

Comparison of Selected Motor Abilities among Sr. Sec School Level Volleyball and Basketball Female Players

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Abstract

Present study purpose was to compare the speed, legs-power, arm-power and agility of volleyball and basketball female players. The data were collected from 20 players of volleyball and 20 players of basketball who used to practice for interschool competition Govt. Sr. Sec. School Dhalowali, Distt Gurdaspur. The age of the subjects ranged between 16 to 19 years. Selected motor ability test were used to measure motor ability components. The 't' test was employed to see the significance of mean difference if any between Sr. Sec Govt. School level volleyball and basketball female players. The level of significance was set at 0.05 from the finding of this study it was conclude that there were no significant differences between volleyball and basketball players in speed($t=0.236$).legs power ($t=0.041$) and arms power($t=0.335$) as the calculated value were less than the table value of 2.021 required to be significant at 0.5 level. In agility volleyball players differ significantly with basketball players ($t=2.42^*$) at chosen level of significance

Introduction

The overall national rating in each and every aspect of development always depends, directly or indirectly, upon where it is younger generation of yester years stood. Today's youngsters are bound to be tomorrow's foundations. Since so much is excepted from the younger's generation. It should be kept in mind that there are several factors that underlie their future. One of these basic factors is motor fitness the future of a nation depends upon the future of its younger generation. Physical education and sports programs have the potential to improve the quality of life for everyone. The purpose of physical education and sports is to enhance lives through participation in physical activities the objective such as cognitive development, physical fitness. Motor abilities are an inseparable part of sports performance and achievement the term motor ability has been synonymously used with physical fitness. However it differs from physical fitness. Since the modern definition of physical fitness takes into its account not only motor fitness components but also account not only motor fitness components but also health related components. The efficiency of basic movements involves such elements as power, agility, flexibility, strength. The motor abilities for performance commonly recognized are strength speed, power, agility flexibility, reaction time, speed of movements balance and coordination. In the most sports other factors such as physical skill, training, rest nutrition being equal. It is important to notice that performance in motor abilities depends to a large extent on the state of health of the person concerned. In 1973, according to Mathew's motor ability is directly related to physical fitness and also helps in achieving total fitness. A child who is fit enjoys robust health fine looking physique, a satisfactory level and emotional adjustment and a proficiency in basic skills of movement. The quality of an individual sports man's motor ability in term of its utilization values is

directly proportional competitions one can hardly differentiate between the top contenders from one another in terms of level of motor abilities. However, the deciding factors sometimes remain with fitness in term of his finer aspects. Modern and latest concept in physical education is to study the various fitness among various groups depending upon region, race and gender difference, economical levels. Educational levels, educational background and general awareness of the respective society. This helps us in producing athletes and sports persons of high ability, tenacity, endurance and performance/ the volleyball and basketball games are accepted as the most popular games in Schools, colleges and universities levels. But no efforts are made as to analyze the performance determining factors and to train systematically through scientifically planned program. Keeping this in view the present research motor abilities, which determines the performance abilities of Sr. Sec School level volleyball and basketball players will be felt useful and necessary. The motor ability of player is judged by the performance of the player and the performance is based on many motor abilities, agility, speed, power, flexibility, balance etc. there are some factors which influence the performance of a players. It is needed to know those essential factors which are closely related to the respective game. Although almost all the motor qualities are required for all the games.

Objective

The purpose of the present study was to compare the speed, power and agility among Sr. Sec School level volleyball and basketball female women player. The researcher has opted the study of comparison of selected motor abilities among Sr. Sec School level volleyball and basketball Sr. Sec School female players.

Procedure

The data were collected from 20-20 players of volleyball and basketball from Sr. Sec Govt. School Dharowali. The age of the subjects ranged between 16-19 years selected motor ability components. The 't' test was employed to see the significance of mean difference if any between Sr. Sec School level volleyball and basketball female players. The level of significance was set at .05.

Result

The significance of mean difference between volleyball and basketball female players an selected various motor ability components have been presented in table 1-5 and depicted in figure 1-5.

Table-1

Significance of mean difference between volleyball and basketball female players on speed.

Group	Mean	S.D.	Df	M.D.	S.E.	t
Volleyball	08.85	1.01	42	0.0859	0.364	.236*
Basketball	08.94	1.37				

* **Significant at 0.5**

From the result presented in table-A, shows that the mean and standard deviation values with regards to volleyball on the speed variables were 8.94 and 1.37 respectively. So it indicates that the no significant difference had been found between volleyball and basketball players as the calculated t-value(0.236) was less then tabulated t-value(2.021) at .05 level.

