

ANALYSIS OF PHYSICAL FITNESS OF PLAYERS IN DIFFERENT ZONES

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ABSTRACT

The purpose of the study was to analyze the physical fitness of North and East zone players. 30 male Ball Badminton players participated in National Level championship held at Bangalore (Karnatka), were selected as subjects for the study. The Subjects were ranging from 18 to 27 years. AAPHER youth physical fitness test was administered upon the players of North and East zones. All the subjects were tested in pull-ups, bent knee sit ups for one minute, standing broad jump, 50 yard dash, shuttle run and 600 yard run and walk to collect the data for various motor fitness components in players. The level of significance chosen was 0.05. The result of the study showed that North zone players were found to have more physical fitness than their counter parts

Key words : Physical fitness, North- zone, East- zone, Ball Badminton Players.

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INTRODUCTION

Man is always striving for perfection in every area of knowledge and practice. Human is unique product to nature's creation and evaluation. It is because of his highly developed muscular and nervous system, which enables him to think, express and search whatever he wants (Cab, 1988).

A happy child is a pride of nation; children are world's greatest resources. Investment in child's development is an investment in future of nation. Today's child will be tomorrow's leader and scientist, because children are our future and our most precious resources. The quality of tomorrow's world perhaps even its survival will be determined by well being, safety and development of today's children (Landies, 1955)

Man's existence and effectiveness depends upon the physical fitness. Physical fitness really implies more than the ability to do work without much efforts. Physical fitness affects to some degree all of his life activities not only his physical well being but, also mental effectiveness and personal social adjustment as well (Sloan, 1963).

Physical fitness has been acclaimed as one the essential requirement of personality development, it is a quality of men and women athletes in all spheres of life. Throughout the world physical fitness movement has grown in size and it gives special importance to youth. Increasingly, the medical profession generally agrees that proper exercise is highly desirable as an integral part of maintaining health is for more enjoyable than trying to regain it (Fahrner, 1959).

Physical education is one phase of total education process and that utilizes activities derives that are in order to develop a person organically, neuro-muscularly, intellectually and emotionally. Thus outcomes are realized whenever physical education activities are conducted in such place as the playground, gymnasium, track and swimming pool, out of the many outcomes of physical education visualized by professional leaders (Ikeda, 1962).

METHODOLOGY

Selection of the subject:-

For the purpose of the study 30 male players from each north and east zones of ball badminton was selected as the subjects. The age of the subjects was ranging from 18 to 27 years.

Selection of Variables

As the present study was to find the significant difference of physical fitness components of north and east zone players the researcher had selected these variables. Running /chinning, jumping and dodging which involves the basic elements of power, strength, speed agility and endurance to implement the study.

Sources of Data

The required data has been collected from north and east zone National level boys players of ball badminton at national level championship Bangalore.

Selection of the Test

The research scholar selected AAPERD Youth Fitness test to measure and analyze the physical fitness of north and east zone players because of its goodness, and easiness. Apart from this equipments required for the test are easily and readily available at the concerned colleges and universities.

RESULTS AND DISCUSSION

The researcher collected the necessary data in the specified scoring tables. The raw data was converted into “t” score and then the “t” score was added to form a composite score for each player. This was the case of single individual. The composite score for all the subjects was calculated. For comparison of physical fitness of the players “t” test was used. For testing the hypothesis the level of significance was set at 0.05 level of significance.

TABLE 1
DESCRIPTIVE STATISTICS PHYSICAL FITNESS COMPONENTS OF NORTH AND EAST ZONE MALE BALL BADMINTON PLAYERS

S.NO.	Variables	North Zone		East Zone	
		M	SD	M	SD
1.	Pull-ups	07.53	2.08	06 .27	2 .77
2.	Sit-ups	26.90	3.90	24 .43	3 .51
3.	Shuttle Run	11.39	0.57	12 .11	0 .87
4.	Standing Broad Jump	75.43	4.52	71 . 67	5 .20
5.	50 Yard Run	07.56	0.63	07. 74	0 .39
6.	600 Yard Run/Walk	191.03	15.94	198 .17	25.57
7.	Composite Score of Physical Fitness	317.50	28.10	282 .49	23.18

