physical fitness leads to better athletic performance and persistent training will usually develop physical fitness.

An athlete is considered to be someone who is proficient with any form of physical exercise or in sports. In general athletes are said to be very fit and keen on fitness. The fact is that they have to be fit in order to achieve results in this highly competitive world of sports. Fitness and skills are equally important traits that an athlete requires and therefore an athlete has to work constantly on

developing both at the same time.

Today, physical fitness is more often considered relative to the degree and type of fitness required by the individual. For example, the degree and type of physical fitness required by the competitive distance runner is substantially different from that required by the typical housewife, thus the question, 'physical fitness for what', is commonly asked before making a judgment on a person's level of physical fitness. This individualized concept of physical fitness means that not all people must possess the same level and type of fitness, and that it is possible for all people, not just elite athletes, to reach an acceptable good standard of physical fitness relative to the physical performance requirements in their lives. "The concept is important as part of the basis of promoting physical fitness and sports for all groups of people regardless of whether they are old or young male or female, handicapped or able body, diseased or healthy.

DEFINITIONS

Physical Fitness: Physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hyperkinetic diseases and to meet emergency situations.

Speed: The rapidity of muscle movement or the rate of change of body movement is known as muscular speed. Literally speed is the distance covered divided by the time or maximum distance covered in minimum time is called speed.

Flexibility: Flexibility refers to the ability to move a body part through a full range of motion (ROM) at a joint. Flexibility is the ability of a person to move the parts of the body through as wide a range of motion as possible without undue strain to the joints and its muscle attachments.

The range of movement in a joint or sequence of joints is known as flexibility.

HYPOTHESIS

It was hypothesized that there would not be significant difference in physical fitness variables between Basketball female players and Kabaddi female players of Lucknow district.

RESEARCH METHODOLOGY

The present study was conducted on 25 female Basketball players (who participated in Inter-University/National level) and 25 female Kabaddi players (who participated in Inter-University/National level) were selected of Lucknow District to assess the selected physiological variable Speed and Flexibility. To assess the Speed and Flexibility subjects were randomly selected from Basketball and Kabaddi game. The age of the subjects ranged from 18 to 25 years. Descriptive statistics and independent 't' test was used for this study.

Sample Size:

25 Basketball players and 25 Kabaddi players has been taken for the study.

Variables	Test	Unit of Measures
Speed	50 Yard Run	Second
Flexibility	Seat & Reach Test	Centimeter

Data Collection

Prior to data collection field marking was done. All subjects were asked to go for warming up. The test for speed and flexibility was demonstrated and instructed to complete the test was given to the subjects. When subjects were ready for the test, the data was recorded by the administer of the tests.

Statistical Analysis

The collected data was analyzed by using independent t-test to find out the significant difference between Basketball players and Kabaddi players on speed and flexibility.

The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

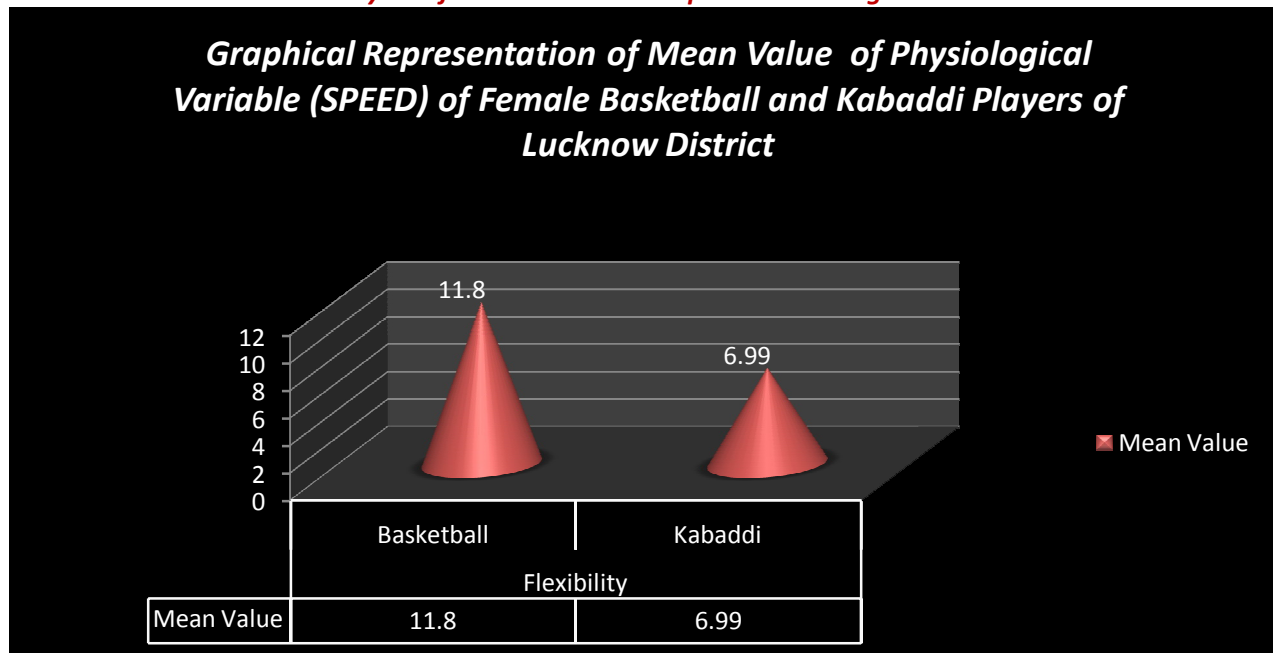
RESULTS AND DISCUSSIONS

Table 1: Descriptive and t value of Basketball female players and Kabaddi female players

