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Dr. Ishwar Singh Malik
Assistant Professor
Department of physical
education C.D.L.U., Sirsa,
Haryana

Charan Singh
Research Scholar
Department of physical
education C.D.L.U., Sirsa,
Haryana

Dr Rajesh
Assistant Professor
Department of physical
education C.D.L.U., Sirsa,
Haryana

Correspondence
Dr. Ishwar Singh Malik
Assistant Professor
Department of physical
education C.D.L.U., Sirsa,
Haryana

A Comparative Study of Physical Fitness Variables among the Haryana's Football Players

Ishwar Singh Malik, Charan Singh, Rajesh

Abstract

The present study was an attempt to evaluate the degree of physical fitness and compare the differences of physical fitness components among Football players. To carry out this study, 80 subjects (20 from each district) were selected randomly having representing district/college team. The age limit of players was ranged between 18 to 25 years. The samples were taken from Mohindergarh, Rewari, Rohtak and Bhiwani districts of Haryana. AAPER Youth Fitness Test (1976) was used to measure the physical fitness variables. Mean was computed for comparison of players of different districts. To assess the significance of differences between the means in case of significant F-value, Least Significant Difference (LSD) test was applied. The level of significance was .05. From the findings of the study it was evident that the Football players of Rohtak were better in comparison to the Football players of other districts i.e. Rewari, Bhiwani and Mohindergarh in almost all the physical fitness variables.

Keywords: Physical fitness Variables, Football, Haryana.

Introduction

Sports and physical activity have been considered an integral part of human life since its inception. Physical activity is an indispensable condition of human life. It is universally accepted that sports and games fulfill the requirements of human activities. Revolutionary achievements of electronic media have made it all the more important not only the lives of participants but also among the millions of spectators, viewers and listeners. Sports is now popularly conceived as both socially and personally beneficial activity.

In modern times, the spirit of extreme competition has changed the complexion or scenario of sports. The craze for winning medals in the Olympics and other international competitions has catalyzed the sports scientists to take interest in exploring all the aspects and possibilities which can contribute to enhance high level sport performance.

Today, a growing emphasis on pretty well and have a long life. Gradually more and more scientific evidence tells us the keys to fitness and exercises to achieve these principles because it is a challenge to move. There are many small jobs that require physical exertion. Depending on the muscles than the machines we get around, mechanically mobile society has changed. In total, we continued the rest of the total spending their leisure time (including children) and more people have become a national audience.

Accordingly, the point of obesity and excess weight, etc., to show that the problem increases. But statistics vaccine that pays off, so his / her doctor will have to wait until the final returns. The idea is to get everyone to take action now. Quality Physical is the human body what fine tuning the engine. It helps us to present to ourselves. Exercise is the best appearance, pleasurable sensation who described the situation that helps us do our best. More specifically, it's leisure time activities enjoyed and urgent demands of the energy, excitement and alertly daily tasks to do. "It's an unfit person could not continue the scenario process, stress tolerant, stand up, stand is capable of, and being of good health and it is based on a key."

For achieving excellence in the field of Football, various components of physical fitness must be possessed by the Football players. The present study was an attempt to evaluate the degree of physical fitness and compare the difference of physical fitness components among Football players.

Method and Procedure

Selection of subjects

To carry out this study, 80 subjects (20 from each district) were selected randomly having representing district/college team. The age limit of players was ranged between 18 to 25 years. The sample was collected from Mohindergarh, Rewari, Rohtak and Bhiwani of Haryana.

Selection of variables

The AAPHER Youth Fitness Test (1976) was used to measure the physical fitness variables. Out of the five tests items, the following four were selected for this study:

1. 50 yards Dash Test- To measure speed ability
2. 8 lbs shot put Test- To measure strength ability
3. Bend and Reach Test- To measure trunk flexibility
4. Zigzag Run Test- To measure agility

50 yards Dash

Two subjects at a time were asked to take position behind the starting line. The starter gave the command, are you ready? and "Go". The command Go was accompanied by downward sweep of the starter's arm to give a visual signal to the timers standing at the finishing line. The time taken to cover the distance was noted as the score of the subject. The score was recorded in seconds and to nearest 10th of a second.

