A study of Kin-Anthropometric Measurements of Volley Ball and Hockey Players of J&K

Raja Idreesul Hassan Khan
Physical Education Teacher, Department of Youth Services and Sports J&K, India

Abstract

The purpose of the study was to measure and compare the Kinanthropometric Measurement of Volley Ball and Hockey players of Jammu and Kashmir. After due consideration of all the points, purposive sample technique was employed. 60 Volley Ball and 60 Hockey players were selected purposively for the study ranged between the age group of 18 to 22 years from the inter college Competitions of University of Kashmir. This is a survey study under Descriptive Research. The Criterion measure adopted in this study are as follows: Standing Height and Body Weight. The Tools Use for Data Collection were Kinanthropometric Measurement Tests to measure Kinanthropometric Measurments. The data was collected from the University of Kashmir level competitions of Volley Ball and Hockey. After data collection, data of kin anthropometric measurements of Volley Ball and hockey players was compared and analyzed by using the descriptive statistics and independent 't' test. The level of significance was kept at 0.05 to test the hypothesis. The researcher analyzed the collected data as per the objectives set for the research study. The statistical analysis of kin-anthropometric Measurement revealed that in the Measurements such as Standing Height, there was significant difference between Volley Ball Players and Hockey Players. While in the Kin-anthropometric Measurement such as Body Weight, there was no significant difference between Volley Ball Players and Hockey Players. The overall performance of the Volley Ball Players in terms of kin-anthropometric Measurement were found better than Hockey Players. Finally the researcher concluded that the Volley Ball Players were better in kin-anthropometric Measurement as compare to Hockey Players. This clearly shows that Volley Ball Players have better anthropometric Measurement as compare to Hockey Players.

KEYWORDS: Kin-anthropometric, Volley Ball, Hockey players.

Introduction

Kinanthropometry is defined as the study of human size, shape, proportion, composition, maturation, and gross function, in order to understand growth,exercise, performance, and nutrition. Over the years, the performance of the country in the field of sports has revealed a steady decline, which has given us food for through and brought home the fact that all is not well without sports progress activities. A view was articulated that if the country was to make any progress in the field of sports, the only successful way is to strengthen the base of the paramedical construction of performance which could be done through broad basing physical education and fitness actions right from the elementary school up wards. The purpose of the study was to measure and compare the Kinanthropometric Measurement of Volley Ball and Hockey players of J&K.

Materials and Methods

The purpose of the study was to measure and compare the Kinanthropometric Measurement of Volley Ball and Hockey players of J&K. After due consideration of all the points, purposive sample technique was employed. 60 Volley Ball and 60

Hockey players were selected purposively for the study ranged between the age group of 18 to 22 yearsfrom the inter college Competitions of University of Kashmir. This is a survey study under Descriptive Research. The Criterion measure adopted in this study are as follows: Standing Height and Body Weight. The Tools Use for Data Collection wereKinanthropometric Measurement Tests to measure KinanthropometricMeasurments. The data was collected from the University of Kashmir level competitions of Volley Ball and Hockey. After data collection, data of kin anthropometric measurements of Volley Ball and hockey players was compared and analyzed by using the descriptive statistics and independent 't' test. The level of significance was kept at 0.05 to test the hypothesis.

Results

Table No. 1
Descriptive statistics of Standing Height between Volley Ball Players and Hockey Players

Group	N	Mean	Std. Deviation	Std. Error Mean
Volley Ball Players	60	165.8667	10.11873	1.30632
Hockey Players	60	165.4000	10.23156	1.32089

Table No. 2
Paired Samples 't' test of Standing Height

t	df	Sig. (2-tailed)	Mean difference	Std.Error Difference
-3.344	59	.001	-.46667	.13954

Table No 3
Descriptive statistics of Body Weight between Volley Ball Players and Hockey Players

Group	N	Mean	Std. Deviation	Std. Error Mean
Volley Ball Players	60	49.2000	8.55544	1.10450
Hockey Players	60	49.1967	8.55302	1.10419

Table No. 4
Paired Samples 't' test of Body weight

t	df	Sig. (2-tailed)	Mean difference	Std.Error Difference
-1.426	59	.159	-.00333	.01810

Findings and Discussion

The researcher analyzed the collected data as per the objectives set for the research study. The statistical analysis of kin-anthropometric Measurement revealed that in the Measurements such as Standing Height, there was significant difference between Volley Ball Players and Hockey Players. While in the Kin-anthropometric Measurement such as Body Weight, there was no significant difference between Volley Ball Players and Hockey Players. In the present the results also showed that in kin-anthropometric Measurement like Standing Height, Body Weight, the Volley Ball Players were found to be better than Hockey Players.

Conclusion

Based on the work carried out following conclusions were drawn.

- In Standing Height, the Volley Ball Players were found to be better than Hockey Players.
- In Body Weight, the Volley Ball Players were found to be better than Hockey Players.

The overall performance of the Volley Ball Players in terms of kin-anthropometric Measurement were found better than Hockey Players. Finally the researcher concluded that the Volley Ball Players were better in kin-anthropometric Measurement as compare to Hockey Players. This clearly shows that Volley Ball Players have better anthropometric Measurement as compare to Hockey Players.

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