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## Comparative Study of Selected Motor Fitness Components between Rural & Urban Kho-Kho Players

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### Abstract

The required data were collected on Inter collegiate rural and urban Kho-kho players of Sant Gadge Baba Amravati University, Amravati. So the selected subjects were served as the sources of data and for the present study 15 rural and 15 urban Kho-kho players were selected randomly from. Their age were ranged between 18 to 25 years according to the college records. To collect data for this study J.C.R. test were administered on the selected subjects. Selected tests were as Vertical jump to measure the explosive strength of legs, Chin-ups test to measure the shoulder strength and 50 yard dash to measure the speed of the subject. The criterion measures for this study to measure the explosive strength of legs vertical jump was administered and score was recorded in inches., to measure the shoulder strength chin ups was administered and score was recorded in numbers and to measure the speed of subject 50 yard dash was administered and score was recorded in seconds. The selected test items were administered after warm-up. The motor fitness level of all subjects was tested according to J.C.R. Test. The recorded score of each subject in each test item were recorded the researcher collected the necessary data in the specified scoring tables. For comparison of motor fitness level of the students statistical 't' test was used, the level of significance was set at 0.05 level of confidence for 28 degree of freedom.. The findings of comparison between rural and urban Kho-kho players motor fitness level was shown in table.

**Keywords:** comparison of Selected Motor Fitness Components between Rural & Urban Kho-Kho Players

### Introduction

In the modern scientific age, in every field of human endeavor, systematic objective of scientific procedure are followed in accordance with the principles based on experience, understanding and application of scientific knowledge. The field of games and sports is no exception to this. In the field of games and sports has taken place and their international achievement have been made possible due to research, experimentation and application of scientific knowledge in games and sports. Every nation is becoming increasingly concerned about physical fitness of its citizen realizing that fitness is fundamental to happy and purposeful living besides its contribution to economic growth. For competitive games and sports or for selection of a particular games and sports, and has to consider the motor fitness which plays a dominant role at higher level of competition.

The word physical refers to the body it is often used in reference to various bodily characteristics such as physical strength, physical development, physical power, physical health and physical appearance. It to the mind therefore when the word education is added to the word physical thus forming the phrase physical education. It refers to the process of education that concerns activities that develop and maintain human body. When an individual is performing in any of the gammat of physical education activities, a education is taking place at the same time.

Physical Fitness is a necessity for man or woman irrespective of the type of society of which he or she is member. We have come now to the age of computerization, mechanization, automaton and push button technology. But contrary to the popular opinion. Physical Fitness is still more important than before. The present day life has put so many different kinds of stresses on the individual and to overcome then he needs to be physically fit.

The question is frequently asked, "What is Physical fitness?" Technically physical Fitness involves measures and levels of muscular strength and endurance, muscle Tone, heart action

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and response to activity agility, balance, co-ordination and so on but fitness is also a personal thing. It is how we feel when we get up in the morning how tired or fresh we are after a hard day's work, how eagerly.

Physical fitness as an important factor in sports achievement it was considered worthwhile to take physical fitness as a criterion of achievements in sports potential motor fitness as a limited phase of physical fitness, would seem to be the aspect that most fitness tests actually measure. It does not assess the factors of physical fitness directly, but reflects them to a degree. It is the final criterion through which all the other elements of physical fitness is seen and measured.

Through motor ability in the present acquired innate ability to perform motor skills of a general for fundamental measure. It represents, present to change in a relations to the amount of practice and training. Improvement would come about and be in proportion not only to one's potential but also in amount of time and practice devoted to activity. One's learned and practiced these dominant activities would be enduring and persists over a long period of time. Since they become a part of the part memory.

Motor fitness is the final criteria through which all other elements of physical fitness are seen and measured in men. He might know little or nothing about scientific facts of the body structure, physiology, functioning of the organs, strength test on the dynamometer or organic efficiency test, but he could understand on outstanding performance displaying power, speed and endurance.