8 lbs shot put

The subject stood at the throwing area of the shot-put sector and was asked to put the shot with max. Strength as far as possible inside the area of the sector. Three trials were given and the maximum distance covered in the three trials was recorded as the score of the subject.

Bend and Reach Test

The subject stood on the stair in such a way that toes touch the edge of the bench and feet were little bit apart. A scale was mounted vertically in such a way that zero of the scale was at the level of the bench, positive scale towards the downward side and negative towards the upward side. The subject bend forward as far as possible and touch the front side of the scale downward. While performing bending forward he was not allowed to bend his knees. He maintained the final bending position for a moment. The reading of the lowest edge of the fingers of the hands was recorded in cms. The reading below the level of the bench was taken positive score and above the level of the bench was taken of the negative score.

Zigzag run

Five upright were fixed, four at corners of a 16 x 10 yards rectangle and fifth at the center of the rectangle. A start/finish line was drawn at one side of the rectangle. The subject took stance on the start line, and on the signal 'go' started running in and around the upright. He completed the course as fast as possible and crossed the finish line. The stopwatch was started at the signal 'go' and was stopped when he had crossed the finish line. Time in seconds from the signal of 'go' up to crossing the finish line after completing was recorded and was the score of the subject.

Statistical Techniques

Mean and standard deviation were calculated in order to study the physical variables of the Football players of all the four districts. Mean was computed for comparison of players

of different districts. To assess the significance of differences between the means in case of significant F-value, Least Significant Difference (LSD) test was applied. The level of significance was .05.

Results

The Scholar examined the Physical variables among the Football players of Mohindergarh, Rewari, Rohtak and Bhiwani. The results of the study in general revealed that there was difference in all of the Physical variables i.e. Speed, Strength, Flexibility and Agility among the players of different districts.

From the findings of the study it was evident that the Football players of Rohtak were better in comparison to the Football players of other districts i.e. Rewari, Bhiwani and Mohindergarh in almost all the physical fitness variables.

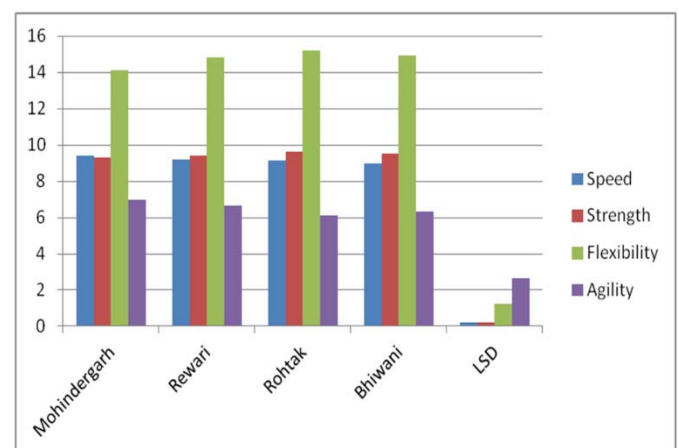
Table 1: Comparison of physical fitness variables among the Haryana's football players

Variable	Mohindergarh	Rewari	Rohtak	Bhiwani	LSD
Speed	9.42	9.20	9.12	8.99	.21
Strength	9.32	9.40	9.62	9.51	.19
Flexibility	14.10	14.81	15.22	14.95	1.25
Agility	6.95	6.67	6.12	6.35	2.65

The findings of the study in relation to Speed showed that the Football players of Bhiwani had better speed in comparison to the Football players of Rewari, Rohtak and Mohindergarh. This may be attributed to the fact that speed plays an important role in the performance of Football players.

The findings of the study revealed that significantly higher strength was found in the Football players of Rohtak than the Football players of Rewari, Bhiwani and Mohindergarh. That is the reason the players of Rohtak are better in Football than the players of other districts as far as the strength is concerned.

The findings of the study revealed that Football players of Rohtak had better flexibility than the Football players of Rewari, Bhiwani and Mohindergarh as they scored better score in bend and reach test conducted for the test of trunk flexibility. Flexibility is the basis of all the techniques employed in games and required in all the physical fitness components. Better performance in flexibility is the reason of better performance of Football players of Rohtak than the players of other Districts included in this study. The same result was found in the agility test.



Graph 1: Graphical representation of physical fitness variables among the Haryana's football players

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