

A Comparative Study on The Level of Co-Ordinative Abilities of Male Football And Kho-Kho Players



Physical Education

KEYWORDS : Orientation ability, Reaction ability and Differentiation ability

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ABSTRACT

Co-ordinative abilities play a vital role for the execution of skills and movements of any games and sports. The purpose of the study was to compare the Coordinative abilities of Football and Kho-Kho players (aged 16-20 years). Total 70 subjects were taken for the study. They were divided into two groups. Thirty Five (35) Football and Thirty Five (35) Kho-Kho boys players were randomly selected for the study. To measure the Co-ordinative abilities of Football and Kho-Kho players Orientation ability, Reaction ability and Differentiation ability were measured. For statistical analysis and Interpretation of data 't' test was conducted. It was observed that there was no significant difference in Orientation ability, Reaction ability and Differentiation ability of Football and Kho-Kho Male players.

INTRODUCTION:-

Co-ordinative abilities play an important role in quick changing of the body position game. In some games and sports like Football and Kho-Kho, co-ordinative abilities are very essential for better and effective movement for any execution of movement. A high level of physical, physiological, and psychological abilities are required for outstanding performance. It is generally seen that top level players possess abundance of co-ordination for developing their skills in variety of ways.

Football in India is believed to have started in the early 1800s. However, the tradition dates back to the 1880 in West Bengal, when the British Army Introduced organized soccer. The game became popular first in Bengal, before it spread to the other parts of the country. Kho-Kho is most popular Indigenous game. The coordinative ability is the core of ability which is considered the "spine of Motiveness" (Epuran M., 1996). Coordinative abilities are primarily dependent on the motor control and regulation process of the Central Nervous System. For each Co-ordinative ability the motor control and regulation process function in a definite pattern, when a particular aspects of these functions is improved then the sportsman is in a better position to carry out a certain group of movements which for their execution depends on the Central Nervous System functioning pattern (Singh, 1991). The learning of movements has a positive effect on the co-ordinative abilities belong to the performance factor technique or co-ordination (Singh, 1991). The findings of the present study will give information regarding co-ordinative abilities of Football and Kho-Kho Male players and encourage the people to participate in various games and sports.

METHODOLOGY:-

Thirty-Five (35) Football and Thirty-Five (35) Kho-Kho Male players (aged 16-20 years) were randomly selected from Santal Bidroha Sardha Satabarshiki Mahavidyalaya, Goaltore, Paschim Medinipur District, W.B. Football and Kho-Kho players were those boys who regularly used to go for physical activities willingly and participated in various matches and tournaments. To measure Co-ordinative abilities between Football and Kho-Kho Male players Orientation ability, Reaction ability and Differentiation ability were measured. Orientation ability was measured by numbered medicine ball run test, Reaction ability was assessed by using ball reaction exercise test and Differentiation ability was measured by using backward medicine throw test. For statistical analysis and Interpretation of data 't' test was conducted.

RESULTS AND DISCUSSION:-

Results of the study have been shown in Table-1, Table-2 and Table-3 respectively. Table -1 shows that the Mean and SD of Orientation Ability between Male Football and Kho-Kho Players. It was observed that there was no significant difference between Male Football and Kho-Kho Players as the calculated t-value (0.914) was less than the table value, significant at 0.05

Level. Table-2 shows that the Mean and SD of Reaction Ability between Male Football and Kho-Kho Players as the calculated value (1.41) was less than the table value, significant at 0.05 level. Table -3 shows that the Mean and SD of Differentiation Ability between Male Football and Kho-Kho Players as the calculated (1.51) was less than the Table value, significant at 0.05 level. So it is seen from these three tables that there were not significant difference between Co-abilities Abilities of Male football and kho-kho players. For statistical analysis and interpretation of data 't'-test was conducted. The result has been presented in Table-1, 2 and 3.

Table - 1: Mean, SD of Orientation ability and Comparison of t'-test Between Means of Football and Kho-Kho Male players.

