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Waseem Elahi Dar
Ph. D. Research Scholar,
Department of Physical
Education, Bhagwant
University, Ajmer, Rajasthan,
India

Dr. LH Pardhi
Assistant Professor, Department
of Physical Education,
Bhagwant University- Ajmer,
Rajasthan, India

Corresponding Author:
Waseem Elahi Dar
Ph. D. Research Scholar,
Department of Physical
Education, Bhagwant
University, Ajmer, Rajasthan,
India

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Level of agility among professional and non-professional students of district Anantnag

Waseem Elahi Dar and Dr. LH Pardhi

Abstract

The aim of the study was to explore the level of agility of professional and non-professional students. 200 professional and 200 non-professional respondents were selected with the help of random sampling technique. Bachelor of physical education (B. P. Ed.) students were treated as professional students and bachelor of arts (BA) students were operationally treated as non-professional students. Agility performance was measured by shuttle run. The collected data was analysed by using mean, Standard Deviations and 't' test. Results of the study reveal that there exists significant difference Bachelor of Physical Education (B. P. Ed) and Bachelor of Arts (BA) students. Professional students (B. P. Ed.) were seen with high level of agility performance as compared to their counterparts non-professional students (BA). Thus, impact of type of subject stream of the respondents was reported significant impact on the level of agility performance of the students.

Keywords: Agility, professional students, non-professional students

1. Introduction

Fitness is that state which characterizes the degree to which a person is able to function efficiently. Fitness is an individual matter. It implies the ability of each person to live most effectively within his potentialities. Physical activities help a man achieve high degree of physical conditioning. In schools there is a compulsory physical activities programme for all boys and girls, so it would be interesting to find out which of the components have better physical fitness. According to Ko Ko (1985) says, "General physical fitness is the capacity of the body to perform work to resist disease and infection and to resist physical stress imposed by such things as heat, cold, atmospheric pressure changes at high altitude or under water and the forces of jolts and vibrations". There physical fitness may be classified into two broad categories like health related physical fitness and skill related physical fitness. In the skill related physical agility has paramount place in the files of fitness. Agility is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion. Agility refers the ability of the entire weapon system to minimize the time delays between target acquisition and target destruction. Large number of studies have been conducted on the skill related physical fitness of the respondents like, Toji, H, Suei, K, & Kaneko, M. (2012) [21], Singh, R., M. (1986) [20], Sharma, L. K. (2014) [19], Schmidtbleicher, D. (1992) [18], Rutherford, O. M., Greig, C. A., Sargeant, A. J, & Jones, D. A. (2015) [17], Rudi M, Robert, N. (2001) [16], Ronnestad, B. R. (2012) [22]. However, the comparative analysis has been made on the basis of demographic profile of the respondents. But least research has been conducted on the level of agility difference on the basis of subject stream of the respondents. In pursuance to same, the investigator explored the below mentioned research study.

1.2 Statement of the problem: The statement of the research problem is as under:
"Level of Agility among Professional and Non-Professional Students of District Anantnag"

1.3 Objectives of the Study: The objectives of the present study are as under:
1) To explore agility level of professional and non-professional students.

1.4 Hypothesis: Following hypothesis has been framed for the present study:

1) There exists no significant difference between professional and non-professional students on their level of agility.

1.5 Operational Definition: The operational definitions of terms and variables are as under:

- 1) **Agility:** Agility in the present study refers the set of achievement obtained by respondents on the performance of Shuttle run
- 2) **Professional Students:** Professional students in the present study refer those students who are pursuing Bachelor of Physical Education (B. P. Ed.) in selected colleges/University of Kashmir division.
- 3) **Non-Professional Students:** Non-professional students in the present study refer those students who are pursuing Bachelor of Arts (BA) in selected colleges of Kashmir division.

1.6 Delimitations of the Study: The present study will be confined to the following aspects:

- 1) The present study will be confined to Bachelor of

Physical Education (B. P. Ed.) and Bachelor of Arts (BA) students of Kashmir division.

