



Comparison Of Selected Coordinative Ability Between Jntu Team Football Men And Women Teams Players

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ABSTRACT

A study was conducted at JNTU, Kakinada, Andhrapradesh aiming to achieve the main objective of comparing the coordinative ability male and female Football interuniversity players. It also includes the rhythmic ability, differentiation ability and orientation ability between male and female Football interuniversity players. The study conclude that male interuniversity players possessed better rhythmic ability. It also concludes that there was no difference in terms of differentiation and orientation ability between male and female interuniversity Football players.

Keywords: Rhythmic ability, differentiation ability, orientation ability, sportsperson, Football.

INTRODUCTION

The immense popularity of soccer does not mean that it is an easy game to play successfully. Football is a highly ordered analytical game in which players continually have to deal with a complex and frequently an rapidly changing environment. In competitive sports, beautiful and graceful movements are a product of well-developed technical skills and coordinative abilities. The speed of learning of skill and its stability is directly dependent on the level of various coordinative abilities. Coordinative abilities are needed for maximal utilization of conditional abilities, technical and tactical skills (Singh, 1991).

A high level of physical fitness is desirable for a healthful, productive life. Sedentary living habit and poor physical fitness have a negative impact on both health and daily living (Uppal, 1996) (Bernard (1966) reported that physical fitness improves in those who take regular physical exercises. Regular participation in games significantly contributes to higher level of performance and greater degree of physical fitness amongst the players.

Coordination is the ability to integrate separate motor system with varying sensory modalities into efficient movements. Co-ordination means working of a specific muscles group of the body in union for a particular movement. It is of utmost importance in executing any movement with a predetermined objective, between the muscle groups.

STATEMENT OF THE PROBLEM

“Comparison of selected coordinative ability between JNTU Team Football Men and Women Teams Players”.

OBJECTIVES OF THE STUDY

This study is aimed to achieve the main objectives to compare the coordinative ability variable of Football players. The main objectives of the study and sub objectives which are compare the rhythmic ability , the differentiation ability and the orientation ability of male and female Football inter-university players.

METHOD AND PROCEDURE

As per objectives of the study, the investigator has to plan the entire process of research work in terms of research design suited to the present study. respective game training programs, with the age ranged between 18 to 26 years. selected randomly as the subjects for this study from JNTU ,Kakinada ,Andhrapradesh. The design is systematically presented under four heads:

- Sample
- Tools & Techniques used
- Collection of Data

SAMPLE

A sample is a miniature picture of the entire group or aggregate from which it has been taken. A sample in other works is a small representation of larger whole. The sample of the study was 20 male Football player and 20 female football inter university players of JNTU,Kakinada,Andhrapradesh.

TOOLS & TECHNIQUES USED

Test No.1: Sprint at the given rhythm test

Purpose: To measure Rhythmic Ability.

Test No.2 - Backward Medicine ball throw test.

Purpose: To measure differentiation ability.

Test 3: Numbered medicine ball run test

Purpose: To measure the orientation Ability.

ADMINISTRATION AND DATA COLLECTION

The data was collected on the subjects cited above by the investigator by personally approaching the student when interuniversity tournament held in JNTU,Kakinada. The test battery selected was used to collect the data. The investigator took the help of Coaches to collect the data. Clear instructions were imparted to the subjects before the implementation of tests. A trial chance was also given to each and every subject before the start of every event. The subjects were also motivated to do the proper warming up before the start of these tests. After the implementation of the test the data was recorded in a tabulated form.

STATISTICAL PROCEDURE:

Statistical analysis was done with SPSS 20.0. Mean and standard deviation was calculated as descriptive statistics and for comparing the selected motor abilities among Man and Women players the independent t-test was employed and the level of significance was set at 0.05 level of confidence.

For analysis of the data 't-test' was used.

Table 1: Comparison of rhythmic ability between male and female inter-university football players.

of	Respondents	N	Mean	S.D.	t-value	level
	Male	20	11.63	0.81	7.88*	
	Female	20	9.89	0.69		

significance 0.05 df =28 Tabulated value 2.04 *Significant

In relation to rhythm ability significant difference was found between interuniversity male and female football players. Interuniversity male football players are far better in respect of rhythmic ability as compared to female football players.