Group	Mean	SD	MD	t-value	Remarks
Football Players	14.25	2.17	0.85	0.914	NS
Kho-Kho Players	15.10	2.40			

NS is Not Significant at 0.05 Level

Fig. 1: Graphs Showing Orientation ability of Football and Kho-Kho Male players.

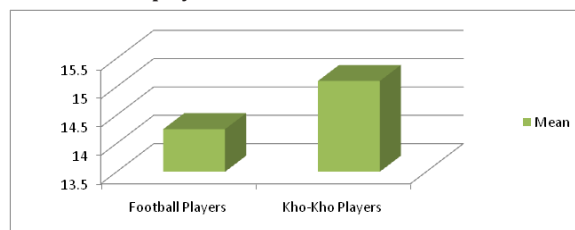


Table -1 show that there were no significant differences in Orientation ability of Football and Kho-Kho Male players. The Mean of Orientation ability of Football and Kho-Kho Male players were 14.25 and 15.10 respectively. The 't' test was applied and t-value (0.914) appeared not significant at 0.05 level of confidence. Table-1 was illustrated through graphical representation (Fig. 1) for clear understanding of this study.

Table - 2: Mean, SD of Reaction ability and Comparison of t'-test Between Means of Football and Kho-Kho Male players.

Group	Mean	SD	MD	t-value	Remarks
Football Players	146.50	2.30	0.80	1.41	NS
Kho-Kho Players	147.30	2.39			

NS is Not Significant at 0.05 Level.

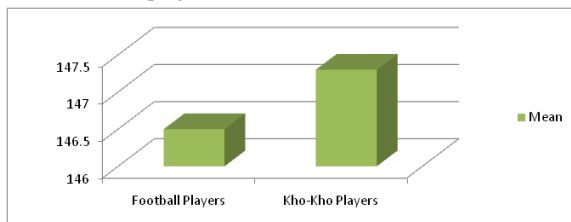
Fig. 2: Graphs Showing Reaction ability of Football and Kho-Kho Male players.

Table-2 gives information regarding Reaction ability of Football and Kho-Kho Male players. Table shows that there were no significant differences in Reaction ability of Football and Kho-Kho Male players. The Mean of Reaction ability of Football and Kho-Kho Male players were 146.50 and 147.30 respectively. The 't' test was applied and t-value (1.41) appeared not significant at 0.05 level of confidence. Graphical representation (Fig. 2) also indicates similar trend of this study.

Table – 3: Mean, SD of Differentiation ability and Comparison of t-test Between Means of Football and Kho-Kho Male players.

Group	Mean	SD	MD	t-value	Remarks
Football Players	25.50	2.42	0.90	1.51	NS
Kho-Kho Players	26.40	2.51			

NS is Not Significant at 0.05 Level.

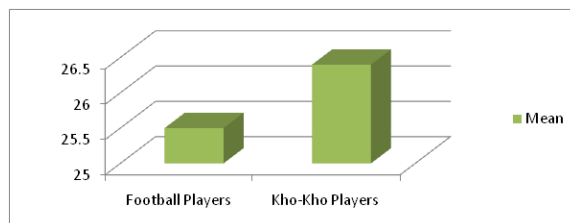
Fig. 3: Graphs Showing Differentiation ability of Football and Kho-Kho Male players.

Table-3 gives information regarding Differentiation ability of Football and Kho-Kho Male players. Table shows that there were no significant differences in Differentiation ability of Football and Kho-Kho Male players. The Mean of Differentiation ability of Football and Kho-Kho Male players were 25.50 and 26.40 respectively. The 't' test was applied and t-value (1.51) appeared not significant. Graphical representation (Fig. 3) also indicates similar trend of this study.

CONCLUSION:-

- Based on the result of the present study and within the limitation, the following conclusions may be drawn.
- There was no significant difference in Orientation ability of Football and Kho-Kho Male player.
- There was no significant difference in Reaction ability of Football and Kho-Kho Male player.
- There was also no significant difference in Differentiation ability of Football and Kho-Kho Male players.

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