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A study of physical performance of softball girls players with non-softball girls

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Abstract

The purpose of this study total sixty girls between the age group of 18-20 years were selected as subjects. Out of these 30 girls were softball players, who participated at College level competition and other thirty girls were non-players, who never took active part in any event or game at any age level. The purpose of the study was to judge against the physical performance difference of girls softball players and non-softball players. Means, standard deviation and independent student 't' test were used as statistical tools. It was found that softball players were slightly heavier and taller than the non-softball players. Softball players performed better in physical performance tests than non-softball players, however the significant difference was only observed in standing broad jump. Outcome of this study depicted that non-softball players being physically active did not differentiate much than the softball girl's player.

Keywords: Physical performance, softball girls, non-softball girls

Introduction

Physical growth and one's motor development are of fundamental importance in developing the criteria of talent selection in sport. Physical performance is mainly a function of an individuals' size, shape, sex, and age, but not entirely so. Success in sport at whatever level also depends on fitness. It is assumed, of course, that implicit in any definition of fitness is the absence of acute or chronic illness. Nevertheless, fitness for any sport has five common elements - strength, speed, endurance, flexibility, and skill. And athletic performance is "carrying out of specific physical routines or procedures by one who is trained or skilled in physical activity. Performance is also influenced by a combination of physiological, psychological, and socio-cultural factors. The physical fitness is the ability of the body to perform daily tasks alertly and vigorously, with energy left over for enjoying free time activities and meeting emergency demands. According to Nixon physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactorily any emergency demands suddenly placed upon him. The physical fitness components which we have used in comparing the physical performance of softball girl players and non-softball players are as follows-

1. Speed
2. Strength
3. Endurance
4. Flexibility
5. Agility

In this present study attempt has been made to investigate and compare the Physical performance of softball girl players and non-softball players.

Materials and Methods

The sample for the present study was drawn from district Hoshiyarpur and Ludhiana in Punjab through random sampling. A total 60 girls between the age group of 18-20 years were softball playing girls, who participated at College level competition and others thirty girls were non-sports, who never took active part in any event or game at any age level. The Mean, standard deviation and independent student 't' test were used as statistical tools. Following test was used

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to compare the Physical performance of softball girl players and non-softball players.

1. 50 yards dash (Speed)
2. Standing Broad Jump (Strength)
3. 10 x 4 meters shuttle Run (Agility)
4. Sit and Reach Test (Flexibility)
5. 600 Yards run walk test. (Endurance)

Results and Discussion

Descriptive Statistics Of Various Physical Performance Tests In Softball Players And Non-Softball Players Age 18-20 Years.

Tests	Softball Players N=30		Non-softball Players (girls) N=30		't' Value
	M	SD	M	SD	
50 yard dash (sec)	8.75	.45	8.92	.45	1.93
Standing broad jump(on)	194.37	4.85	184.30	9.19	6.33*
Shuttle Run sec)	10.64	.51	11.09	.61	1.66
600 yards run and walk(sec)	2.69	.18	2.85	.31	1.84
Sit and Reach test (inches)	12.34	1.65	11.63	1.39	1.81

*Significant at 0.01 level

It is concluded from the above result that there was no much difference between softball playing and non-playing girls in terms of physique, body composition and physical performance. Routine physical work might be the reason that change radically the body composition and consequently improve the performance of non-softball playing girls living in rural area.

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