



COMPARISON OF SELECTED PHYSICAL FITNESS COMPONENTS BETWEEN CRICKET AND HOCKEY INTER UNIVERSITY PLAYERS

Arvind Kumar pandey

Research Scholar, JJT university, Rajasthan

Awdhesh Kumar Shukla

Assistant Professor, University of Lucknow, Lucknow

ABSTRACT

Man is said to be the 'man of action'. Today man's life is full of physical and mental stress which can be relieved only if he is physically fit. Physical fitness can be defined as a general state of health and well-being or more specifically as the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. Physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactorily any emergency demands suddenly placed upon him. The purpose of the study was to compare the selected physical fitness components of cricket and hockey Inter University players. It is hypothesized that there will not be significant difference between physical fitness components of cricket and hockey Inter University players. The result of the study shows that there was significant difference, thus the hypothesis is rejected. The significant difference was found only in flexibility where as in other variables there were no significant differences.

KEYWORDS :

Introduction:

Man is said to be the 'man of action'. His activity is full of movements and for this physical fitness is required. Today man's life is full of physical and mental stress which can be relieved only if he is physically fit. Physical fitness can be defined as a general state of health and well-being or more specifically as the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. Physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactorily any emergency demands suddenly placed upon him. According to Clarke, H. Harrison (1976) in a society where materials values predominates, participation solely for pleasure, recreation and allied benefits in any activity such as sports, that demands much time, energy and self discipline is no likely to be very popular or widely practiced doctrine, especially when then actions of the world are openly using sports as an approach to national fitness and International prestige Bemergee A. Richard (1982) mentioned that fitness for sports and work has an absolute and a relative meaning in absolute terms, the man that can run the fastest, jump the highest output during a working day, must be the fit for the particular activity. Fitness is that state which characterizes the degree to which the person is able to function. Fitness is an individual matter. It implies the ability of each person to live most effectively with his potential. Ability to function depends upon physical, mental, emotional and social components of fitness, all of which are related to each other and mutually inter dependent. Physical fitness involves the performance of the heart and lungs, and the muscles of the body. **In general, physical fitness refers to one's ability to perform physical tasks. Especially as they relate to a sport or occupation; however, because physical fitness encompasses a wide variety of abilities, it means different to different people.** The main categories of physical fitness are aerobic endurance, muscular endurance, strength, speed, power and flexibility. In this present study Flexibility, Endurance, Agility and Explosive Strength is taken as variables for physical fitness.

Purpose of the Study:

The purpose of the study was to compare the selected physical fitness components of cricket and hockey Inter University players.

Delimitations:

1. The study was delimited to the male players. Their age ranged from 18 to 25 years.
2. The study was delimited to the Inter University players available in Lucknow district.
3. For the purpose of this study, the following components were selected.

- (a) Flexibility
- (b) Endurance
- (c) Agility
- (d) Explosive strength

Hypothesis:

It is hypothesized that there will not be significant difference between physical fitness

Components of cricket and hockey in Inter University players.

Selection of Subjects:

14 players each from Cricket and Hockey were selected as subjects for this study making total of 28 players. The players those who had represented their university in the Inter University tournament during 2015 - 2016 and 2016-2017 session were selected as subjects.

Procedure for Adminstrating Test:

The following test were administered,

Flexibility: To measure the flexibility of the performer forward bending position is used. Wooden Box (40"x20"x15"), measuring tape is used. The performer stands on the box and starts bending forward without bending the knee and touches the front side of the box. The distance was recorded in Centimeter.

Endurance: To measure the endurance of cricket and hockey players track, measuring tape, stopwatch, clappers used. 12 minute run/walk was to test the endurance of subjects. Subjects were allowed to warm up before actual performance. On the signal "On your mark and go" the subjects run/walk as possible for 12 minutes. Distance to the nearest meter was taken and recorded.

Agility: Shuttle Run was conducted to measure the agility. Measuring tape, stopwatch, two wooden blocks (2"x2"x4") is used. The performer starts behind the starting line on the single go and runs to the blocks, pickup one return to the starting line and places the block behind the line. He then repeats the process with the second block. The time taken in the shuttle run race was recorded to the nearest 1/10 of a meter.

Explosive Strength: Vertical Jump is used to measure the explosive strength. Marked Wall, Measuring tape, chalk powder is used Subject was stand laterally and swings his arm backward and goes downward and then jumps vertically and touching the wall by the tip off the middle finger. Scoring was done in centimeter of distance from the normal height to the nearest contact point on the wall.

Statistical Procedure:

This is a comparative study of two groups of team game players for finding out difference in criteria on measures, the mean difference of

these groups was tested for significance by 't' test and level of significance was set at 0.05 level.

Results:

TABLE-I

MEAN AND S.D. OF PHYSICAL FITNESS VARIABLES OF CRICKET AND HOCKEY PLAYERS

S.No.	Variables	Cricket Player		Hockey Player	
		Mean	SD	Mean	SD
1.	Flexibility	19.1	3.35	15.4	5.64
2.	Endurance	2397	323	2333	452
3.	Agility	16.3	21.4	10.4	0.485
4.	Explosive Strength	50.7	6.68	50.1	6.24

TABLE-II

SIGNIFICANCE OF DIFFERENCES OF SELECTED VARIABLES OF CRICKET AND HOCKEY PLAYERS

S.No.	Variables	Mean Differences	Standard Error	't'-ratio
1.	Flexibility	4.58	4.64	2.16*
2.	Endurance	382.2	393	0.433
3.	Agility	.5860	15.1	1.03
4.	Explosive Strength	8.60	6.46	0.234

Significant at 0.05 level of confidence (2.04)

Table-I shows the significant difference, thus the hypothesis is rejected. It is revealed from table-I that mean value of flexibility, endurance, agility and explosive strength of cricket players were better than the hockey players. Table-II shows the significant difference was found only in flexibility where as in other variables there were no significant differences.

References:

1. Bemerge A. Richard. "Applied Exercise Physiological", Philadelphia: Lea and Febiger Publication, 1982, p.210.
2. Clarke, H. Harrison, "Application of Measurement to Health and Physical Education Englewood cliff N.J. Prentice Hall 1976.