Comparison of mean difference between volleyball and basketball players on variable speed has been presented in figure-1

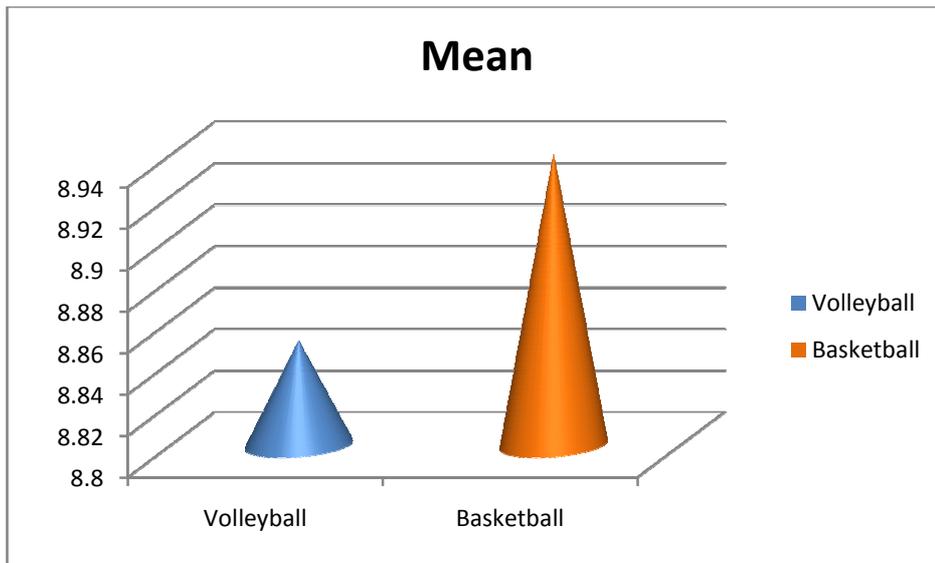


Table-2

Significance of mean difference between volleyball and basketball female players on power

Group	Mean	S.D.	Df	M.D.	S.E.	t
Volleyball	94.09	3.146	42	0.05	1.099	.041*
Basketball	94.14	4.086				

Significant at .05

't' at .05=2.021

From the result presented in table-2, it has been observed that basketball had more legs power on the dependent variable as mean and standard deviation values 94.14 and 4.086 whereas volleyball players had mean and standard deviation values as 94.09 and 3.14 respectively. So, it indicated that no significant differences had been found between volleyball and basketball players on legs power as calculated t-value(0.041) is lower than tabulated t-value(2.021) at .05 level which is statistically insignificant.

The comparison of mean difference between volleyball and basketball players on the variable legs power has been presented in figure-2

Comparative mean of volleyball and basketball female players on variables legs power

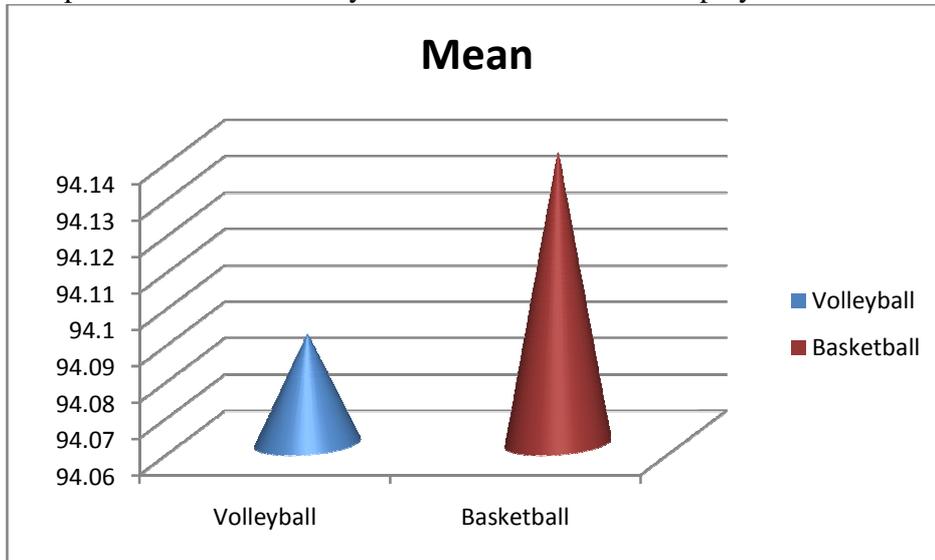


Table-3

Significance of mean difference between volleyball and basketball on arms power

Group	Mean	S.D.	Df	M.D.	S.E.	t
Volleyball	03.11	0.393	42	0.0386	0.115	.335*
Basketball	03.15	0.370				

* Significant at .05 't' at .05=2.021

Table-3 shows that the mean and standard deviation value for volleyball on the arms power variables were 03.11 and 0.393 respectively where in case of basketball players the same were 03.15 and 0.370 respectively. So, it indicates that there were no significant difference between volleyball and basketball players on the arm power variable as the calculated t-value (0.335) is lower than tabulated t-value(2.021) at .05 level which is statistically insignificant.

