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A comparative study of speed among football and hockey players of Kashmir province

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Abstract

The aim of the present study is to compare the speed among Football and Hockey of Kashmir province. For the present study 60 male Football and Hockey players were selected during the school level competition, between the age group of 15-18 years. i.e. 30 Football and 30 Hockey players who have taken part in the district sports events during the year of 2018-2019 were taken for study. The test was used to assess the speed among Football and Hockey of Kashmir province. The result of the study show that the football players of Kashmir provinces having very good speed of compare to hockey players of Kashmir province. It is recommended that Football and Hockey players of Kashmir province must be given good speed, speed training to enhance performance.

Keywords: Speed, football, hockey and Kashmir province

Introduction

Physical fitness

It is the ability to perform moderate to rigors physical activity on regular basis without excessive fatigue, more over to participate in playful activities and still reserves enough capacity to meet any emergency.

R. Lamb, "Physical fitness is the capacity to meet the present and potential challenges of life with success".

Speed

Speed is the quickness movements of limb, whether this is the legs of the runner or arms of short putter.

Schnabel "It is the performance prerequisite to do motor actions under given conditions (movement task, external factors, individual prerequisites) in minimum of time".

Speed is the integral part of every sport and can be expressed as any one of the combination of the following.

Maximum speed

- Explosive Strength.
- Speed endurance.

Statement of the problem

"A comparative study of speed among Football and Hockey players of Kashmir province".

Objectives of the study

- To study the Speed among Football and Hockey players of Kashmir province.
- Role of Speed for the improvement of the performance of the player.
- To compare the speed among Football and Hockey of Kashmir province.
- The study may increase the awareness of Speed in Football and Hockey players.
- To satisfy the school level male Football and Hockey players about their speed.

Hypothesis

There will be is no significant difference in speed among Football and Hockey players Kashmir province

Methodology

The purpose of the present study was to compare speed of the among Football and Hockey players of Kashmir province. In this chapter selection of subjects, selection of variables administration of the test, collection of data and statistical analysis of data has been explained.

Selection of subject

The study was conducted on 60 male Football and Hockey players of Kashmir province. The age of the subjects ranged from 15 years to 18 years respectively. The samples of 60 players were divided in to two groups. (30 football group and 30 Hockey group).The investigator motivate the subjects in such a way so that all the subjects agree to take part in this article for the interest of their self-assessment.

Procedure of study

The sample consisted of 60 men players of two games Football and Hockey, their age range is 15-18 years. They are divided into two groups, 30 Football group and 30 Hockey group. Subjects were selected from Kashmir province. For the present study for this variable were selected: (Speed). Test conducted on both the group namely Shutter run test. The test we read mini started with all specified and standard conditions starting with warming up exercises, optimum active rest periods in between and cooling down at the end.

Purpose: To measure speed

Stop watch, measuring tape, making powder, Two blocks of wood (2"x 2"x4") Pen, clip board and paper.

Test administration

Shutter run test was used to measure the speed. Two parallel lines are marked on the floor 10 yard apart or the width of the regular half volley ball ground may be used for the test. The subject is asked to start from behind the other line. On the signal 'ready', 'Go'. The timer starts the watch and the subject runs towards the block, pick-up one block, runs back to the starting line places the block behind the starting line, runs back and pick-up the second block to be carried back across the starting line. As soon as the second block is placed on the ground the timer stops the watch and records the time.

Statistical methods

To analysis the collected data following statistical methods were adopted for comparing, analyzing and interpretation of numerical values and based on which findings are discussed. Mean is computed by adding all the scores and then dividing by the number of scores involved. Standard deviation is computed in the study for the measures of variability. Standard deviation reflects the magnitude of the deviation of the scores from their mean. For testing the null hypothesis and research hypothesis for the difference between various samples means the T-test is used at significance of 0.05 level. The obtained values of the mean, standard deviation, T-Test where given in the tables followed by the graphical representation.

Analysis of data and result of the study

The statistical analysis of data has been presented in this chapter. The data was analyzed by using the mean, standard deviation and t-test the level of significance was set at 0.05 levels.

Table shows the mean, standard deviation, degree of freedom and t-test of Shutter run test of Football and Hockey

Table 1: Mean, standard deviation, degree of freedom and T-Test of Shutter run test of football and hockey

Variables	Mean	S.D.	D.F.	T-Test
Football players	10.51	0.6613	58	*2.911
Hockey players	10.054	0.5394		

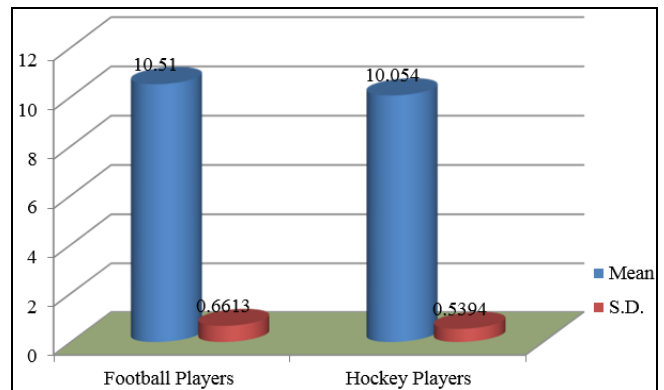


Fig 1: Shown in Football Players and Hockey Players

Results

The calculated mean and standard deviation of shutter run test obtained are $M=10.51$ (S.D. 0.6613) and $M=10.054$ (S.D. 0.5394) respectively the calculated t-value is 2.911 at 0.05 level of significance the table value for 58 degree of freedom is 2.00. Hence the difference among Football and Hockey players in their speed found significant.

Testing of hypothesis

The hypothesis stated that there is significant difference speed between Football and Hockey players is rejected. That is H_2 is rejected.

Discussion of findings

For the comparison of speed among football and hockey players for this study. We are instructed to give the true response of test? They were scored according to the instructions as given by the author of the tests in its manual the mean and standard deviation of physical tests of football and hockey players were found out and 't' test value were calculated in order to find the significant difference among these groups. The significance level was set at 2.00 level.

The football and hockey players having the average Mean in Shutter run test is (10.51, 10.054) and Standard deviation is (0.6613, 0.5394).

In shutter run test the T-test value between football and hockey players is (2.911) which is significant as per the table value.

Conclusion

After the statistical analysis of results of this study, significant difference were found in Football and Hockey players of Kashmir province age group of 15-18 years. Football players found more in speed as compared to Hockey players as per there mean difference.

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