

A Comparative Study on Selected Fitness Variables among the Rural Women Footballers in Nilgiris District and Urban Women Footballers in Erode District

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Abstract - The purpose of this study was 20 rural women footballers from Nilgiris district and 20 urban women footballers from Erode district. The age groups of the subject were ranged from 18 to 22 years. The subject was tested for speed, leg explosive power, agility and endurance. 50 meter dash run test was used to measure the speed, standing broad jump (SBJ) test was used to measure the leg explosive power (LEP), shuttle run test was used to measure the agility and 600 meter run test to measure the cardio respiratory endurance (CRE). The 'T' test was applied to determine the significance of mean difference between the groups. To the test significance .05 level of confidence was fixed. Based on the results and within the limitations of the present study it was insignificant differences above said tests.

Key Words: Physical fitness, GITA, 'T' test

1.INTRODUCTION

The origin of football can be found in every corner of the Globe. Civilization throughout history all played ball games and many of these can be considered forerunners to the modern game. This was established in England in the late nineteenth century.

Physical fitness has always been one of the foremost goals of physical education. The improvement of any skill in physical education depends upon this factor.

Swami Vivekananda said – you will be nearer to heaven through football than the study of the "Gita" you will understand Gita better with your biceps, your muscles of little strong.

Football is a sport requiring high levels of physical fitness. The concept of physical fitness includes the elements of strength, muscular endurance, cardio-respiratory endurance and flexibility and freedom from obesity. A person doesn't have to possess speed, agility, power, co-ordination etc. which provide success in athletics in order to physical fit.

2.STATEMENT OF THE PROBLEM

The study under investigation was intended to find out the comparative study on selected fitness variables among the rural football players in Nilgiris district and urban women football players in Erode district.

3.METHODOLOGY

The purpose of this study was 20 footballers each group belongs to the rural and urban women footballers in Nilgiris and Erode districts to compare the selected fitness variables. The following physical fitness variables were designed for this study.

1. Speed
2. Leg Explosive Power
3. Agility
4. Endurance

4.STATISTICAL ANALYSIS

The following statistical procedure were followed here in this study only two groups belong to different atmosphere or attitude are involved in this experiment. To find out the difference the two groups the "t" test is adopted for this study.

Table - I (Speed)

Computation for 'T'ratio for speed between the Rural women footballers and Urban Women footballers

	Mean	SD	MD	DM	'T' ratio
Rural	8.93	0.67			
			2.53	0.21	0.08
Urban	9.14	0.38			

The mean gains of speed between the two groups was 2.53 the calculated 't' value for significance difference was 0.08 since the calculated 't' value was less than table value (2.09) at 0.05 level of confidence. It was found to be statistically insignificant.



Table - II (Leg Explosive Power)

Computation for 'T'ratio for Leg Explosive Power between the Rural women footballers and Urban women footballers

	Mean	SD	MD	DM	'T' ratio
Rural	1.33	0			
			0.2	0.04	0.2
Urban	1.29	1			

The main gains of leg explosive power between the two groups was 0.2 the calculated 't' value for significance difference was 0.2. Since the calculated 't' value was less than table value (2.09) at 0.05 level of confidence. It was found to be statistically insignificant.

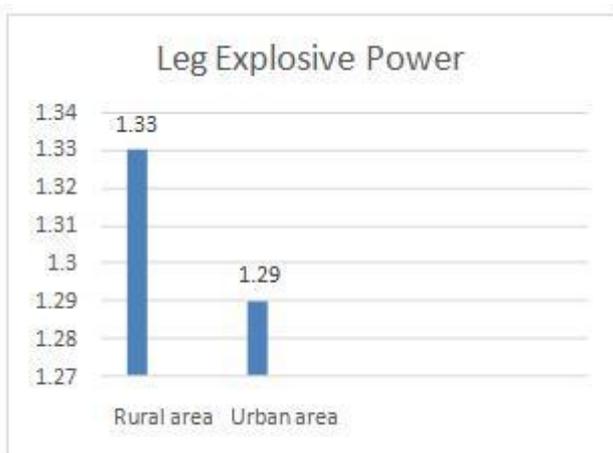


Table - III (Agility)

Computation for 't'ratio for Agility between the Rural women footballers and Urban women footballers

	Mean	SD	MD	DM	'T' ratio
Rural	11.61	0.74			
			0.59	0.59	0.01
Urban	12.2	2.62			

The mean gains of agility between the rural women footballers and urban women footballers was 0.59 the calculated 't' value for significance difference was 0.01. Since the calculated 't' value was less than table value (2.09) at 0.05 level of confidence. It was found to be statistically insignificant.

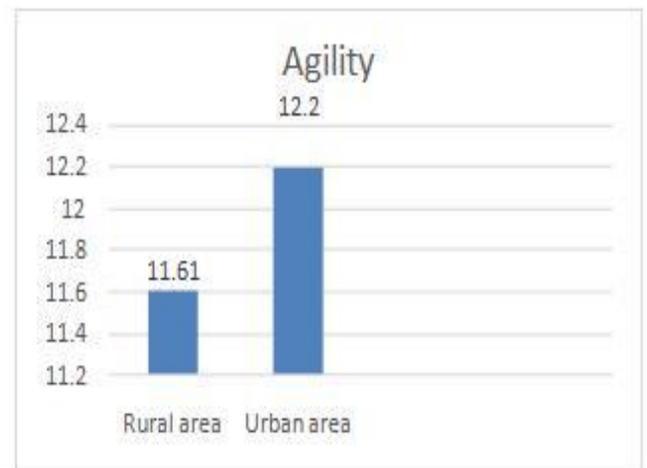
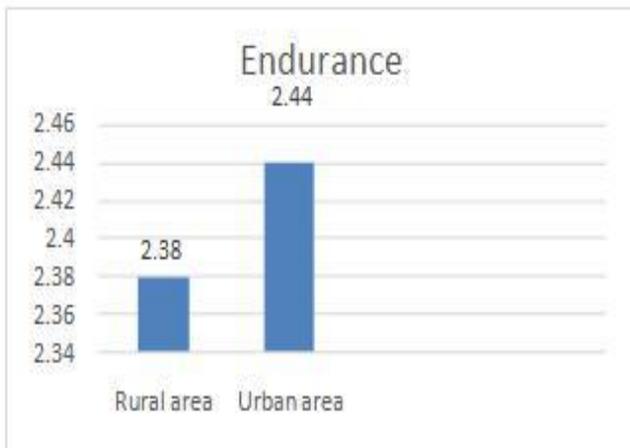


Table – IV (Endurance)

Computation for 't'ratio for Endurance between the Rural women footballers and Urban women footballers

	Mean	SD	MD	DM	'T' ratio
Rural	2.38	0.2			
			1.26	0.06	0.04
Urban	2.44	0			

The mean gains of endurance between the rural women footballers in Nilgiris districts and urban women footballers in Erode district was 1.26 the calculated 't' value for significance difference was 0.04. Since the calculated 't' value was less than table value (2.09) at 0.05 level of confidence. It was found to be statistically insignificant



5.CONCLUSION

On the basis of the outcomes and within the limitations of the current study, the following decision can be drawn

When comparing the speed between the rural women football players in Nilgiris district and urban women football players in Erode district there is no improvement. The speed for the women footballers almost equal. It was determined that the agility, leg explosive power and endurance are nearly equal for both the type of players.

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