Table 2: Significance Difference between Differentiation ability of interuniversity male and female football payers.

Respondents	N	Mean	S.D.	t-value
Male	20	12.6	1.65	.45**
Female	20	12.4	1.94	

level of significance 0.05 df =28 Tabulated value 2.04 **Not Significant

Significant difference was not found between interuniversity male and female football players with regard to differentiation ability. It indicates that there is not much difference between male and female interuniversity football players in their differentiation ability.

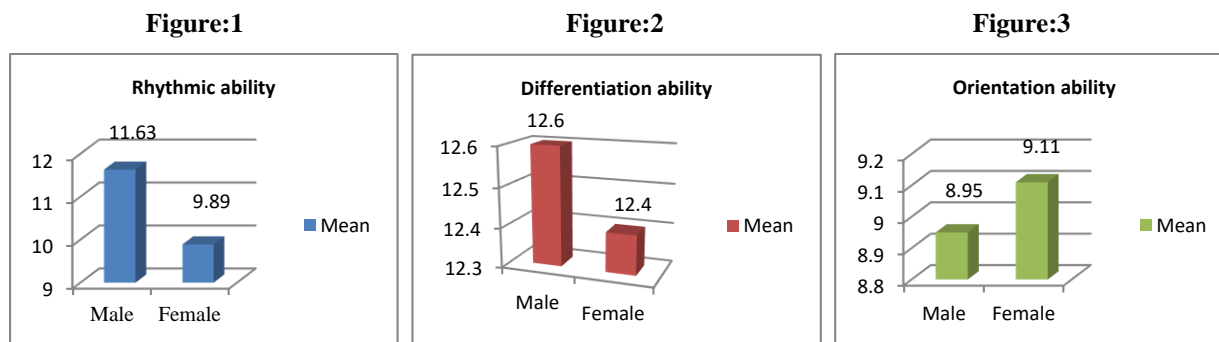
Table 3: Significance Difference between Mean orientation ability of interuniversity male and female football player.

Respondents	N	Mean	S.D.	t-value
Male	20	8.95	0.74	0.98**
Female	20	9.11	1.17	

level of significance 0.05 df =28 Tabulated value 2.04 **Not Significant

Orientation ability showed significant difference was not found between interuniversity male and female Football players. It indicates that there is not much difference between male and female interuniversity football players in their orientation ability.

FIGURES:



DISCUSSION AND CONCLUSION:

The purpose of this study was to find out the significance different of coordinative abilities between male and women football players. It was concluded from the above findings that the significant different was found in the rhythmic ability (ball reaction exercise test), orientation ability (numbered medicine ball run test) and differentiation ability (backward ball throw test) the men players had better reaction ability, orientation ability and differentiation ability in comparison to the Women players. The insignificant difference was found in the rhythmic ability (sprint at the given rhythm test) between women and men players. The results have shown that there is significant difference in reaction time of women as compared to men players. The findings may be apparent to the reason that men football players emphasized a lot of reaction in training during their practice session because they have to tackle the ball with their body and at the same time they need dribbling and fainting maneuvers as included in women football players, but they have to tackle the ball also with their own body. The orientation ability was also found to be significantly better in the men footballers as compared to the women football players. It may be attributing to the reason that there is a greater need of awareness of footballer teammates and oppositions players in football and the training that there is a sensor developed without any conscious effort. The differentiation ability was found to be significantly better in footballers as it may be argued that kinesthetic sense of awareness about the in much required in the game of football. It is due to the reason that there is a need to give passes when condition demand without being seeing the players on the bases of previously seen moment of players. Therefore, during training and competition the regular conditioning of such ability helps the footballers to develop better differentiation ability. The rhythmic ability was found insignificant of men and women football player's reason due to the similar kind of

coordinated and rhythmic moments required during the dribbling and feinting to the opponents in match situations.

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