In the case of sportsmen motor fitness is must to perform his game or sports activities. As sportsmen the person should have a high level of motor fitness to face the different kinds of movement required for the activities. On modern sports and games the players need to be on this top from of fitness. For participation, the player need to keep his body agile, flexible and act movements are required for the while duration of the game the endurance is the most. No doubt, high degree of motor fitness is necessary for success in all games and sports but the degree and order of its components may vary according to the nature of games and sports.

According to C.A. Bucher, start fitness is the ability of a person to live full and balanced existence. The totally fit person possess not only physical well being but also only Physical well being but also qualities as good human relative maturity and high official standard. In present era, the games and sports have become an integral part of human life. In this scientific age, the man has reached on the moon and in trying for higher targets in space likewise, in the field of sports sciences, we are trying to achieve higher and higher performance through thinking and scientific training. Now-a-days games and sports are not limited to satisfaction but it has got a wide range of importance, therefore motor fitness is the basic need and the base of excellence in performance. 80 many things required for higher performance in addition to physical and motor fitness.

Different authors and researcher did many studies and research on various fitness level of different players of different games and sports and brought out many study result and many conclusions were made which proved out to be very useful to different further studies.

"Motor fitness is regarded as a preparedness for performance with special regard for bit muscle activity, is a more general phase of physical fitness, motor fitness is judged by performance and its common factors are strength, endurance, power, speed agility, balance, flexibility and stamina. Science many youths and adults do not fully understand and appreciate

the importance of health and fitness, a heavy responsibility rests on the shoulder of educators. According to many health experts the very each human being lives will be a measure determining factor for the health and fitness of that individual.

The study of the motor fitness components in relation to is a very useful and helpful process for the physical education teachers. By this study, we will be able to know the level of participants and non-participants and by knowing the physical education teacher will find it easy in the selection of teams or in selecting the required programme of training or exercise for the participant as required according to motor fitness level in between the participants and non-participants.

### **Statement of the Problem**

The research scholars had selected this problem because they themselves are students of physical education of Amravati University and are also players of various games and they know motor fitness is very essential for every player. In order to achieve this aim the problem was stated as, "Comparative Study of Selected Motor Fitness Components between Rural & Urban Kho-Kho Players".

### **Purpose of the study**

The main purpose of this study was to compare motor fitness of participants and non-participants.

The allied objectives were as follows:

1. To find out the motor fitness Components between Rural & Urban Kho-Kho Players.
2. To find out the motor fitness Components of Rural Kho-Kho Players.
3. To find out the difference of motor fitness Components of Urban Kho-Kho Players.

### **Significance of the study**

The study was significant on the following points.

1. The result of this study helped to know motor fitness Components between Rural & Urban Kho-Kho Players
2. The result of this study helped to know motor fitness Components of Rural Kho-Kho Players.
3. The result of this study helped to know the motor fitness Components of Rural Kho-Kho Players.

### **Hypothesis**

1. It was hypothesized that there may be significant difference in the level of motor fitness Components between Rural & Urban Kho-Kho Players

### **Methodology**

#### **Source of data**

For the present study, the data have been collected from participant in Intercollegiate Kho-Kho Tournament of Sant Gadge Baba Amravati University, Amravati.

#### **Sampling Method**

The subjects were selected by purposive sampling method.

#### **Selection of Subjects**

The research scholars had selected 30 subjects 15 rural and 15 urban Kho-kho players were selected randomly from. Their age were ranged between 18 to 25 years according to the college records.

#### **Collection of data**

To collect data for this study J.C.R. test were administered on the selected subjects. Selected tests were as Vertical jump to

measure the explosive strength of legs, Chin-ups test to measure the shoulder strength and 50 yard dash to measure the speed of the subject.

### Criterion measure

The criterion measures for this study to measure the explosive strength of legs vertical jump was administered and score was recorded in inches., to measure the shoulder strength chin ups was administered and score was recorded in numbers and to measure the speed of subject 50 yard dash was administered and score was recorded in seconds. The selected test items were administered after warm-up.

