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A comparative study of individual game player and team game player of intercollegiate participants

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Abstract

The purpose of the study was to investigate and compare the endurance and strength ability on individual game player and team game player who had represented their Inter Collegiate Tournament. Thirty players were selected from each studied group from Takshsheela Mahavidyalaya, Amravati (m. S.). The subject age studied group was ranging from 18 to 25 years. Endurance measured by copper's 12 minutes run/walk test and strength measure by bent-knee sit-ups in one minute, was applied to collect the data. 'T' test statistical technique were applied for comparing the two groups to find out the Mean and Slandered Deviation SD) between individual team game player and team game players. Significance level was set at 0.05. The findings of the study concluded that there was no significant difference between individual game player and team game player.

Keywords: Endurance, strength, team game and individual game, Inter collegiate etc.

Introduction

Game is a structured form of play, usually undertaken for entertainment or fun, and sometimes used as an educational tool ^[1]. A team sport includes any sport where individuals are organized into opposing teams which compete to win. Team members act together towards a shared objective. This can be done in a number of ways such as outscoring the opposing team. Team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere in order to accomplish their objectives. Examples are basket ball, volley ball, rugby, water polo, hand ball, lacrosse, cricket, base ball and the various forms of association football and hockey. A sports team is a group of individuals who play sports ^[1], usually team sports, on the same team. Historically, sports teams and the people who play sports have been amateurs. However, by the 20th century, some sports teams and their associated leagues became extremely valuable with net worth in the millions. Individual games are played with different events like, singles events, doubles or mixed events. There are many individual sports, for example, Badminton, Table Tennis, Tennis, Swimming, Judo, Wrestling, etc. Track and field is also an individual sport. Training for endurance can reduce the ability to exert endurance strength, unless an individual also undertakes resistance training to counteract this effect. Endurance as the ability to continue to endure a stress, hardship or level of suffering. In sport, endurance is the ability to sustain a specific activity (endurance running, cycling, swimming, rowing, cross-country skiing etc.) for a prolonged period. Muscular endurance is the ability of a muscle, or a group of muscles, to exert a force for a prolonged period. An athlete with good muscular endurance can repeat a series of muscular contractions without fatiguing. The ability to gain muscle also varies person to person, based mainly upon genes dictating the amounts of hormones secreted, but also on sex, age, health of the person, and adequate nutrients in the diet. A one-repetition maximum test is the most accurate way to determine maximum muscular strength.

Materials and Method

Thirty players were selected from individual sports and thirty players were selected from team games from Takshsheela Mahavidyalaya, Amravati (MS) and the subject age ranging from 18 to 25 years. Endurance measured by copper's 12 minutes run/walk test and strength measure by bent-knee sit-ups in one minute, was applied to collect the data.

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'T' test statistical technique were applied for comparing the two groups to find out the Mean and S.D between individual

team game player and team game player. Significance level was set at 0.05.

Table 1: Description of Mean, SD and T-Ratio Endurance and Strength Individual Game Player and Team Game Player

Variables	Game	N	Mean	SD	S.E mean	T- value
Strength	Individual game player	30	31.3050	2.60118	642120	1.297
	Team game player	30	28.1800	2.13430	513542	
Endurance	Individual game player	30	1800.4500	140.83554	26.15627	.675
	Team game player	30	1830.3232	162.04101	28.12246	

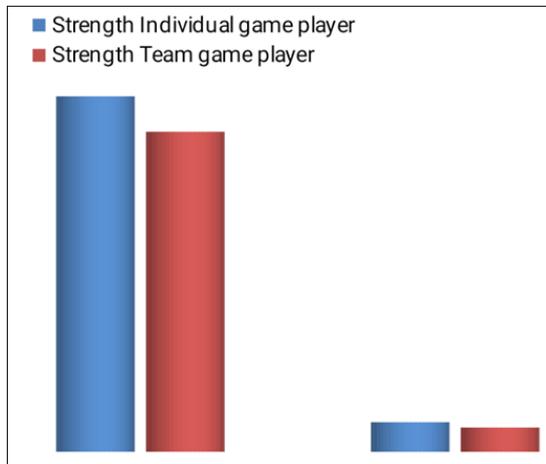


Fig 1: Comparison between Strength Individual and Team Game Player

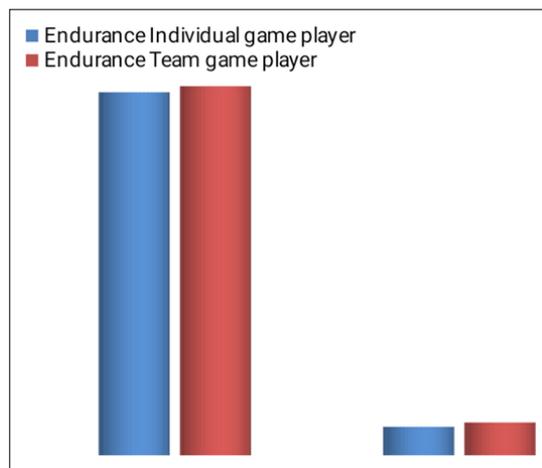


Fig 2: Comparison between Endurance Individual and Team Game Player

According to Table and Figures given above, reveals that the calculated t-value of strength and endurance between individual game player and team game player is 1.357 and .785 is lower than the tabulated t-value at 0.05 level for the 58 degree of freedom, Hence statistically there is no significant difference between the means of individual team game player and team game player groups in the selected variables of strength and endurance. Level of Significance - 0.05.

Discussion and Findings

In strength the mean of individual game player is higher than the team game player. In endurance mean of team game player is higher than the individual team game player. Other factors was affected like age factor, maturity etc. There is no significant difference in the endurance and strength ability on individual game player and team game player. So the hypothesis of our study is rejected.

Conclusion

As per the data analysis of present study, it is concluded that in the variables of endurance and strength ability has no significant difference between individual and team game player. so hypothesis was rejected.

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