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Study of physical fitness of college-level hokey and non-hokey players of Poonch district in J&K

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ABSTRACT

Sports are an important part of just about every society, every country, and every part of our planet. In one way or another, everyone is involved in sports or some sort, whether they're playing or watching or just knows someone who does either. Many athletes compete in sports, only a few reaches the highest performance level. Certainly not everyone has the same potential in the beginning. From this study it has been observed that there is no significant difference has been found on one and half mile run while comparing hokey players and non-hokey players of district Poonch. Also, there was no significant difference observed on sit up among -hokey players and non-hokey players. Hokey players and non-hokey players did not show any difference on sit and reach test i.e. flexibility as well from aforementioned district among college students.

Keywords— Hockey Players, Non-Hockey Players, Physical Fitness

1. INTRODUCTION

Hockey at any level is a thrilling game enjoyed by players of all ages. The vast majority plays the game primarily for social reasons and do not normally have the opportunity for the sort of coaching that could significantly improve both their individual skills and overall performance (Taylor Ian and David Vear, 1988). Hockey is a fast and furious game of remarkable complexity, and the variety of skills displayed can confuse even the most knowledgeable spectator. At the highest level, these movements are the result of years of painstaking practice by players who have made many sacrifices in the interest of the sport to reach the game's premier stage. However, one of the truly great things about the game is the fact that it can be enjoyed by almost everyone with an interest in sporting activity.

Sports are an important part of just about every society, every country, and every part of our planet. In one way or another, everyone is involved in sports or some sort, whether they're playing or watching or just knows someone who does either. Many athletes compete in sports, only a few reaches the highest performance level. Certainly not everyone has the same potential in the beginning.

2. PHYSICAL FITNESS

Bud Gatchell (1964), defines Physical Fitness as the “capacity of the heart, blood vessels, lungs and muscles to functions at optimal efficiency” of fitness which are related to each other and are mutually iinter dependent”.

3. METHODS AND MATERIALS

To achieve the objectives of a study the investigator /researcher has used experimental method to compare the physical fitness between Hokey and Non-Hokey students of Govt Degree College Poonch of Tehsil Haveli for this experimental method (AAPHER) test of physical fitness to collect the data. In this chapter the procedure adopted for selection of subjects' criterion measures, Collection of data procedure for administering test at the statistical technique used for analysis of data have been presented. Sample size was 40 Hokey players and 40 Non-hokey players/ students from Govt Degree College Poonch of Tehsil Haveli. We selected the subjects from the BA 1st year to BA 3rd year students and the age of the subjects ranged 18-22 years.

(a) **1.5 Mile Run and Walk Test** to Measure Cardio-Respiratory Endurance.

(b) **Skin fold measurements:** to measure body composition (leanness/fitness)

(c) **Modified Sit-ups:** to measure abdominal Strength and Endurance

(d) **Sit and Reach test:** to measure the Flexibility of the back and leg (hamstring) muscles to measure the Flexibility of the Back and Leg (hamstring) muscles.

After data was collected by the investigator with the help of assistants was analyzed with the help of suitable Statistical Procedure. Mean and Standard Deviation will be calculated and the effect will be made with the help of “t” ratio. The level of significance for this study will be 0.05.

4. ANALYSIS OF DATA AND INTERPRETATION

4.1 Sources of data

For the present study, data was obtained from both primary (Experimental record) and secondary sources (College records). The primary data was gathered through experimental study in District Poonch and Secondary data was the second hand information, which is already collected by others and that information is available in printed form.

Table 1: Comparison of 1.5mile run/walk among Hokey and Non hokey players

Variable	Hokey players, (n=40)		Non-Hokey Players (n=40)		“t”	Level of Significance
	Mean	S.D.	Mean	S.D.		
1.5 Mile run/walk	15.57		1.80		15.781.06	NS

“t” value at NS=not significant. .05 = 1.96 and .01= 2.57

Table 2: Comparison of modified sit ups among Hokey & non-hokey players

Variable	Hokey players, (n=40)		Non-Hokey Players (n=40)		“t”	Level of Significance
	Mean	S.D.	Mean	S.D.		
Modified Sit ups	25.36	8.70	26.86	8.55	1.49	NS

“t” value at NS=not significant. .05 = 1.96 and .01= 2.57

Table 3: Comparison of sit and reach among Hokey & non-hokey players

Variable	Hokey players, (n=40)		Non-Hokey Players (n=40)		“t”	Level of Significance
	Mean	S.D.	Mean	S.D.		
Sit and Reach	9.46	2.01	9.67	1.94	0.93	NS

“t” value at .05 = 1.96 and .01= 2.57

Table 4: Comparison of triceps skin fold among Hokey & non-hokey players

Variable	Hokey players, (n=40)		Non-Hokey Players (n=40)		“t”	Level of Significance
	Mean	S.D.	Mean	S.D.		
Triceps skin fold	25.36	8.70	26.86	8.55	1.49	NS

“t” value at NS=not significant. .05 = 1.96 and .01= 2.57

Table 5: Comparison of subscapular skinfold among Hokey & non-hokey players

Variable	Hokey players, (n=40)		Non-Hokey Players (n=40)		“t”	Level of Significance
	Mean	S.D.	Mean	S.D.		
Subscapular- skinfold	11.99	5.83	12.50	5.25	0.79	NS

“t” value at NS=not significant. .05 = 1.96 and .01= 2.57

Table No. 7: Comparison of total skin fold among Hokey & non-hokey players

Variable	Hokey players, (n=40)		Non-Hokey Players (n=40)		“t”	Level of Significance
	Mean	S.D.	Mean	S.D.		
Total skin fold	24.00	10.65	24.67	10.05	0.56	NS

“t” value at NS=not significant. .05 = 1.96 and .01= 2.57

5. RESULT AND CONCLUSIONS

- (a) No significant difference has been found on one and half mile run while comparing hokey players and non-hokey players of district Poonch.
- (b) There was no significant difference observed on sit up among -hokey players and non-hokey players.
- (c) Hokey players and non-hokey players did not show any difference on sit and reach test i.e. flexibility.
- (d) No significant difference has been found of triceps skinfold between hokey players and non-hokey players.
- (e) Hokey players and Non-Hokey players did not show significant difference on subscapular skinfold.
- (f) No significant difference has been observed on total skinfold among hokey players and non-hokey players of college level students of Degree college Poonch.

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