

A COMPARATIVE STUDY OF LEG STRENGTH AMONG FOOTBALL AND HANDBALL PLAYERS

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Abstract

In this study, an attempt has been made to compare physical fitness component namely leg strength between football and handball players belonging to Haryana. The study was carried out on 150 players (75 football players and 75 handball players) were taken to help in assessing and comparing the difference in leg strength of the football and handball players. The data was collected by use of measurements of test like standing broad jump. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. The t-value of standing broad jump between university football and handball players, the value of t-test was 0.08 which shows that the no significant difference between football and handball player's leg strength. The football and handball players have performed equally for leg strength.

Key Words- Physical Fitness, Leg strength, Handball Players, Football Players.

INTRODUCTION:

Physical fitness is not only improves brain health, learning, handling stress, protects the brain from damage and disease but also enhance academic performance. The studies show that all these benefits do pay off. A research project in Vanes, France, reduced the time spent on academics and increased physical education time to ensure a quality, a daily program. The results, the academic performance, discipline, enthusiasm, fitness, and heartily of studies who participated were superior to those of students who were not involved. Other studies also show similar results.

It is important to educate students about language so that they can communicate articulately with their fellow human beings, about mathematics so that they can add their

grocery bills accurately, and about the fine arts so that they can appreciate and enjoy Chagall and Beethoven. It is also important to educate about their physical selves so that they can function more efficiently as human beings and accomplish all they are capable of achieving. And to attain this objective they need to know the scientific facts essential to good health, possess desirable health attitudes, develop skills to make the activity exciting and enjoyable, and be physically active. The result will be productive, vigorous, and rewarding lives and as the philosopher Will Durant advises, health is mostly within each person's will."In many cases, sickness is a crime. "This philosopher states "have done something physiologically foolish, and nature is being hard put to it to repair our mistakes. The pain we endure is the tuition we pay for our instruction in living."(James, 2005).

Research Methodology-

Sample-

A sample of 150 players was taken (75 football players and 75 handball players) to help in assessing and comparing the difference in leg strength of the football and handball players. The tables show the details of the football and handball players:

Hypothesis (H₀)-

There would be no significant difference in leg strength of football players and handball players.

Administration of the Tests:

Standing Broad jump was administered to measure the leg strength of football and handball players. Both groups were subject to measure the leg strength.

Descriptive Statistics of standing broad jump

Table no.1

Descriptive statistics of the data measured in the standing broad jump

Variable	GROUP	N	Mean (inch)	Std. Deviation	S.E.D.
standing broad jump	Football	75	79.79	2.72	0.43
	Handball	75	78.53	3.00	0.48

Table no.1 indicates the values of descriptive statistics of the football players group and handball players group for standing broad jump, which shows that the mean and S.D. values

of football players group and handball players group was found to be 79.79 ± 2.72 and 78.53 ± 3.00 respectively. Above table also indicates the S.T.D values of football players group and handball players group were found to be 0.43 and 0.48 respectively.

Table -2

Comparison of standing broad jump between football players and handball players

Variable	F-value	Sig.	T
standing broad jump	0.65	0.42	0.18

($p > .05$) Significant at 0.05 level of confidence.

Table no.2 indicates the independent t-test values of football players group and handball players group for standing broad jump. The football players group and handball players group t-value was found to be 0.18, which shows that there were no significant difference in football players group and handball players group of standing broad jump, as the F-value has found to be 0.65, which is not significant at 0.05 level.

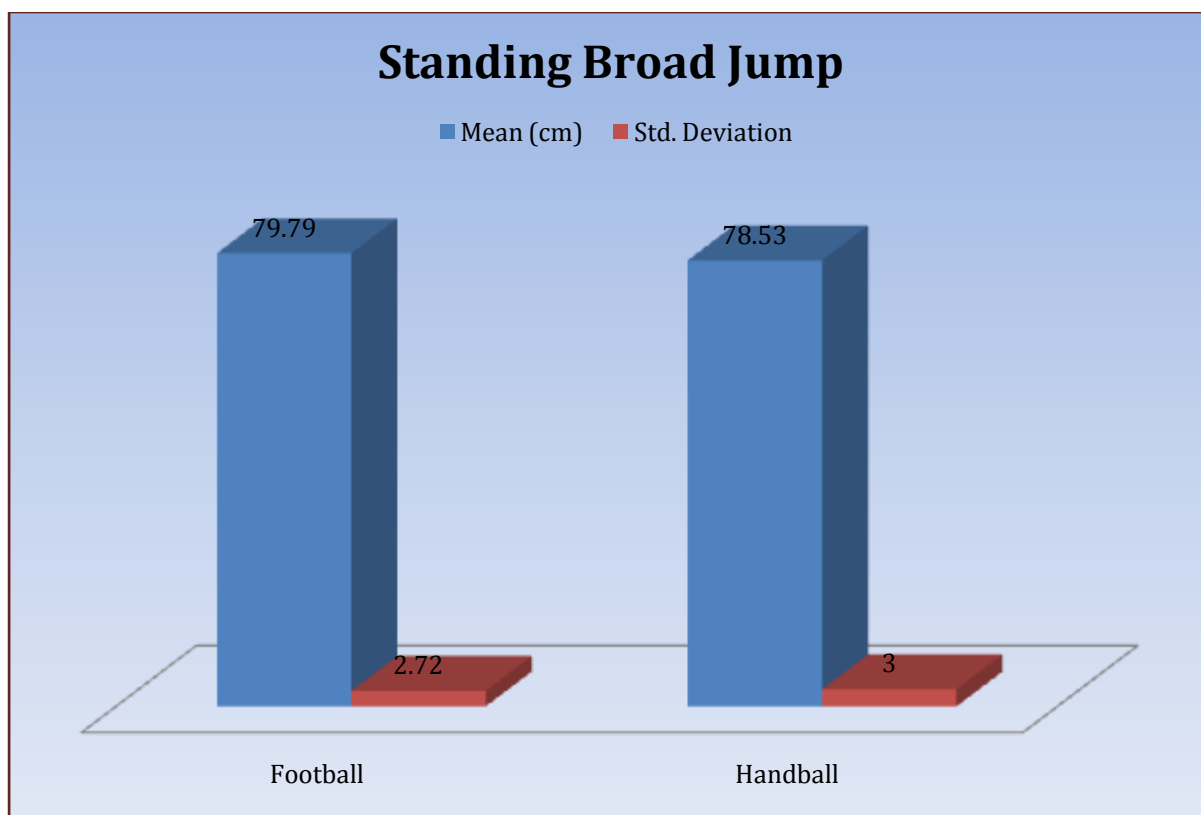


Figure no.- 1 Bar Diagram showing the mean and S.D. value of standing broad jump between football players groups and handball players groups.

CONCLUSION

In this study, there is a no significant difference in standing broad jump between the football players and handball players of different sports academy of Haryana. It means that no changes between the standing broad jump of the football players and handball players. The mean value of football players (mean-79.79) is similar than the mean value of handball players (mean- 78.53). So that handball player has similar leg strength than the football players.

RECOMMENDATIONS

- The similar study may also be conducted on other sports players.
- The similar study may also be conducted among different sports players of different level of tournaments.
- The similar study may also be conducted among different age groups of sports person.
- The similar study may also be conducted on other fitness variables.

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