For the present study A comparative study motor fitness Components between Rural & Urban Kho-Kho Players was measured by J.C.R. test.

J – Vertical Jump, for explosive leg strength,

C – Chinning up, for Arm and shoulder strength

R – Shuttle run, for agility and speed.

### Scoring of Data

The Explosive power is measured by taking vertical jump is

recorded in inches, muscular endurance and shoulder strength is measured by taking chin-ups in total number of complete chin-ups and agility, speed and cardio-vascular endurance is measured by taking shuttle run in seconds.

### Level of Significance

To testing the hypotheses, the level of significance at 0.05 level of confidence was considered adequate for the purpose of this study. The calculated 't' values of these items were compared with tabulated 't' values at  $t_{0.05}$  at 38 degree of freedom is 1.67.

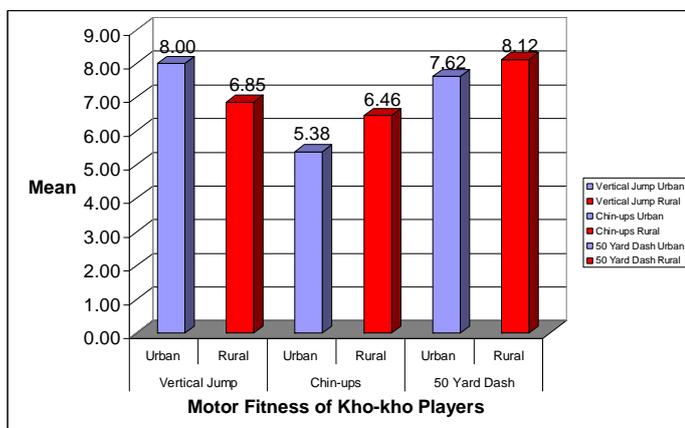
### Statistical Analysis

The motor fitness level of all subjects was tested according to J.C.R. Test. The recorded score of each subject in each test item were recorded the researcher collected the necessary data in the specified scoring tables. For comparison of motor fitness level of the students statistical 't' test was used, the level of significance was set at 0.05 level of confidence for 28 degree of freedom. The findings of comparison between rural and urban Kho-kho players motor fitness level was shown in table.

**Table 1:** Comparison of Motor Fitness Level Means of Urban and Rural Kho-kho Players.

	Kho-kho Player	Mean	SD	Mean Difference	S.E.	't' ratio
Vertical Jump	Urban	8.00	1.414	1.154	0.546	2.113*
	Rural	6.85	1.573			
Chin-ups	Urban	5.38	1.193	1.077	0.461	2.334*
	Rural	6.46	1.330			
50 Yard Dash	Urban	7.62	0.811	0.508	0.247	2.056*
	Rural	8.12	0.507			

\* Significant at 0.05 Tab  $t_{0.05(28)} = 2.048$



**Fig 1:** Showing Motor Fitness Components of Means of Urban and Rural Kho-kho Players.

### Discussion of Findings

Table-1 revealed that Urban Kho-Kho players were significantly better than Rural Kho-kho players in vertical jump and 50 yard dash, but Rural Kho-Kho players were significantly better than Urban Kho-kho players in chin-ups. The reasons may be attributed to the fact that the nature of Kho-Kho game is such that the players required running jumping for the better performance, urban Kho-Kho players having better coaching and facilities than the rural players. Because of this practice of years they might have natural developed the leg strength shoulder strength and running practice.

### Discussion of Hypothesis

In the beginning it was hypothesized that there would be significant difference in selected motor fitness components

among the urban and rural Kho-Kho players. The result of the study showed that the motor fitness components differ significantly between the urban and rural Kho-Kho players. Hence the hypothesis stated earlier is accepted.

### Conclusion

It was concluded that there were significant differences observed in leg strength, shoulder strength and speed between the urban and rural Kho-Kho players.

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