Variables	No.	Groups	Mean	SD	t-value
Speed	25	Basketball	10.9	2.98	6.1812*
	25	Kabaddi	6.22	0.42	
Flexibility	25	Basketball	11.8	3.84	5.935*
	25	Kabaddi	6.99	0.62	

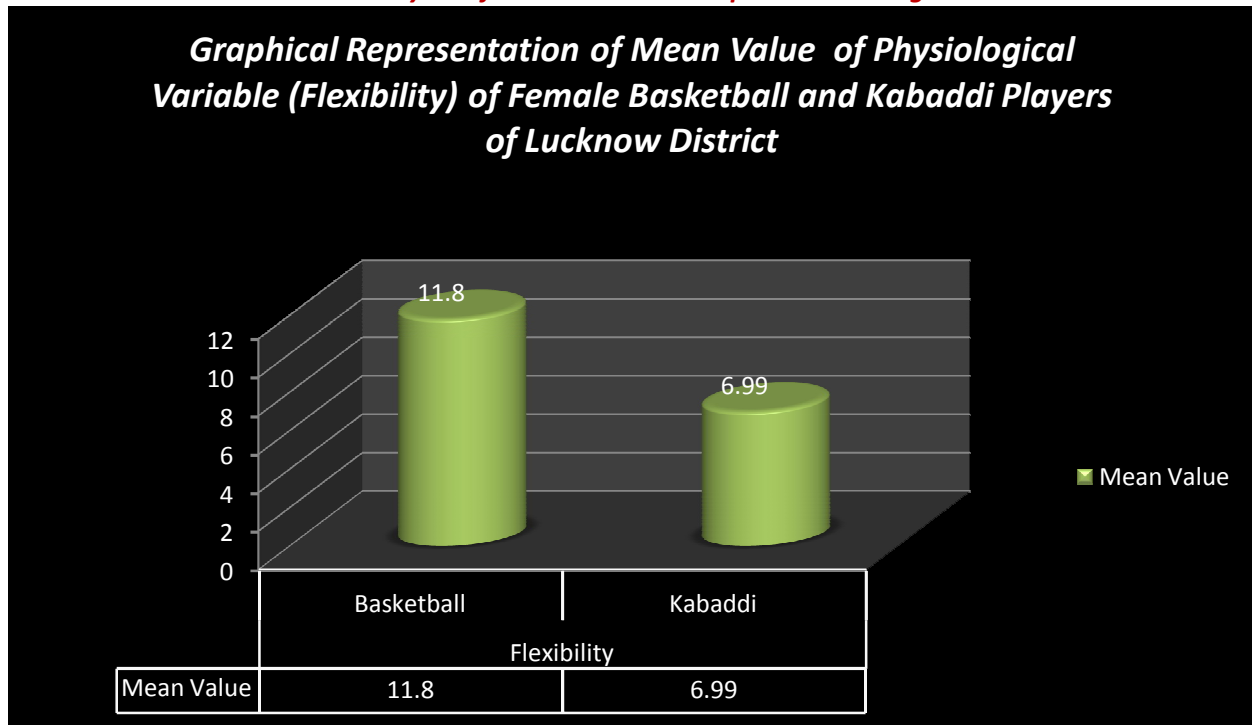
It is evident from the table 1 that there is a significant difference between Basketball female players and Kabaddi female players regarding speed. In, Speed Female Basketball Players mean value is 10.9 with standard deviation is 2.98 and Female Kabaddi Players mean value is 6.22 with standard deviation is 0.42 and the 't' value is 6.1812..

Graphical Representation of Mean Value of Physiological Variable (SPEED) of Female Basketball and Kabaddi Players of Lucknow District is presented in Figure 1.



It is evident from the table 1 that there is a significant difference between Basketball female players and Kabaddi female players regarding flexibility. In, Flexibility female Basketball Players mean value is 11.8 with standard deviation is 3.84 and Female Kabaddi Players mean value is 6.99 with standard deviation is 0.62 and the 't' value is 5.935.

Graphical Representation of Mean Value of Physiological Variable (FLEXIBILITY) of Female Basketball and Kabaddi Players of Lucknow District is presented in Figure 2.



FINDINGS AND DISCUSSION:

The result of the study showed that the Basketball female players were significantly better than the Kabaddi female players in speed as well as in flexibility. This is due to the nature of game. The game of basketball demands that the player should be more quick and speedy to change her/his position to give best performance. As we all know that in comparison to Kabaddi, Basketball demands more speed and flexibility.

CONCLUSION:

On the basis of the result it may be concluded that the Basketball female players of Lucknow District are significantly better than the Kabaddi female players in respect to the speed and flexibility.

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