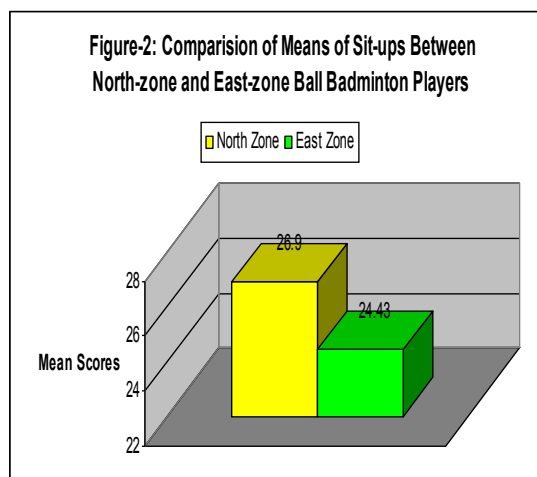
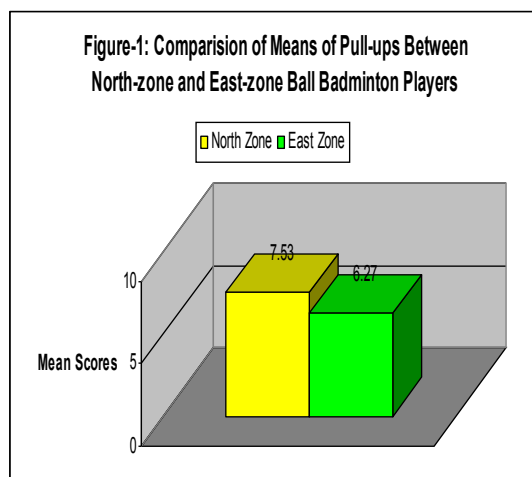


Figure-3: Comparison of Means of Shuttle-Run Between North-zone and East-zone Ball Badminton Players

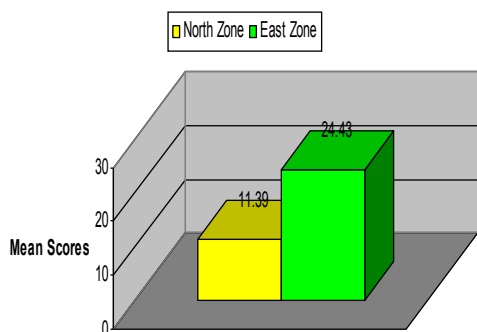


Figure-4: Comparison of Means of Standing Broad Jump Between North-zone and East-zone Ball Badminton Players

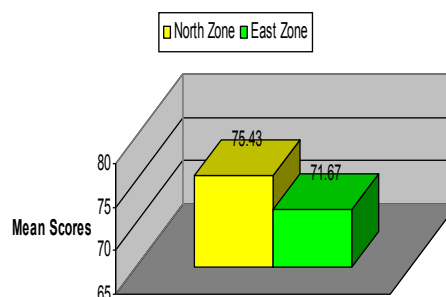


Figure-5: Comparison of Means of 50 Yard Dash Between North-zone and East-zone Ball Badminton Players

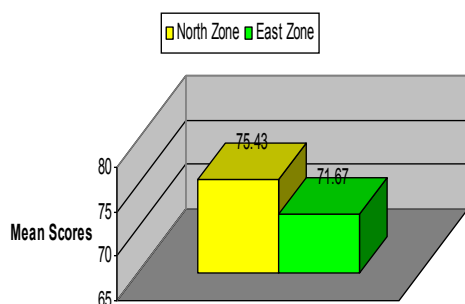


Figure-6: Comparison of Means of 600 Yard Run/walk Between North-zone and East-zone Ball Badminton Players

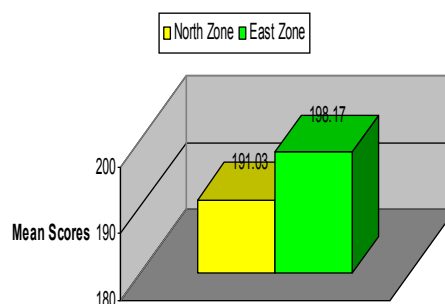


Figure-7: Comparison of Means of Cposite Score Between North-zone and East-zone Ball Badminton Players

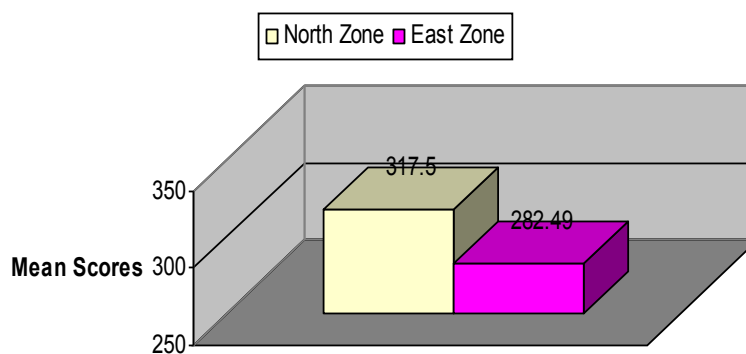


TABLE 2
COMPARISON OF MEANS OF PULL UPS BETWEEN NORTH AND EAST ZONE PLAYERS

S.N0.	Zone	Mean	SD	MD	σ_{DM}	't'
1.	North	7.53	2.08	1.266	0.632	2.00*
2.	East	6.27	2.77			

Significant at .05 level, $t_{.05(58)} = 2.00$

Table 2 revealed that the statistically significant difference existed between North and East Zones male Ball Badminton in their pull-ups, as the obtained t-value of 2.00 was exact as the required value to be significant.

