



Category : Science of Sports Training



COMPARISON OF SPEED AND HIP FLEXIBILITY BETWEEN Khabadi AND CRICKET PLAYERS

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Introduction

Physical fitness vary from person to person deferent types of fitness is needed to different type of fitness to an older person it might be a feeling youthful vigor to an athlete run a mile in four minutes to stenographer the ability to type four hours at a stretch without developing achieve to the shoulder muscles.

Physical fitness is not a static factor and it varies from individual to individual and in the same person from time to time developing factors.

Sports contribute to physical fitness through the intensive training provided for competitions various components of physical fitness can be achieved.

Generally sports performance depends upon physical fitness factors such as speed, strength, endurance, flexibility and co ordination sports activity is a physical activity which is not possible without physical fitness. Fitness factors are most important predicting any athletic. There is number of important factors are prerequisites for good performance in sports some of the factors are physical, psychological, environmental, sociological factors.

STATEMENT OF THE PROBLEM

The propose of the study was comparison of hip flexibility and speed between Kabaddi and Cricket players.

Delimitations

1. The study was restricted to 20 college Kabaddi players 20 College Cricket players who were studying SSR GC PE, Gopannapalem, West Godavari District were selected as subjects.
2. Only the boys were selected for this study and their age from 18 years to 21 years.
3. The following physical fitness variable such as hip flexibility and speed were selected as dependent variables for this study.
4. The selected criterions variables were hip flexibility and speed and they were tested by using sit & reach and 50 mts sprints.

Limitations

1. Subjects for the study do not come from the same social, economical and cultural background
2. The life style and family factors could not control.
3. The sports achievements of the subjects have not be considered.
4. The Data were collected on the open fields and not under laboratory conditions.



HYPOTHESIS

It was hypothesized that Kabaddi players may be better than the Cricket players in speed and hip flexibility

DEFINITION AND EXPLANATION OF THE TERMS

KABADDI

Kabaddi is played by two teams of 07 players each, the rider goes to opponent court uttering continuous words by Kabaddi without loss of breath. The rider while in the opponent court uses various skills and commands to touch as many as opponents as possible and returns to his court with unbroken chant. To counter the movements of the rider the opponents endeavor to capture the rider to hold him and to their own court till the rider loses his chant. Every time a player is out opponent team gets the credit of one point.

CRICKET

Cricket is a sport played both Men & Women, by using a ball and wooden bat, originally, the predecessors to cricket was a popular sport in 13th century in England

SPEED

Speed is defined as the capability of the individual to perform successive movements of the same pattern at the faster rate.

HIP FLEXIBILITY

It is the degree to which an individual is capable of movements within the range of joint action of a single joint or a functional combination.

SIGNIFICANCE OF THE STUDY

The study may help to know the influence of selected physical fitness variable components of college Kabaddi players and Cricket players.

METHODOLOGY

SELECTION OF SUBJECTS

The purpose of the study was to compare the speed and hip flexibility between Kabaddi and Cricket players. To achieve this purpose 20 College Kabaddi and 20 College Cricket players are studying in the SSR GC PE, Gopannapalem are selected as subjects the age of 18 years to 21 years selected as subjects.

SELECTION OF VARIABLES

The following variables like speed and hip flexibility were selected as independent variables for this study.

SELECTION OF TESTS

The selected variables were tested by using standardized tests items were selected for the study and it was presented in the Table 1.

Table 1

Sr No	Variables	Test items
1	Speed	50 mts dash
2	Hip flexibility	Sit and reach test

COLLECTION OF THE DATA

The Data was collected on selected dependent variables such as speed and hip flexibility. They were measured by using 50 mts dash and Sit and reach test respectively.

EXPERIMENTAL DESIGN AND STATISTICAL ANALYSIS.

