



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 4.69  
IJPESH 2016; 3(1): 31-33  
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www.kheljournal.com  
Received: 13-11-2015  
Accepted: 15-12-2015

**Dinesh Saini**  
(D.P.E) Govt. Sr. Sec. School,  
Kithana, Kaithal, Haryana,  
India.

## Assessment of physical fitness components between hockey and football girls' players of Haryana

**Dinesh Saini**

### Abstract

The present study was an attempt to evaluate the degree of physical fitness components between hockey and football girls' players of Haryana. To carry out this study, 100 subjects 50 from (Hockey) and 50 from (Football) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Jind, Bhiwani and Sirsa districts of Haryana. Only speed, explosive power of leg, agility and flexibility were used to measure the physical fitness components. The mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant t-values'' test was applied. The level of significance was 0.05.

**Keywords:** Physical fitness components, Hockey, Football, Haryana.

### 1. Introduction

The concept of physical fitness dominates much of current thinking and research in the field of physical education. Each person has a certain level of physical fitness at which he can live most effectively. A fit man is well adapted to the environment; his mind and body are in harmony and can meet the normal demands made on him, both mentally and physically without under fatigue. The high level of physical fitness produces significant effects on the working of the human being. Physical fitness is to the human body what fine-tuning is to an engine. It enables us to perform up to our potential. Physical Fitness which may be describe as a condition that helps us look, feel and do our best. More specifically, it is: "The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is an ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being." Physical fitness involves the performance of the heart and lungs, and the muscles of the body. What we do with our bodies also affects what we can do with our minds, fitness influences to some degree of qualities such a mental alertness and emotional stability.

The concept of fitness has a 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 ward 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.

Fitness is the capacity to do prolonged herd work and recover to the same state of health in short duration of time this is the result of the degree of strength speed power endurance agility and flexibility one assesses there element of physical fitness are useful for different games and sports. Physical fitness depends on several factors such as heredity, hygienic living nutrition and body maneuver of an individual. Amongst these body maneuvers ever play activities, differently. Kabaddi and Kho-Kho player are equally conducive to developing these skills amongst players.

Very popular at present are attempt to explain and even to analyze intelligence in psychological terms. Many psychologists are impressed by the fact so far as our attested scientific knowledge goes mind seems to be invariable associated with matter not indeed with all trams of matter put with certain physical and chemical processes in animal organisms they are also influenced by growing evidence of detailed interconnections between particular

**Correspondence**  
**Dinesh Saini**  
(D.P.E) Govt. Sr. Sec. School,  
Kithana, Kaithal, Haryana,  
India.

functions of human body and in the result some of them hold they every mental activity has a physiological correlates or cause while others 20 further and assert that mental activities are themselves really physiological correlates or cause while others 20 further and assert that mental activities are themselves really physiological.

An erroneous nation is prevalent among a sizeable section of people in India that atheist to general and less intelligent and less than non-athletes they think to much of the physical energy of an athlete is spend in this athletic pursuits. This drain 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 less and of time, which could be more use fully employed in other gainful activity. The researcher therefore has made an attempt to study whether a physically let person is intelligently fit since physical education supposedly contributes to the physical as well as mental aspect of the personality.

In its most general meaning, physical fitness is a general state of good physical health. Obtaining and maintaining physical fitness is a result of physical activity, proper diet and nutrition and of course proper test for physical recovery. In these simplest terms, physical fitness is to human body what fine – training is to an engine. It enables people to perform up to their potential, regardless of age, fitness can be described as a condition that helps individual’s looks, feel and do their best. Thus, physical fitness trainers, describe it as the ability to perform daily tasks vigorously and alertly, with left over energy to enjoy leisure – time activities and meet emergency demands. Specifically true for senior citizens, physical fitness is the ability to endurance, bear up, with stand stress and carry on in circumstances where or unfit person, could not continue. In order for one to be considered physically fit, the heart, lungs, and muscles have to perform at a certain level for the individual to continue feeling capable of performing an activity. At the same time, since what humans do with their bodies directly affects the state of mind, fitness influences to some degree qualities such as mental alters and emotional expression.

**Objective of the study**

1. To compare the speed one of the physical fitness component between hockey and football girls players of

Haryana.

2. To compare the explosive power of legs one of the physical fitness component between hockey and football girls players of Haryana.
3. To compare the agility one of the physical fitness component between hockey and football girls players of Haryana.
4. To compare the flexibility one of the physical fitness component between hockey and football girls players of Haryana.