TABLE 3
COMPARISON OF MEANS OF PULL UPS BETWEEN NORTH AND EAST ZONE PLAYERS

S.N0.	Zone	Mean	SD	MD	σ_{DM}	't'
1.	North	26.9	3.9	2.466	0.957	2.57*
2.	East	24.43	3.51			

Significant at .05 level, $t_{.05(58)} = 2.00$

Table 3 revealed that the statistically significant difference existed between North and East Zones male Ball Badminton in their pull-ups, as the obtained t-value of 2.57 was higher than the required value to be significant.

TABLE 4
COMPARISON OF MEANS OF SHUTTLE RUN BETWEEN NORTH AND EAST ZONE PLAYERS

S.N0.	Zone	Mean	SD	MD	σ_{DM}	't'
1.	North	11.39	0.57	0.791	0.1888	4.17*
2.	East	12.11	0.87			

Significant at .05 level, $t_{.05(58)} = 2.00$

Table 4 revealed that the statistically significant difference existed between North and East Zones male Ball Badminton in their shuttle Run, as the obtained t-value of 4.17 was higher than the required value to be significant.

TABLE 5
COMPARISON OF MEANS OF STANDING BROAD JUMP BETWEEN NORTH
AND EAST ZONE PLAYERS

S.N0.	Zone	Mean	SD	MD	σ_{DM}	't'
1.	North	75.43	4.52	3.76	1.257	2.98*
2.	East	71.67	5.2			

Significant at .05 level, $t_{.05(58)} = 2.00$

Table 5 revealed that the statistically significant difference existed between North and East Zones male Ball Badminton in their Standing Broad Jump, as the obtained t-value of 4.17 was higher than the required value to be significant.

TABLE 6
COMPARISON OF MEANS OF 50 YARD DASH BETWEEN NORTH AND
EAST ZONE PLAYERS

S.N0.	Zone	Mean	SD	MD	σ_{DM}	't'
1.	North	7.56	0.63	0.183	0.135	1.35
2.	East	7.74	0.39			

Significant at .05 level, $t_{.05(58)} = 2.00$

Table 6 revealed that the statistically significant difference was not existed between North and East Zones male Ball Badminton in their 50 Yard Dash, as the obtained t-value of 1.35 was less than the required value to be significant.

TABLE 7
COMPARISON OF MEANS OF 600 YARD RUN/WALK BETWEEN NORTH
AND EAST ZONE PLAYERS

S.N0.	Zone	Mean	SD	MD	σ_{DM}	't'
1.	North	191.03	15.94	7.133	5.50	1.29
2.	East	198.17	25.57			

Significant at .05 level, $t_{.05(58)} = 2.00$

Table 7 revealed that the statistically significant difference was not existed between North and East Zones male Ball Badminton in their 600 Yard Run/walk, as the obtained t-value of 1.29 was less than the required value to be significant.

TABLE 8
COMPARISON OF MEANS OF COMPOSITE SCORE BETWEEN NORTH AND EAST ZONE PLAYERS

S.NO.	Zone	Mean	SD	MD	σ_{DM}	't'
1.	North	317.5	28.1	35.00	6.65	5.2*
2.	East	282.49	23.18			

Significant at .05 level, $t_{.05(58)} = 2.00$

Table 8 revealed that the statistically significant difference existed between North and East Zones male Ball Badminton in their Composite Score, as the obtained t-value of 5.2 was higher than the required value to be significant.

DISCUSSION

It was observed that the mean of composite scores of both North and East zone players are 317.5 and 282.49 and mean difference is 35.00. The calculated "t" value of north and east zone players is 5.2 which is greater than the tabulated "t" value 2.002 at 0.05 level of confidence. Hence there is significant difference in composite scores between north and east zone players.

From the discussion it was found that the north zone players have better physical fitness than that of the east zone players, because of good climatic conditions and less pollution in north zone than that of the east zone and because of climbing on hills increase the endurance and strength of north zone players than that of east zone players, the north zone players also takes good balanced diet, that is why north zone players have better physical fitness than that of the east zone players.

On the whole the study shows that north zone players due to their hardship nature and good climatic conditions have better physical fitness than that of east zone players.

CONCLUSIONS

Within the limitations of this study, the following conclusions were drawn from the results:

1. The north zone players have better physical fitness than east zone players.
2. Good environment and good climatic conditions help a man to acquire more physical fitness.
3. Good quality of diet will help a man to acquire good and better physical fitness.

RECOMMENDATIONS

1. The subjects selected where the age group of 18 to 27 yrs and so it is recommended that similar study can be conducted for men of different age groups.
2. It is recommended that similar studies can be conducted on girls and women players.
3. The study can be conducted also on the people living at various climatic conditions.
4. This study can be conducted at different places.

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