

A COMPARATIVE STUDY OF PHYSICAL FITNESS COMPONENTS OF FEMALE PLAYERS BETWEEN BODY CONTACT AND NON BODY CONTACT GAMES

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ABSTRACT

It is a comparative study of selected physical fitness components of female players between body contact and non-body contact games, whose age is between 18 to 25years. Basketball, hockey, and football games selected as body contact games and volleyball, table-tennis and badminton games selected as non-body contact games. Physical fitness components are agility, muscular strength, muscular endurance, cardio muscular endurance, explosive strength etc. In this study the data was collected randomly from the various colleges and universities of west Uttar Pradesh during the training of players prior their competition. Total 255 female players were selected as subjects, 85 from each game body contact and non-body contact. AAPHAR test battery was applied for collect the data of physical fitness. The t-test was applied to find out the significance difference between selected variables. The level of significance was set at 0.05 level of confidence. After the evaluation of data cardio muscular endurance, muscular strength and muscular endurance variables level were high in body contact players than non-body contact game players. But in explosive strength and agility non-body contact player were better than body contact game players.

KEYWORDS

physical fitness, speed, cardio muscular endurance, muscular strength, muscular endurance, agility etc.

INTRODUCTION

Sports perhaps may be viewed as that aspect of human activity, which essentially strengthens the integration of body and mind. In today's techno-scientific age, the world has completely changed in all aspects due to discovery and research. In the field of games and sports also, there has been a great change with the help of scientific coaching and training. There are so many factors which are responsible for the better performance of the athlete; physical fitness is one of them. At present, "player for superior performance in any sports is selected on the basis of fitness level. Physical fitness is basic requirement for good performance in various sports activities.

Physical fitness is the ability of the body to adopt and recovery from strenuous exercises. It is alertness without undue fatigue, sufficient energy for unforeseen emergencies, often people think only of fitness when the term, "fitness is used but the above definition implies that one should view physical fitness as only a part of total fitness. The level of Physical fitness can be influenced by regular, systematic exercise. If the fitness level is to be improved, however, it is necessary to participate in more intensive exercises that overloads the physiological systems and thus promotes schange.

Physical fitness is an important matter for sports person according to their event. It is basis on vigorous exercises which required maintaining and increasing physical fitness. To achieve their decided tasks require sufficient energy and adequate level of physical fitness.

METHODOLOGY

Selection of subjects:- For the purpose of this study 255 subjects were selected, 85 from each body contact and non- body contact game who participated at national, intercollege and all India inter university competitions were considered as subjects. **Tools:-** For measuring the physical fitness components AAPHAR test battery was used to collect the data.

Procedure:- The test items were administered on the subjects during regular training and camps prior the competitions from different colleges and universities of west Uttar Pradesh.

Data Analysis:- The collected data was analyzed statistically computing Mean, S.D. and t-ratio was apply to find out the significance difference between selected physical fitness components. The level of significance was set at 0 .05 level of confidence.

RESULTS

It has been depicted in the table that there was significant difference exist between body contact and non-body contact female players among selected components.

Sr.no.	Variable s	Mean		S.D.		T-ratio
		Body contact	Non-Body contact	Body contact	Non-Body contact	
1	SBJ	1.748	1.749	.150	.178	.099
2	Sit-up	36.35	28.12	5.31	5.42	17.33
3	F.A.H.	30.66	32.10	12.36	13.24	1.265
4	C.M.E.	1617.61	1583.94	107.26	100.26	3.654
5	Agility	10.39	10.76	.787	.789	5.350

*Significance at 0.05 level (df = 508) 1.96

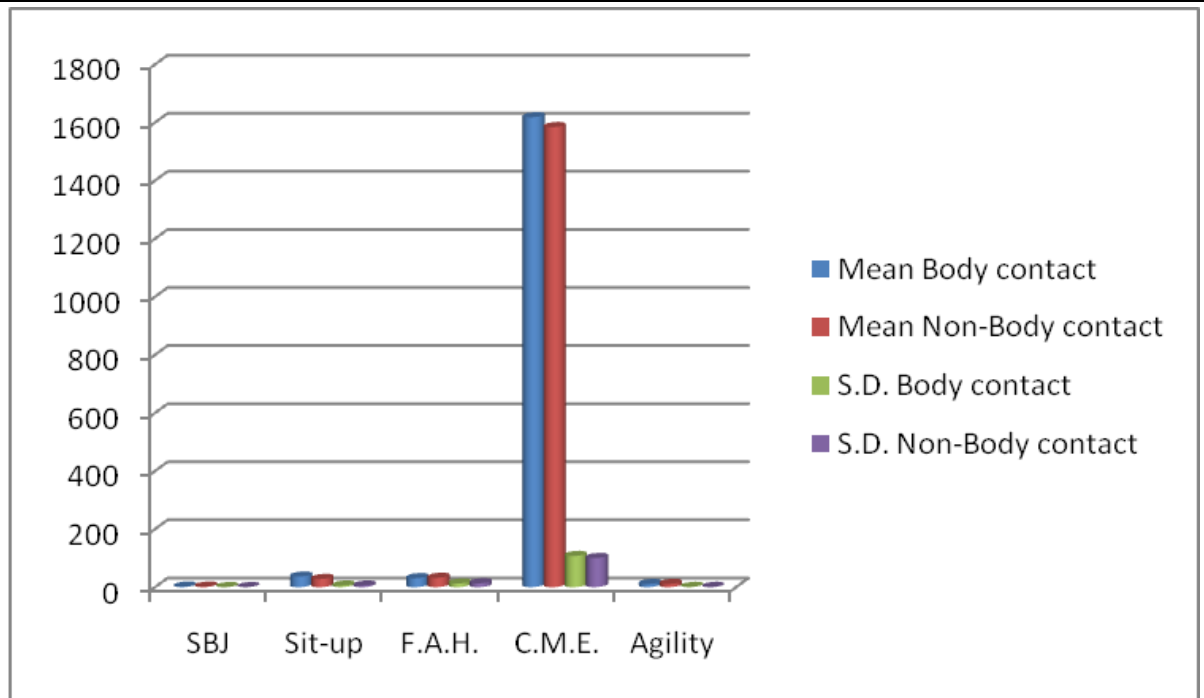


Fig. graph showing significant difference between body contact and non-body contact games of female players

DISCUSSION

To find-out the differences between body contact and non-body contact female players of selected physical fitness components. The required statistical calculations were computed with the help of SPSS software. The difference among all the selected physical fitness abilities the data were collected and analyzed by using the descriptive 't' test as statistical techniques. The level of significance was set at 0.05. After the evaluation of data cardio muscular endurance, muscular strength and muscular endurance variables level were high in body contact players than non-body contact game players. But in speed and agility non-body contact player were better than body contact game players.

CONCLUSION

On the basis of the results obtained from the empirical investigation that body contact players had significant difference than non-body contact players. It may be due to the nature and need of the game. In light of the findings and conclusions drawn from the present study should be tested prior to selection of the players and after the competitions, which play a vital role in achievement of high level of performance in sports and games.

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