**2. Method and Procedure**

**Selection of subjects**

To carry out this study, 100 girl’s players1 (50 from hockey and 50 from football) game. The age limit of players was ranged between 10 to 15 years. The sample was collected from Jind, Bhiwani and Sirsa district of Haryana.

**Selection of variables**

Out of the three test items, the following four were selected for this study:

1. 30 meter run test – To measure speed
2. Standing broad jump - To measure explosive power of legs
3. Zig- Zag Run Test- To measure agility
4. Forward bend and reach test – To measure flexibility

**Statistical Techniques**

Mean and standard deviation were calculated in order to study the physical fitness components of the Hockey and Football girls’ players of Haryana. The mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant T-values’’ test was applied. The level of significance was 0.05.

**3. Results and Interpretation**

The Scholar examined the Physical fitness components between Hockey Kho-Kho and Football girls’ players of Haryana. The results of the study in general revealed that there were difference in all of the Physical fitness components, i.e. Speed, Explosive power of legs, agility and flexibility between hockey and football girls players of Haryana.

**Table 1:** Comparison of physical fitness components between the Haryana’s Kho-Kho and Kabaddi girls’ players

Variable	N	Game	Mean	S.D	S.E.D	‘t’
Speed	50	Hockey (G.P)	4.16	0.39	0.59	0.284
	50	Football(G.P)	4.18	0.37		
Explosive power of arm	50	Hockey (G.P)	2.19	27.15	5.57	0.410
	50	Football(G.P)	2.17	28.96		
Agility	50	Hockey (G.P)	16.43	1.06	0.22	2.35
	50	Football(G.P)	15.90	1.08		
Flexibility	50	Hockey (G.P)	17.67	3.33	0.76	2.129
	50	Football(G.P)	16.04	3.93		

Significant at 0.05 levels

The findings of the study in relation to Speed showed that the hockey girl’s players of Haryana had better speed in comparison to the football girl’s players of Haryana. This may be attributed to the fact that speed plays an important role in the performance of hockey and football girl’s players of Haryana.

The findings of the study revealed that significantly higher strength was found in the football girls’ players of Haryana

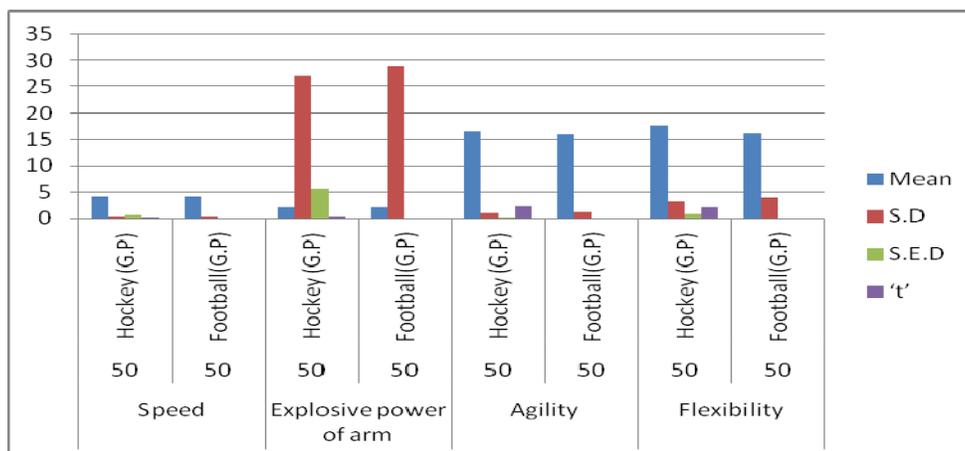
than the hockey girls’ players of Haryana. This may be attributed to the fact that explosive strength of legs plays an important role in the performance of hockey and football girls’ players of Haryana.

The findings of the study in relation to agility showed that the hockey girls’ players of Haryana had better agility in comparison to the football girls’ players of Haryana. This may be attributed to the fact that agility plays an important role in

the performance of hockey and football girls' players of Haryana.

The finding of the study in relation to flexibility showed that the football girls' players of Haryana had better than the

hockey girls' players of Haryana. This may be attributed to the fact that flexibility plays an important role in the performance of hockey and football girls' players of Haryana.



Graph 1: Graphical representation of physical fitness components between Hockey and Football girls' players of Haryana

4. Conclusion

- Hockey girls' players of Haryana had better speed in comparison to the Kabaddi girls' players of Haryana.
- Football girls' players of Haryana had better explosive strength of legs than the hockey girls' players of Haryana.
- Hockey girls' players of Haryana had better agility in comparison to the football girls' players of Haryana
- Football girls' players of Haryana had better flexibility than the hockey girls' players of Haryana.

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