The comparison of mean difference between volleyball and basketball players on the variable, Arms power has been presented in figure-3

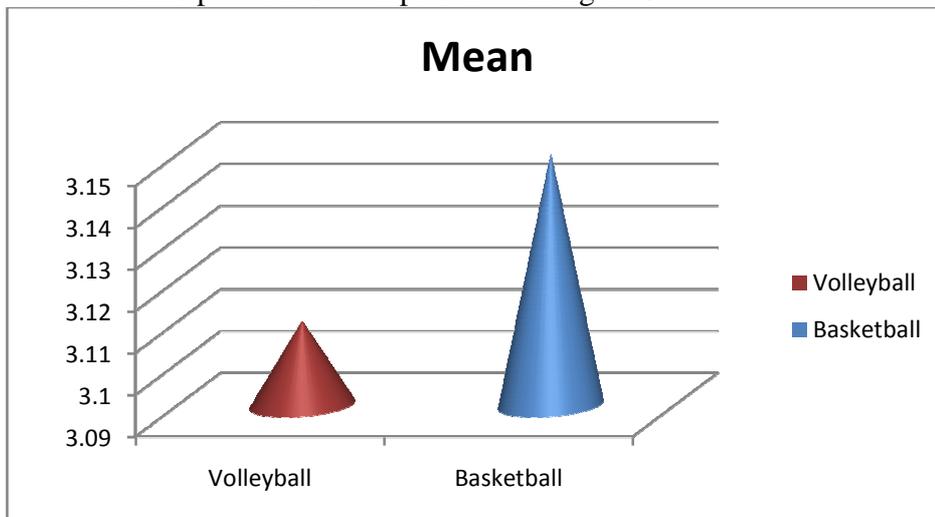


Table-4

Significance of mean difference between volleyball and basketball players on agility

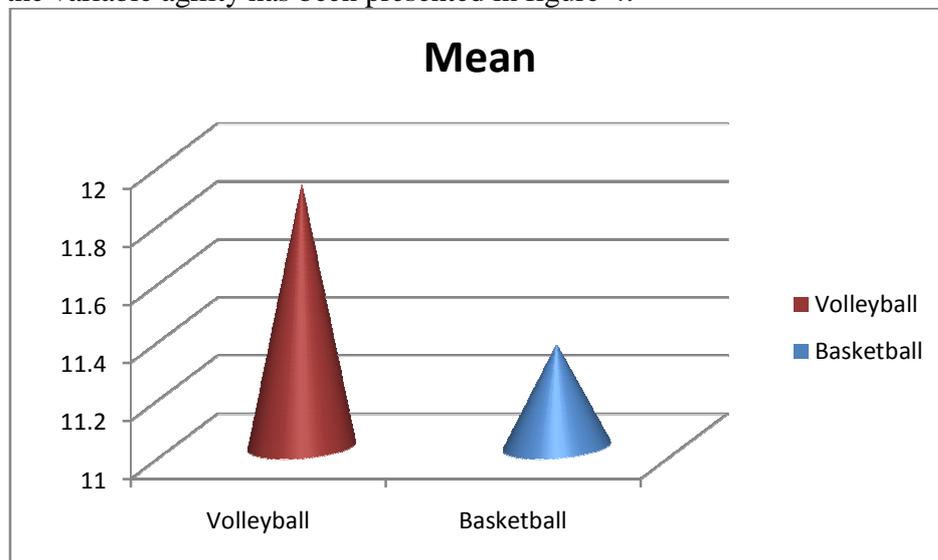
Group	Mean	S.D.	Df	M.D.	S.E.	t
Volleyball	11.90	0.98	42	0.553	0.270	2.042*
Basketball	11.35	0.80				

* Significant at .05

't' at 0.5=2.021

Table no-4 indicates the mean and standard deviation value for volleyball on the agility variables were 11.90 and 0.98 respectively whereas in the case of basketball players the same were 11.35 and 0.85 respectively. So. It indicates that there were significant difference between volleyball and basketball players on the agility variables as the calculated t-value(2.042) is greater than tabulated t-value(0.021) at .05 level which is statistically significant.

The comparison of mean difference between volleyball and basketball players on the variable agility has been presented in figure-4.



Discussion

from the finding of this study it may be concluded that the performance of volleyball and basketball players was not found statistically different with regard to speed. Legs power and arms power since all these components of motor ability in equal measure in their games. However the mean difference of performance of volleyball and basketball players in the speed variable was not found statistically different because of the nature of their respective games as the games of volleyball and basketball required a lot of frequent sprints, but in case of agility volleyball players were more superies as compare to their basketball players.

Conclusion

No significant difference has been found between the speed variable of volleyball and basketball players. No significant difference has been observed between the legs power variable of volleyball and basketball players. No significant difference has been observed between the arms power variable of

volleyball and basketball players. Significant difference has been espied between the agility variable of volleyball and basketball players.

References

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