To find out the significant difference between Kabaddi and Cricket players on selected criterion variables. The random group design in the study. The collected Data on selected criterion variables were statistically analyzed by using independent "F" ratio to find out the significant difference between Kabaddi and



Cricket players. In all the cases 0.05 level of confidence was fixed to test the significance which was considered as an appropriate.

ANALYSIS OF DATA

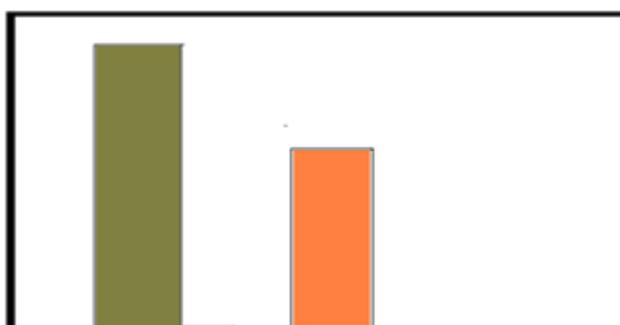
The Data collected on speed of Kabaddi and Cricket players were analyzed and presented in the Table 2

TABLE 2: Means of standard deviation and "t" Ratio on speed of Kabaddi and Cricket players

Group	Means	Speed	"t" Ratio	Level of Significance
Kabaddi	8.41	0.233	5.898*	0.05
Cricket	7.97	0.405		

*Significant at 0.05 level of confidence the required table value is 2.54 Mean values on speed of Kabaddi players and Cricket players

MEAN VALUES ON SPEED OF KABADDI PLAYERS AND CRICKET PLAYERS



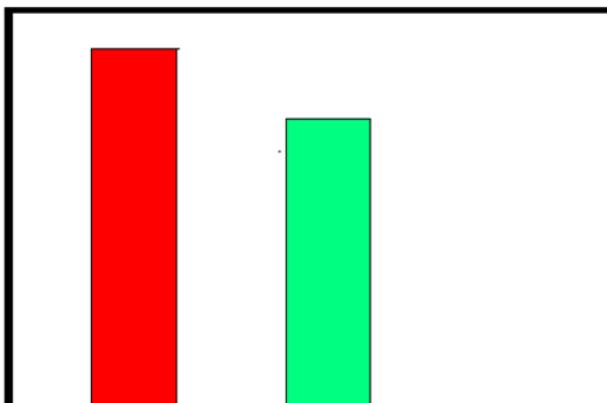
The mean, standard deviation and "t" Ratio of speed of Kabaddi and Cricket players. The means and standard deviation values were 8.41 and 0.233 for Kabaddi players and 7.97 and 0.405 for Cricket Players respectively. The "t" for these values was 5.898

TABLE 3: MEAN STANDARD DEVIATION AND "t" Ratio on hip flexibility of Kabaddi and Cricket Players

Group	Mean	Speed	"t" Ratio	Level of significance
Kabaddi	15.43	1.22	8.10*	0.05
Cricket	11.85	1.29		

* Significant at 0.05 level of confidence the table value for one significance is 2.54

MEAN VALUES ON HIP FLEXIBILITY OF KABADDI PLAYERS AND CRICKET PLAYERS



The obtained "t" Ratio for flexibility was found significant at 0.05 level of confidence in favour of Kabaddi players. Since these value are higher than the required table values of 2.54

DISCUSSION ON HYPOTHESIS



It was hypothesized that the Kabaddi players would have better speed and hip flexibility than the Cricket players.

CONCLUSIONS

The following conclusions were drawn based on the results of the study

1. There was a significant difference between Kabaddi and Cricket players on speed. Whereas Kabaddi players were better in speed than Cricket Players when compared with the main values
2. There was a significant difference between Kabaddi and Cricket players in hip flexibility. Whereas Kabaddi players were better in hip flexibility than Cricket Players when compared with the main values

RECOMMENDATIONS

1. The similar study may be conducted by taking female Kabaddi and Cricket players
2. The similar study may be conducted on various levels.
3. A detailed study can be conducted in psychological variable also.

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