Research Paper Physical Education

An Assessment of Co-Ordinative Abilities of Football and Kho-Kho Players (Girls)

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ABSTRACT

The purpose of the study was to compare the Coordinative abilities of Football and Kho-Kho girls' players (aged 12-14 years). Total 100 subjects were taken for the study. Fifty (50) Football and Fifty (50) Kho-Kho girls players were randomly selected for the study. To measure the Coordinative abilities of Football and Kho-Kho girls 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 girls players.

Keywords : Orientation ability, Reaction ability and Differentiation ability

INTRODUCTION:-

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 Coordinative 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 coordinative abilities belong to the performance factor technique or coordination (Singh, 1991). The findings of the present study will give information regarding co-ordinative abilities of Football and Kho-Kho players and encourage the people to participate in games and sports.

METHODOLOGY:-

Fifty (50) Football and Fifty (50) Kho-Kho girls players (Girls-aged 12-14 years) were randomly selected from Nirmal Hriday Ashram (H.S) School in Paschim Medinipur District, W.B. Football and Kho-Kho players were those girls who regularly used to go for physical activities willingly and participated in various matches and tournaments.

To measure Coordinative abilities between Football and Kho-Kho girls 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:-

For statistical analysis and Interpretation of data 't'-test was conducted. The results are presented in tabular form as given here under.

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

Group	Mean	SD	MD	t-value
Football Players	13.24	1.93	0.92	.021 NS
Kho-Kho Players	14.16	2.04		

NS is Not Significant

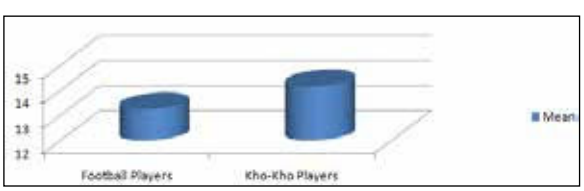

Fig. 1: Graphs Showing Orientation ability of Football and girls Kho-Kho players.

Table -1 show that there were no significant differences in Orientation ability of Football and Kho-Kho girls players. The Mean of Orientation ability of Football and Kho-Kho girls players were 13.24 and 14.16 respectively. 't' test was applied and t-value (.021) 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 girls Football and Kho-Kho players.

Group	Mean	SD	MD	t-value
Football Players	144.38	4.58	0.96	0.84NS
Kho-Kho Players	145.34	4.39		

NS is Not Significant.

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

Table-2 gives information regarding Reaction ability of Football and Kho-Kho girls players. Table shows that there were no significant differences in Reaction ability of Football and Kho-Kho girls players. The Mean of Reaction ability of Football and Kho-Kho girls players were 144.38 and145.34 respectively. 't' test was applied and t-value (0.84) 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 girls players.

Group	Mean	SD	MD	t-value
Football Players	24.58	2.99	0.92	0.92NS
Kho-Kho Players	25.50	3.14		

NS is Not Significant.

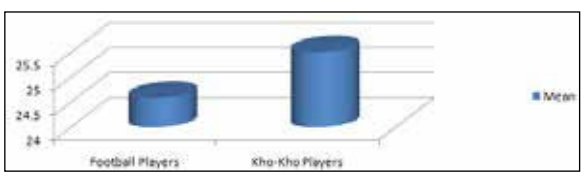

Fig. 3: Graphs Showing Differentiation ability of Football and Kho-Kho girls players.

Table-3 gives information regarding Differentiation ability of Football and Kho-Kho players. Table shows that there were no significant differences in Differentiation ability of Football and Kho-Kho players. The Mean of Differentiation ability of Football and Kho-Kho players were 24.58 and 25.50 respectively. 't' test was applied and t-value (0.92) 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 girls player.
- There was no significant difference in Reaction ability of Football and Kho-Kho girls player.
- There was also no significant difference in Differentiation ability of Football and Kho-Kho girls player.

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