



## COMPARATIVE ANALYSIS ON PHYSICAL FITNESS BETWEEN INDIA AND SRILANKA CRICKET PLAYERS

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### ABSTRACT

The purpose of study was to find out the effect of physical fitness on speed and muscular endurance. To achieve this purpose of study 30 cricket players between Indian and Srilankan under-13 cricket players. The subject was divided into two equal groups. The following physical variables are speed and muscular endurance was selected as dependent variables. Analysis of 't' ratio to find out if there was no significant different existed. There was no significant between the speed and the muscular endurance. there was significant difference between Indian and Sri Lankan under 13 cricket players.

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### INTRODUCTION

Cricket is the game of kings, the king of games, though it is an old saying, it is quite relevant, rather more at even in the democratic world of today. In India cricket reigns supreme. The glamour and visual delights that the game offers beat every other game below.

Cricket is an golden gripping game for those who play and watch. Cricket not only the game of bat and ball; but code of conduct and essence of sportsmanship. It is the game of ever casting mystery and challenge. The greatest charm of cricket is that it gathers into its family circle, the clever and the dull the expert and the incompetent.

Cricket is the heart bet of hundreds of millions of people, the most popular game in India. It is the only game having all kinds of status people involved. That is none other than the game of Cricket is. The game of cricket is a royal and stylish in nature. It picked up popularity all over the world because of its graceful movement involving in batting, bowling and fielding. And the discipline method using in the game of cricket that there by attracts all the people irrespective, of age and sex. The batting, bowling and fielding performances requires motor ability fitness and physiological fitness so that every cricket player could excel in his game.

### METHODOLOGY

The selection of subjects, tester reliability, instrument reliability, orientation of the subject, research design, criterion measures, administration of test, construction of training scheduled and statistical techniques adopted for the analysis of data have been described.

## SELECTION OF SUBJECTS

To achieve the purpose of the study 15 cricket players each from India and Srilanka under 13 year boys were selected as subjects.

## SELECTION OF VARIABLES AND TESTS

The research scholar was reviewed the available scientific pertaining to the problem from books, Journals, magazines, websites, research papers was the consideration of feasibility on criteria and availability. The following variables were selected:

S.No.	Variables	Tests
1.	Speed	50 Yards Dash
2.	Muscular Endurance	Sit-ups

## ANALYSIS OF DATA AND INTERPRETATION OF THIS STUDY

The purpose of the study was to compare speed, muscular endurance, agility and explosive power of India and Srilanka cricket players (under 13). Independent 't' ratio were computed and tested for significance at 0.05 level of confidence. The require 't' value was obtained from the table for the level of significance. All the subjects were tested on selected criterion variables to find out the significance of the difference between the means.

### COMPUTATION OF 't' RATIO

The Primary objective of the independent 't' ratio was to describe the differences on physical fitness variables namely speed, muscular endurance, agility and explosive power between India and Srilanka. The results of speed were presented in table I.

**TABLE – I: COMPUTATION 't' RATIO OF SPEED FOR INDIA AND SRILANKA CRICKET PLAYERS (UNDER 13)**

Group	Mean	Standard Deviation	DM	$V_{DM}$	't' ratio
India	7.04	0.18	0.14	0.07	2.00
Srilanka	7.19	0.20			

\*Significant at 0.05 level of confidence.

The table I revealed that the mean speed of India and Srilanka cricket players (under 13) were 7.04 and 7.19 respectively. The standard deviation of two groups in speed was 0.18 and 0.20. The mean difference in speed of two groups was 0.14. The standard error of mean difference in speed of two groups was 0.07. The obtained 't' ration of speed was 2.00 was lesser than the required value of 2.04 at 0.05 level of confidence with 28 degrees of freedom. So it was found to be statistically insignificant and concluded that there was no significant mean difference between India and Srilanka on speed.

**TABLE – II: COMPUTATION 't' RATIO OF MUSCULAR ENDURANCE FOR INDIA AND SRILANKA CRICKET PLAYERS (UNDER 13).**

Group	Mean	Standard Deviation	DM	VDM	't' ratio
India	48.66	2.28	0.80	0.92	0.86
Srilanka	49.46	2.77			

\*Significant at 0.05 level of confidence.

The table II revealed that the mean muscular endurance of India and Srilanka cricket players (under 12) were 48.66 respectively. The standard deviation of two groups in muscular endurance was 2.28 and 2.77. The mean difference in speed of two groups was 0.92. the obtained 't' ratio of muscular endurance was 0.86 was lesser than the required value of 2.04 at 0.05 level of confidence with 28 degrees of freedom. So it was found to be statistically insignificant and concluded that there was no significant mean difference between India and Srilanka on muscular endurance.



## SUMMARY CONSLUSIONS AND RECOMMENDATIONS

Within the limitation of the present study, the following conclusions were drawn.

1. It was observed that there was no significant difference in the speed between Indian and Srilankan under 13 cricket players.
2. It was observed that there was significant difference in the muscular Endurance between Indian and Srilankan under 13 cricket players.

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