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Need of motor fitness components for junior level cricket players

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Abstract

The purpose of the study was to study Motor fitness and playing ability of junior level Cricket players. There were four selective motor fitness components which were used as a criterion measures for this study. For analysis the data and to find out the relationship between selective motor fitness and playing ability Pearson product moment correlation ship was applied. Level of confidence was set at .05 levels. The result of the study clearly discloses that motor fitness had considerable relationship with the playing ability of the junior level Cricket players. It may be concluded that motor fitness and playing ability had low correlation. There was the possibility of the lack of coaching aspects, which shows clearly in the findings that the motor fitness was less correlated with playing ability.

Keywords: Cricket, motor ability, performance

Introduction

Fitness activities include jogging, swimming, cycling, walking, weight training, aerobic dance, water aerobics, free arm exercises and yoga. The term physical fitness has been divided into two distinct categories: skill-related and health related fitness. Skill related fitness (performance fitness) includes those qualities that provide the individual with the ability to participate in sports activities. The components of skill-related fitness are agility, balance, coordination, speed, power and reaction time. Health-related fitness includes regular exercise in combination of proper diet and abstention from smoking and using potentially dangerous drugs and it will increase greatly one's quality of health.

The components of health-related fitness are cardio respiratory endurance, muscular endurance, muscular strength, body composition and flexibility. Motor ability has been defined as "the present acquired innate ability to perform motor skills of general of fundamental nature exclusive of highly specialized sports or gymnastic techniques.

Motor ability variables have been considered as important requirement for sportsman to secure the top level performance in the sports. There is a general concurrence among athletic that general motor abilities and specific motor abilities play a significant role in determining ones level of performance in a wide range of motor abilities. Motor ability is used to obtain achievement in motor skill. It denotes immediate state of the individual to perform in a wide range of motor skill.

The components of fitness each work together to contribute to the ability of the body to handle physical demands. The more efficient the body functions, the higher the level of their fitness. Optimal fitness is a combination of lifestyle, nutrition, habits, but it cannot be reached without an appropriate level of physical activity.

The combined motor fitness qualities such as speed, strength, agility and endurance are indispensable for outstanding performance. Cricket has become one of the most popular game in the world and of all major games in India it is the only one that has been jealous pre-served by all those who play or support it. Physical variables are the most important contributing factors for better performance is all sports and games so in cricket. The games of cricket require considerable amount of physical fitness and mastery of skill. The component of fitness are most important for success in cricket. Out of the options of Body Size and Composition, Muscle Strength, Muscular Endurance, Power, Speed / Quickness, Agility, Flexibility, Balance and Coordination, and Cardiovascular Endurance, the factor which is considered most important.

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Methodology

Total 20 Junior level cricket players were selected for this study. The subjects were selected by random sample selection. Their age ranged between 16-20 years.

Motor fitness assessment

1. Speed was measured by 50 m Dash.
2. Agility was measured by 10x4 Shuttle run.
3. Power was measured by standing broad jump.
4. Coordinative ability was measured by Alternate hand wall test

To assess Playing ability of players, investigator used 10 different skills which are scored by the 3 experts through subjective judgment. These 4 selective fitness components which belong to playing ability have been measured. The tests were administered to measure the fitness components of the selective subjects of sports group.

Firstly, Selective fitness components were evaluated. Next day these 20 junior level cricket players were played a friendly match, where 3 experts were observed this match and gave their subjective Judgment. In order to find out the relationship between motor fitness ability and playing ability Pearson product moment correlation ship was applied and the level of significance chosen for the study was at. 05.

Analysis of the Data

Table 1: Relationship of Motor fitness and playing Ability

S. No	Variable correlated	Coefficient of correlation (r)
1	Motor fitness and playing ability	0.37

Significant at 0.05 level of significance, $r = 0.05 (18) = 0.37$

The obtained value of $r = 0.37$ from table – 1 clearly indicated low correlation between motor fitness and playing ability, which is not significant because the required value at 0.05 level of significance with 18 degree of freedom is 0.37. Because of the total 20 subjects, degree of freedom was 18; it could have significant in 0.44 correlation coefficient. That indicates that there is low correlation between motor fitness and playing ability of Junior level cricket Players.

Discussion of Findings

The result of the study clearly discloses that motor fitness had considerable relationship with the playing ability of the Junior level cricket players. Result contraindicate with the earlier researchers, which have shown the significant relationship of these two variables i.e. motor fitness and playing ability. The other fact might be that if the playing ability was scored after end of the match, then the players got fewer score comparative to the considered scores by influencing the various factors. i.e. Fatigueness, Psychological pressure, Rush of the game, match situation etc.

It was possible that, Players were fresh in the starting part of the game so definitely they will perform all the skills very well as compare at the last minute of the game, therefore somewhere the difference in scoring of all individual skills and playing abilities. The present study shows that relationship of Motor fitness & Playing ability was below average the reason might be due to the fact that the players was belongs to different places therefore players had lack of coordination during the match. The other reason was also for low correlation that players have also the burden of their academic courses, that's why they didn't get sufficient time for practice in whole year.

Conclusion

On the basis of results and associated discussion it may be concluded that motor fitness and playing ability have low correlation. However from the earlier research, literature and the experience the motor fitness must be significant relationship with playing abilities but in this study there is the outcome of Low Correlation between them. This might be because of many influencing factors which are described in the discussion of findings. So lastly it concluded that the motor fitness of the Junior level cricket players was no significant relationship with the playing abilities, and had Low Correlation between them.

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