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## A Comparative Study of Endurance and Agility between Rural and Urban Male Basketball Players

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### Abstract

The purpose of the study was to compare the endurance and agility between rural and urban male basketball players. To fulfill the objective of the study 40 Basketball player (20 each) players of Rohtak was selected. The age of the selected subjects ranged from 15 to 19 years. Only (Endurance and Agility tests) were used to measure the selected physical fitness variables of the players. The study was delimited to Aahper youth fitness test. In order to analyze the data t-test was used to analyze the data and investigator observed the significant difference between Rural and Urban basketball players of Rohtak.

**Keywords:** Urban, Rural, Basketball, Male, Physical fitness.

### Introduction

The concept of fitness has long and involved history. According to the literature on the subject, it can be traced to the work done by Charles Darwin of the survival of the fittest. Always the word fitness suggests the ability of an animal or a human to work and play with a maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction. The modern scientific age, in every field of human endeavor systematic, objective and scientific procedures are followed in accordance with the principles based on experience, understanding and application of scientific knowledge. The field of games and sports has been made possible due to research, experimentation and scientific knowledge in games and sports. An erroneous notion is prevalent among a sizeable section of people in India that sportsperson in general are less intelligent and less alert than non-sportsperson. They think that much of the physical energy of a sportsperson is spent in his sports pursuits. This drains not only his physical energy but also makes him mentally dull. Consequently, his intelligence and mental ability suffer. They, therefore, are of the opinion that the time develop to sports and games on the plane field is a waste in terms of energy loss and of times, which could be more usefully employed in other (i.e. academic) gainful activity. Psychological factors have a significant effect on an athlete's capacity for training and motivation for competition. Sportsperson of a certain psychological type may be more predisposed to injury. Sports coaches most recognize this characteristic. Factors that are generally believed to influence sports performance include aggression, motivation, anxiety, concentration, self-confidence, emotional state and pain tolerance. With the help of sports psychologist's personality profile of each player may be prepared which may help the trainer in the training camps. The researcher, therefore, has made an attempt to study whether a physically fit person is intelligently fit, since physical education supposedly contributes to the physical as well as mental aspect of the personality. We, the Indians are very much concerned with the performance and status of the sportsperson at different levels. But, the performance is final output and the status includes various other aspects in addition to the performance. In the world of sports, every participating individual and spectator generally, eye to the positioned athletes and they also become in the main line-light in the field of sports. The selectors at various levels generally considered the performance in the trial and qualifying competitions, whereas, the physical fitness basis most of the time as ignored variable. The performance at high level or outstanding performance is based upon the foundation of the athlete, which should also be strong and potential. The foundation of sportsperson starts from his initial development phase. The developmental stage starts with the 'teen age' period. The teen age ranged 13 to 19 years. The teen age generally fall at school and college going category. So, investigator concerned treated the research study on school and college going male students.

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The basis of performance may be mainly considered on physical fitness variables and other variables depending upon the requirement.

**2. Review of related literature**

RUDI M, et al, (2001) [1] A total of 146 professional rugby league football players, contracted to 2 teams competing in England (n = 45) and Australia (n = 101), participated in this study. All players completed the following series of physical fitness performance tests: 1 repetition maximum squat and bench press, 15- and 40-m sprint, agility run, 5-minute run for distance, 60-second sit-up, 30-second plyometric push-up, and measurement of body weight and subcutaneous skinfold (4 sites). Analysis of variance with a criterion  $\alpha$  level of  $p < 0.05$  was used to determine if any significant difference could be found when grouping players into 3 different positional categories typically identified in the sport. There were a number of significant differences with respect to test results between categories, and this was apparent for all 3 systems of categorization. On the basis of these findings, we recommend that to more efficiently structure the physical fitness training of players, the players should be grouped either according to the 2 broad positional categories of forwards or backs or according to the 4 categories of forwards, distributors, adjustable, and outside backs. Grouping players according to the 9 specific positions played on the team is not warranted.

**3. Objectives of the Study**

The proposed objectives of the present research were follows.

