Motor Fitness and Playing Ability of State Level Thangatha Players of Jammu and Kashmiir

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Abstract

The purpose of the study was to study Motor fitness and playing ability of Thangatha players. There were four selective motor fitness components which were used as a criterion measures for this study. For analysis the data and to find out the relationship between selective motor fitness and playing ability Pearson product moment correlation ship was applied. Level of confidence was set at .05 levels. Firstly, selective fitness components were evaluated. The result of the study clearly discloses that motor fitness had considerable relationship with the playing ability of the State level thangatha players of J&K. On the basis of results and associated discussion it may be concluded that motor fitness and playing ability had low correlation. There might be some reasons of the low correlation in the perspective of good scientific coaching. There was the possibility of the lack of coaching aspects, which shows clearly in the findings that the motor fitness was less correlated with playing ability.

INTRODUCTION

Motor ability variables have been considered as important prerequisite for sportsman to secure the top level performance in the game. There is a general agreement among athletic that general motor abilities and specific motor abilities play a decisive role in determining ones level of performance in a wide range of motor abilities. Motor ability is used to obtain achievement in motor skill. It denotes immediate state of the individual to perform in a wide range of motor skill. The components of fitness each work together to contribute to the ability of the body to handle physical demands. The more efficient the body functions, the higher the level of their fitness. Optimal fitness is a combination of lifestyle, nutrition, habits, but it cannot be reached without an appropriate level of physical activity. According to my perspective, in the game of Thangatha there are many conditions which are in unbalanced manner during play. We all know that how the thangatha becomes as a Power game from the last 2-3 decades, Previously A cohesive team which is comprised of skilful and physically fit players is bound to achieve success. Coaching in the modern sports would be based on scientific and systematic information derived from research. With regard to physical fitness there are several factors that a number of overlapping activities and of course, individual preferences are to be taken into account, so as to achieve the same goal. Fitness activities include jogging, swimming, cycling, walking, weight training, aerobic dance, water aerobics, free arm exercises and yoga. The term physical fitness has been divided into two distinct categories: skill-related and health-related fitness. Skill related fitness (performance fitness) includes those qualities that provide the individual with the ability to participate in sports activities. The components of skill-related fitness are agility, balance, coordination, speed, power and reaction time. Health-related fitness includes regular exercise in combination of proper diet and abstention from smoking and using potentially dangerous drugs and it will increase greatly one's quality of health. The components of health-related fitness are cardio respiratory endurance, muscular endurance, muscular strength, body composition and flexibility. Motor ability has been defined as "the present acquired innate ability to

perform motor skills of general of fundamental nature exclusive of highly specialized sports or gymnastic techniques.

METHODOLOGY Total 20 Subjects were selected for this study. The subjects were selected by random sample selection. These are the state level players of J & K state. Their age ranged between 18-28 years. In order to find out the relationship between motor fitness ability and playing ability Pearson product moment correlation ship was applied and the level of significance chosen for the study was at .05.

ANALYSIS OF THE DATA

TABLE–I: RELATIONSHIP OF MOTOR FITNESS AND PLAYING ABILITY

Variables correlated	Coefficient of correlation r
Motor fitness and playing ability	0.39

Significant at 0.05 level of significance r 0.05 (18) = 0.39

The obtained value of r = 0.37 from table – I clearly indicated low correlation between motor fitness and playing ability, because the required value at 0.05 level of significance with 18 degree of freedom is 0.39.. That indicates that there is low correlation between motor fitness and playing ability of state level Players.

IV. DISCUSSION OF FINDINGS The result of the study clearly discloses that motor fitness had considerable relationship with the playing ability of the state level players of J &K. Result contraindicate with the earlier researchers, which have shown the significant relationship of these two variables i.e. motor fitness and playing ability. The other fact might be that if the playing ability was scored after end of the match, then the players got fewer score comparative to the considered scores by influencing the various factors. i.e. Fatigueless, Psychological pressure, Rush of the game, match situation etc. It was possible that, Players were fresh in the starting part of the game so definitely they will perform all the skills very well as compare at the last minute of the game, therefore somewhere the difference in scoring of all individual skills and playing abilities. The present study shows that relationship of Motor fitness & Playing ability was below average the reason might be due to the fact that the players belongs to different places therefore players had lack of coordination during the match. The other reason of low correlation might be the burden of their academic courses, that's why they didn't get sufficient time for practice in whole year.

V. CONCLUSION On the basis of results it is concluded that motor fitness and playing ability have low correlation in this study.

VI. REFERENCES

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