- 2) The present study will be delimited only “agility” component of physical fitness.
- 3) The present study will be delimited 400 respondents only.

1.7 Methodology: Keeping in view, the research indications, objectives and hypotheses, the researcher found it suitable to go through descriptive survey method. Accordingly, present study was carried with the help of descriptive method.

- A) **Sample: 200** Bachelor of Physical Education (B. P. Ed.) and 200 Bachelor of Arts students (BA) were selected.
- B) **Sampling Technique:** Whole sample was selected by using random sampling technique. The age was ranged between 18-20 years.
- C) **Measuring criteria:** Shuttle run were used for measuring the agility level of the respondents.

1.8 Analysis and Interpretation of the Data: The collected data has been analysed as under:

Table 1.1: Showing frequency and percent wise distribution of professional and non-professional students on their level of agility N=200 each)

Category	Professional Students		Non-Professional Students	
	Frequency	Percentage	Frequency	Percentage
Excellent	180	90	140	70
Good	10	05	10	05
Average	10	05	30	15
Poor	00.00	0.00	20	10
Total	200	100	200	100

Index:

- ❖ PS= Professional students
- ❖ NPS= Non-professional students

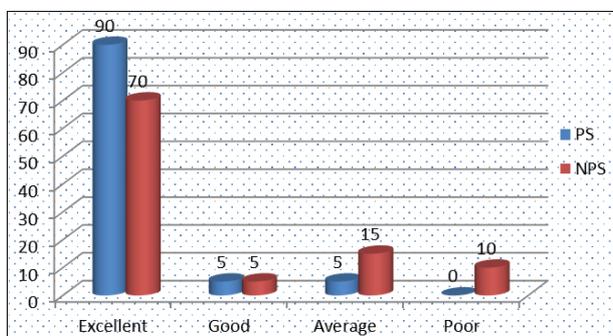


Fig 1.1: Showing the graphical representation of professional and non-professional students on their level of agility

Interpretation (Table 1.1): The results presented in table 1.1 gives information about the frequency and percent wise distribution of professional and non-professional student’s level of agility. The results reveal that among professional students 90% (F=180) were seen with excellent level of agility. In addition to this, it was seen that 05% (F=10) professional students were reported with good level of agility. The results indicate that 05% (F=10) professional students were found with average level of agility. In context to same the results depicts that 05% (F=10) professional students were found with poor level of agility. Coming towards non-professional students, the calculated results specify that 70% (140) were found with excellent category of agility. Besides, it was seen that 05% (F=10) non-professional students were reported with good level of agility. The results indicate that 30% (F=15) non-professional students were found with

average level of agility. Further, the results depicts that 10% (F=20) non-professional students were found with poor level of agility.

Table 1.2: Showing the significance of difference between the professional and non-professional students on their level of agility. (N=200 each)

Category	PS		NPS		t-value
	Mean	S.D	Mean	S.D	
I Agility	9.4	1.99	10.5	1.2	10.12@

Index

- ❖ PS: Professional students
- ❖ NPS: Non-professional students
- ❖ @= Significant at 0.01 level of confidence

Index

- ❖ PS: Professional students
- ❖ NPS: Non-professional students

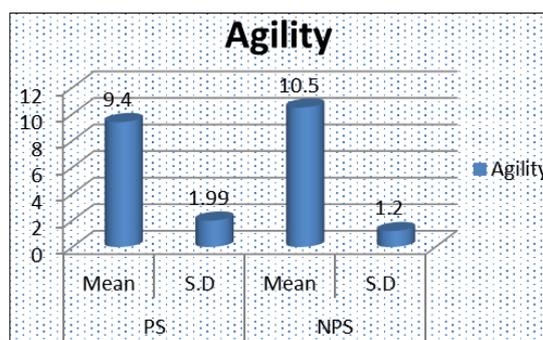


Fig 1.1: Showing the graphical representation of professional and non-professional students on their mean significant difference on level of agility.

