

An Analytic study of Physical Fitness between Cricket & Volleyball Players of Kashmir

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Abstract

The purpose of this study was to compare the physical fitness of Cricket & Volleyball players of Shopian District of Kashmir. The research was a descriptive comparative method. A total of 70 samples (35 Cricket & 35 Volleyball players) were selected randomly from the 12 Secondary Schools of Shopian District of Kashmir. The criterion measures adopted for this study were Flexibility, muscular strength and Endurance, and speed. The data collection tools used in the study were sit& reach, Sit Ups, 50 yard dash. Data of Physical Fitness Components between Cricket & Volley ballplayers was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis. The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 yard dash there was significant difference between Cricket & Volley ballplayers. The results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and Speed Cricket Players were found to be better than Volleyball Players. Finally the researcher concluded that the Cricket Players were more fit as compare to Volley ballplayers.

Keywords: Physical fitness, Cricket players, Volleyball Players.

Introduction

Fitness concepts in elementary physical education center on children's understanding of fitness as good health, and a working knowledge of activities that promote a healthy level of fitness. However, with increased leisure time, and changes in life styles wrought by the industrial revolution, which took a large proportion of the population away from farm life and into more urban areas, this definition is no longer considered comprehensive enough. The definition for physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, not only at a set point in time, but at various ages and stages within a person's life cycle. The key is in finding optimum health within the limits of one's lifestyle, in order to be able to resist hypo kinetic diseases. The purpose of this study was to compare the physical fitness of Cricket & VolleyballPlayers of Shopian District of Kashmir.

Material and Methods

The research was a descriptive comparative method. A total of 70 samples (35 Cricket &35 Volleyballplayers) were selected randomly from the 12 Secondary Schools of Shopian District of Kashmir. The criterion measures adopted for this study were Flexibility, muscular strength and Endurance, and speed. The data collection tools used in the study were sit & reach, Sit Ups, 50 yard dash. Data of Physical Fitness Components between Cricket & VolleyballPlayers was compared by using independent Sample 't' test.

Results

Table No.1
Descriptive statistics of Sit-ups, Sit & reach and Speed between Cricket & VolleyballPlayers

Variables	Cricket Players				Volleyball Players			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Sit-ups	35	37.34	2.80	0.47	35	36.23	1.47	0.25
Sit & reach	35	15.37	1.47	0.25	35	14.91	1.47	0.25
Speed	35	9.526	0.41	0.07	35	9.834	0.63	0.11

Table No. 2
Independent sample 't' test of Sit-ups, Sit & reach and speed

Physical fitness variables	't' value	df	Sig. (2-tailed)	Mean Difference
Sit-ups	2.09	68	0.042	1.11400
Sit & reach	1.32	68	0.005	.46500
Speed	2.41	68	0.019	0.308300

Discussion of Findings

The researcher analyzed the collected data as per the objectives set for the research study. The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 m dash there was significant difference between Cricket & VolleyballPlayers of Secondary Schools of Shopian District of Kashmir. The results of descriptive statistics have indicated that the mean scores in sit-ups, sit and reach and speed in case of Cricket Players were found (37.34 ± 2.80 , 15.37 ± 1.47 , 9.52 ± 0.41) respectively while in case of VolleyballPlayers the mean were found (36.22 ± 0.383 , 9.83 ± 0.17 , 14.90 ± 0.24) respectively.

Conclusion

In the present the results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and Speed of Cricket players were found to be better than VolleyballPlayers. Finally the researcher concluded that the Cricket Players were more fit as compare to VolleyballPlayers. This clearly shows that Cricket Players are more fit as compare to VolleyballPlayers.

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