



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2016; 3(3): 01-02
© 2016 IJPESH
www.kheljournal.com
Received: 13-03-2016
Accepted: 15-04-2016

Dr. Rajesh Boora
Associate Professor, PIG Govt.
Women College, Jind (Haryana),
India

Comparison of batsmen and bowler on physical fitness variable agility

Dr. Rajesh Boora

Abstract

The present study was an attempt to investigate the significant mean difference between Batsmen and Bowlers on physical fitness variable agility which are participating at District level. The sample of the study comprised of 20 batsmen and 20 bowlers of Jind district of Haryana state. All the players are male participants and their age ranges from 16 to 19 years. In order to test the significance of mean difference between the variables descriptive statistics was employed. The result indicates that there exists a significance difference between Batsmen and Bowlers on physical fitness variable agility. Batsmen were found to be better than Bowlers on this physical fitness variable.

Keywords: Agility, Cricket, Players.

1. Introduction

The term fitness, physical fitness and motor fitness are often used interchangeably, but motor fitness is actually the broader concept, including both physical fitness and motor ability factors (Baumgartner and Jackson, 1991). Fitness has broader meaning which includes not only physical fitness but anatomical, psychological and physical fitness too. Thus fitness is neither a matter of merely muscles nor of physical capacity alone. But it includes the realign of mental, moral, social and emotional fitness as well. Motor fitness is defined as "a readiness or preparedness for performance with special regards to big muscle activity without undue fatigue. The motor fitness component of speed, power, agility, balance and coordination are generally considered to be the performance or skill related components of fitness. These differ considerably from the health related components of fitness that they are genetically dependent, resistant to major environmental modifications, and relatively stable.

Agility

One of the most important factors influencing movement is agility. This factor is revealed by the ability of the body or parts of the body to change directions rapidly and accurately. It is connected with the motor qualities in a different way. Each simple motor action demands agility. The sportsperson requires it when actions are to be combined or when movement has to be performed by changed and unaccustomed conditions. Agility is the ability to change the direction of the body rapidly and accurately. Certainly agility plays an important role in sports specially cricket. It is required to a great extent in cricket involving efficient footwork and quick changes in body position.

Methodology

For this study the investigator adopted survey method to collect data related to cricket players (batsmen and bowlers). The subjects of the study consist of 40 cricket players i.e. 20 batsmen and 20 bowlers. The age group of cricket players ranges between 16 to 19 years. All these cricket players are male participants and belong to district Jind (Haryana) only.

Tools Used: Zigzag run test

Purpose: To measure Agility

Equipments: a stopwatch, 5 wooden sticks, a measuring tape, a scoreboard and outdoor ground area (20 feet * 25 feet).

Correspondence
Dr. Rajesh Boora
Associate Professor, PIG Govt.
Women College, Jind (Haryana),
India

Procedure

The test was explained and demonstrated before the testing commenced. The subject assumed a standing start position behind the starting line. On the signal ‘Go’, the subject started running around the sticks in the designated manner as fast as possible. The path of running was in the shape of the figure of ‘Eight’. Three rounds were completed in this fashion and at the finish of the third round the time keeper stopped the stopwatch. If any subject made a foul or failed to run the prescribed course, he would be asked to run again.

Instruction

While running, the subjects were neither allowed to touch any stick throughout the run nor could they misplace them in any way.

Scoring

When the subject completed three laps in a prescribed course. The nearest tenth of a second was recorded as the score of the subject.

Validity

Test validity is .736 based on a comparison of the test with a composite of 29 tests measuring eight different components of motor ability.

Reliability

The reliability of the test is .795. The test objectivity comparing two cases is .996.

Testing personnel: The help of one trained person was taken to conduct the test.

Findings

The main objective of the study is to compare batsmen and bowlers on physical fitness variable agility. The data collected from cricket players was arranged, tabulated and statistically analyzed. The obtained data was processed for descriptive statistics i.e. mean, S.D and Z-ratio.

Table 1: Results of mean scores of Zigzag run test of Batsmen and Bowlers

Sr. No.	Variable	Batsmen		Bowlers		Z-ratio
		Mean	S.D	Mean	S.D	
1.	Z-Z Run	25.20	1.18	24.34	0.94	4.229**

**Significant at .01 level of confidence

Table 1 shows the results of mean scores of Zigzag run test of Batsmen and Bowlers which are 25.20 sec. and 24.34 sec. respectively. The Z-ratio of the mean difference on Zigzag run test is 4.229 in favor of Batsmen. It is significant at .01 level of confidence. Hence, the difference between the mean scores of Batsmen and Bowlers on Zigzag run test is significant. The mean score of Batsmen is higher than that of Bowlers. It implied that the Batsmen have better agility components as compared to Bowlers. It may be due to the medium body structure of majority of batsmen as compare to their counterpart Bowlers. They can move their body very fast and very easily but Bowlers can’t perform that much easily and effectively due to their long height and stiff physique in most of the cases.

Discussion of Findings

The results suggested that the Batsmen have better agility than the Bowlers. It Hence, there exist a significance difference between Batsmen and Bowlers on physical fitness

variable agility.

Conclusion

Based on the results of the present study the following conclusion is drawn:

There exists a significance difference between Batsmen and Bowlers on physical fitness variable agility. Batsmen were found to be better than Bowlers on this physical fitness variable.

Implications

The findings of the study have a number of implications for coaches, physical education teachers, trainers and cricket players.

References

1. Barrow HM, Mc Gee R. A practical approach to measurement in physical education. Philadelphia: Lea & Febiger, 1979.
2. Baumgartner TA, Jackson AS. Measurement for evaluation in physical education and exercise science. Dubuque: Wm C. Publishers, 1991.
3. Bergar RA. Applied exercise physiology. Philadelphia: Lea and Febiger, 1982.
4. Clarke HH, Clarke DH. Application of measurement to physical education. New Jersey: Prentice-hall, Inc, 1987.
5. Del G. “Comparison of physical fitness over a four year period at the university of Dakota,” The Research Quarterly 1968; 10:90.
6. Dey KD, Dasgupta AK, Panda BK. “Physical efficiency tests on Indian male kabaddi inter-university players,” British Journal of Sports Medicine 1982; 32:33-36.
7. Garret HE, Woodworth RS. Statistics in psychology and education. Bombay: Vakils, Feffer and Simons Ltd, 1966.
8. Johnson TC. “The effect of season of inter-collegiate soccer on selected components of physical fitness. Dissertation Abstract International 1972; 32:33-55A.
9. Joseph BK. Relationship of power, agility, flexibility and measurement of selected body segments to volleyball playing ability. Unpublished Master’s Thesis, Jiwaji University, 1983.
10. Kalidasam R, Sivaramakrishnan S. “Comparison of fitness level of tamil nadu cricketers with the selected international norms. Indian Journal of Sports Studies 1999; 4(2):8-10.
11. Mangla RN. Comparative study of physical and physiological variables of swimmers, badminton players and gymnasts. A thesis submitted to Netaji Subhash N.I.S. Patiala, 1982.
12. Shekhar MC. A comparative study of selected physical fitness components of football and basketball players. Unpublished Master’s Thesis, Jiwaji University, Gwalior, 1981.
13. Uppal AK. Physical Fitness: How to develop it, Delhi: Friends Publication, 1996.