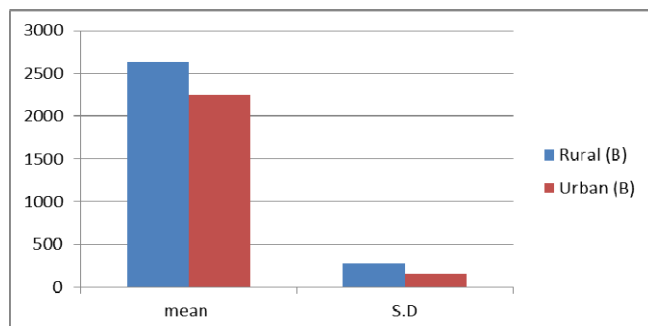
1. To measure the present level of Endurance between Rural and Urban Basketball players of Rohtak.
2. To measure the present level of Agility between Rural and Urban Basketball players of Rohtak.
3. To compare the Endurance and Agility between Rural and Urban Basketball players of Rohtak.

**Table 1:** Comparison of Endurance Component of Rural and Urban Basketball male players of Rohtak in Standing Broad Jump.

Variable	Rural		Urban		SEd.	t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.			
<b>Endurance</b>	2634	270.38	2246.5	150.09	50.31	7.95	Significant

\*Significant at .05 level

The mean score (2634) of the endurance component of physical fitness of rural basketball players is high than the mean score (2246.5) of urban basketball players of Rohtak. However, the t-ratio is 7.95 which is significant at 0.05 level. High score better Endurance. It means that rural players of basketball players have better Endurance of physical fitness than the Urban Basketball players of Rohtak.



**Fig 1:** Comparison of Endurance Component of Rural and Urban Basketball players in Rohtak

**4. Hypothesis of the study**

Having a view of objectives of the study, null hypothesis is framed for the 3 present investigation and these are detailed as under.

**5. Delimitation of the study**

The present study was delimited on the following aspects such as:

- Only 40 Male (20 Rural and 20 Urban) students were considered.
- The age of the subjects were ranged from 15 to 19 years.
- The physical fitness components i.e.- Endurance and Agility considered for the present study.

**6. Method and Procedure**

**6.1 Selection of the Subjects**

The subjects were selected in following basis:

- a) He should be male student.
- b) He should attain the age of 15 years and not more than 19 years.
- c) He should be study in Rohtak.
- d) Only rural and urban players was considered for the study.

**6.2 Criterion Measures**

The criterion measures were used to collect the data in a deal and systematic way to record in a correct unit and style for each test item.

- Endurance was measured by 600 mt. Run/walk test.
- Agility was measured by Shuttle run test.

**7. Statistical Techniques Used**

For the present study, the mean value, standard deviation, ‘t’ test were applied to analyze the data

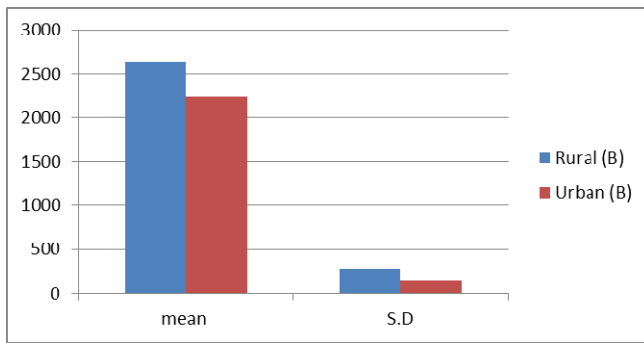
**8. Results and Discussion**

**Table 2:** Comparison of Agility Component of Rural and Urban Basketball male players of Rohtak in Standing Broad Jump.

Variable	Rural		Urban		SEd.	t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.			
<b>Agility</b>	197.99	0.54	192.82	0.09	0.13	1.32	Significant

\*Significant at .05 level

The mean score (197.99) of the Agility speed component of physical fitness of rural basketball players is high than the mean score (192.82) of Urban basketball players of Rohtak. However, the t-ratio is 1.32 which is significant at 0.05 level. High score better speed. It means that rural players of basketball players have better agility of physical fitness than the Urban Basketball players of Rohtak.



**Fig 2:** Comparison of Agility Component of Rural and Urban Basketball male players of Rohtak

### 9. Conclusion

On the basis of the analysis of data the Rural Basketball players were having better mean values among Endurance and Agility than Urban Basketball players. Basketball Rural players performed better than the urban male players.

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