



A COMPARATIVE STUDY OF PHYSICAL VARIABLES OF COLLEGE LEVEL CRICKETERS AND NON-CRICKET PLAYERS OF LUCKNOW DISTRICT

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ABSTRACT

The purpose of the study was to compare the physical fitness differentiation between cricketer and non cricket players. Total 60 male cricket players were selected as subject for the purpose of study. Among them 30 cricket and 30 non cricket college level players were selected from lucknow district. The following physical fitness variables such as speed, agility, and strength endurance were selected as criterion variables and the data were collected by using 50mts run, shuttle run and bent knee sit ups respectively. The independent 't' ratio was used to analyse the significant differences between the cricketer and non cricket players. Level of significance was kept at 0.05 level of confidence. Based on the finding of study it was concluded that there was significant difference exist between cricketer and non cricket players on selected criterion variables namely speed, agility and strength endurance.

KEYWORDS

INTRODUCTION

Physical fitness is one of the most important key to a healthy body. It is the basis of creative artistic activity. Physical fitness means the condition of being physically healthy, especially exercise and proper nutrition. Physical fitness is not just bending our body. It is about having cardiovascular and overall muscular endurance, as well as a strong immunity system and most importantly a satisfied state of your mind.

Physical fitness is important for everyone to stay active through out there lives. Because of busy work and home lives, more than 60% do not get the best amount of physical fitness daily and these numbers are increased day by day. There is an old saying, "Exercise may not necessarily add years to your life, but will add life of your years". Indeed it is true. According to Bucher "fitness is the ability of an individual to live full and balanced life, it involve physical, expression.

mental,emotional,social and spiritual factors and a capacity for their wholesome

METHODOLOGY

The purpose of the study was to compare the physical fitness differentials between cricketer and non cricket players. To achieve this purpose of the study total 60 cricketer and non cricket players were selected. Among them 30 cricket and 30 non cricket college level players were selected from lucknow district. The following physical fitness variables such as speed, agility, and strength endurance were selected as criterion variables and the data were collected by using 50mts run, shuttle run and bent knee sit ups respectively. The independent 't' ratio was used to analyse the significant differences between the cricketer and non cricket players. Level of significance was kept at 0.05 level of confidence.

ANALYSIS OF DATA

The mean, standard deviation and 't' ratio values on physical fitness differentials between cricketer and non cricket players have been analysed separately and presented below:

The mean, standard deviation and 't' ratio values between cricketer and non cricket players of lucknow on speed, agility and strength endurance.

| VARIABLES | GROUP | MEAN | STANDARD DEVIATION | t RATIO |
|-----------|---------------|------|--------------------|--------------|
| SPEED | non cricketer | 7.07 | 0.12 | 5.23* |
| | cricketer | 6.93 | 0.18 | |

| | | | | |
|-------------------|---------------|-------|------|---------------|
| AGILITY | non cricketer | 7.15 | 0.15 | 5.38* |
| | cricketer | 7.03 | 0.10 | |
| STENGTH ENDURANCE | non cricketer | 38.70 | 1.38 | 14.75* |
| | cricketer | 34.76 | 1.49 | |

*significant at 0.05level of confidence
(The table values required for significance at 0.05 level of confidence with df 58 was 2.002)

The above table shows that the mean values on speed, agility and strength endurance for cricketer and non cricket players are (7.07) & (6.93),(7.15) & (7.03) and (38.70)& (34.76) respectively. The obtained 't' ratio value on speed (5.23), agility (5.38) and strength endurance (14.750 which was greater than the tabulated value required for significance with df 58 was 2.002. The finding of this study reveals that there was a significant difference between cricketer and non cricket players on speed, agility and strength endurance.

CONCLUSION

1. There was a significant difference between Cricketers And Non-Cricket Players on speed.
2. There was a significant difference between Cricketers And Non-Cricket Players on agility.
3. There was a significant difference between Cricketers And Non-Cricket Players on strength endurance.

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