Interpretation of the Data (Table 1.2): The perusal of the table 1.2: (Please see fig. 1.2) gives information about the mean significance difference of professional and non-professional students on their level of agility. The results indicate that the mean score of professional students was reported 9.4. The same table reveals that the mean score of non-professional students was reported 10.5. When the both groups were comparatively analysed, the 't' value 10.12 was found higher than the table value at 0.01 level of confidence. Thus, from the above reported results it can be inferred that there exists significant difference between professional and non-professional students on their level of agility. The investigator can infer that the impact of type of course pursued by the respondents were reported with significant impact. The results may attribute to this fact that bachelor of physical education students were hold high level of attitude towards game and sports and consequently maintain high level of physical fitness as compared to Bachelor of Arts students.

Indeed significant difference has been reported between professional and non-professional students on their level of agility. Accordingly, the status of the hypothesis has been reported as under:

- **Hypothesis-I:** "There exists significant difference between professional and non-professional students on their level of agility" Rejected

Indeed significant difference has been reported between professional and non-professional students on their level of agility. The results are carried in consonance of the host of the researchers like; Zahid, A. B. (2012), Brown (2005), Renfro [2006], Robinson & Owens (2007), Bhat, A. R. (2007)" "Zahid, A. B. (2012) found that professional and non-professional students hold different performance on agility. High level of agility was reported among professional students. Brown (2005) found that plyometric exercises improve the agility and professional students avail more such opportunity than non-professional students. Renfro (2006) found impact of subject stream significant on the level of agility of the respondents. Robinson & Owens (2007) used vertical, lateral and horizontal plyometric jumps and showed improvements in agility. Bhat, A. R. (2007), revealed that the training group has significant improvement in agility among college male cricket players after the circuit training protocol. Besides, the investigator revealed that the impact of subject stream is significant on the level of agility of the respondents.

1.9 Conclusions of the Study: The aim of the study was to explore the level of professional and non-professional students on their level of agility. In connection to same, significant difference has been found on the agility performance of the students. Professional students (B. P. Ed.) were seen high level of agility performance as compared to their counterparts (non-professional students B. A).

1.10 Suggestions of The Study: Keeping the results of the study under consideration, the researcher enumerated the below mentioned studies:

- 1) During the survey of the related literature it was found that circuit training has been found significant impact on the level of agility performance of the respondents. Accordingly efforts should be made by school authorities to provide wide range of physical activities. So that by organising these physical activities physical fitness may be enhanced.

- 2) Physical education should be made an integral part of the curriculum. So that each school may consider it imperative to organise different activities which will foster the psychomotor domain of the students.
- 3) Exercise should be performed on regular basis. So that it will boost the level of agility of the respondents.
- 4) Efforts should be made to organise co-curricular activities at school, college and university level so that mental and physical health may be retained among students through the process of sublimation of instincts.
- 5) Efforts should be made to remain health consciousness and balanced diet should be availed so that immune system may get strong.
- 6) Physical teachers and physical instructors should be appointed in schools. so that these physical instructors may share their personal experience with students

1.11 Recommendations for Further Research: The study limited to specific areas of the study which are as under:

- 1) Present study was limited to only one component of the physical fitness (agility). In consonance to same, a study should be conducted to explore all the components of physical fitness in relation to circuit training.
- 2) A study should be conducted to analyse the impact of emotional competence on health related physical fitness of the students.
- 3) Present study may be replicated on large sample.
- 4) Present study was explored the level of physical fitness of the respondents with special reference to subject stream so it should be enlarged to demographic profile of the respondents also.
- 5) A study may be conducted to explore the level of physical fitness among respondents with special reference to type of game like football, volleyball, cricket etc.
- 6) A comparative study may be conducted to explore the impact of circuit training on player of football, volleyball and hockey.

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