

Agility level comparison among Female Circle Style Kabaddi Players of Punjabi University Patiala and Panjab University Chandigarh

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Abstract

The main objective of the study was to compare agility among Female Circle Style Kabaddi Players of Punjabi University Patiala and Panjab University Chandigarh. For the purpose of study 40 (20+20) female circle style kabaddi player, who represent the Punjabi University Patiala and Panjab University Chandigarh in session 2017-2018, were taken as subject. Semo agility test to compare the agility among this group. The study evaluate with the help of Mean , Standard Deviation and 't' test for equality of mean among this groups. The study explore that on the basis of analysis no significant difference in Semo Agility test between Punjabi University Patiala and Panjab University Chandigarh Circle Style Kabaddi players. However, mean value of Semo Agility (Agility) (14.48-14.18=0.3) shows a slight difference which indicates that Punjabi University Patiala female circle style kabaddi players are slightly better in agility variable as compare to Panjab Uni. Chandigarh.

Keywords: Agility, Circle Style Kabaddi Players, Semo Agility Test.

Introduction

Games and Sports are integral part of our society. These are accepted as a cultural event. There is need of a constant attempt to achieve higher standard of performance. So, today's games and sports demand best specific physical fitness for the best performance. For a specific game or event, the player must possess all of the body parts to be fit essential to the best performance and must have the proper body size and shape for the activity. Agility is the capability of any person to change in one position to another position with proper balance . Agility is very important term

in combat game because to change their direction quickly during movement . Agility influences with coordination, body balance, position where Centre of gravity lies, as well as skill and running rapidly. It is important for player to give maximum performance in sports.

Objectives of the Study

To assess the significance difference among Female Circle Style Kabaddi Players of Punjabi University Patiala and Panjab University Chandigarh.

Hypotheses

No significant difference was observed in speed and endurance level between Female Circle Style Kabaddi Players of Punjabi University Patiala and Panjab University Chandigarh.

Delimitations of the Study

The study was delimited to only 17-25 years of age group. The study was restricted to 40 female sports person .

Design of the Study

40 female subject is selected as a sample of the study with purposive sampling technique from Punjabi University Patiala and Panjab University Chandigarh . The subject is in age between 17-25 years .

Variables and Tools

All participants were informed of the procedure and purpose the experiment and were criteria of availability , reliability and validity the following tools were used to collect the data. The selected physical fitness components - agility was measured by semo agility test method . For the purpose of study 40 (20+20) female circle style kabaddi player, who represent the Punjabi University Patiala and Panjab University Chandigarh in session 2017-2018 where taken as subject.

Collection of Data

In the present study analysis and interpretation of the data and result obtained through the application of statistics . The part is devoted to the comparative result of Female Circle Style Kabaddi Players of Punjabi University Patiala and Panjab University Chandigarh of selected physical fitness component . The result has been discussed in below .The study analyzed with mean ,SD and comparison between groups was with the help of ‘t’ test for equality of means. Statistical Description of mean ,SD and ‘t’ test value of the tests of Female Circle Style Kabaddi Players of Punjabi University Patiala and Panjab University Chandigarh.

Findings

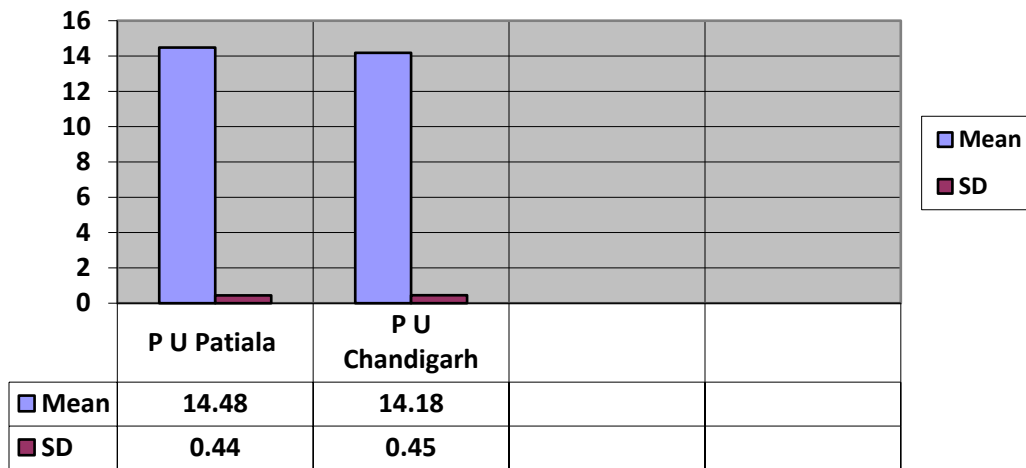
In the Semo Agility test variable of fitness (which is a indicator of Agility) no significant difference was observed between Punjabi Uni. Patiala and Panjab Uni. Chandigarh Female Circle Style Kabaddi players as the obtain computed ‘t’ value (2.16) was found lower than the table value on the .05 level of significance as shown In the table 4.6

Table 4.1

University	Mean	SD	SDM	‘t’ Ratio
Punjabi University Chandigarh	14.48	0.44	1.14	2.16
Punjabi University Patiala	14.18	0.45		

Significant at 0.05 levels (p-0.05) Tabulated ‘t’ value at 0.05 (2.021) In the above table- 4.1 and graph- 4.1, it was found that the Mean value of Punjabi University Patiala and Panjab University Chandigarh Female Circle Style Kabaddi players was 14.48 and 14.18 respectively, and S.D of Punjabi University Patiala and Panjab University Chandigarh players were 0.44 and 0.45 respectively. Where ‘t’ value was calculated $t=2.16$, which is less than the table value 2.021. Hence there exit no significant difference in Semo Agility test between Punjabi University Patiala and Panjab University Chandigarh Circle Style Kabaddi players. However mean value of

Semo Agility (Agility) ($14.48-14.18=0.3$) shows a slight difference which indicates that Punjabi University Patiala female circle style kabaddi players are slightly better in agility variable as compare to Panjab Uni. Chandigarh.



Conclusions

The finding of the study can be concluded as under :

1. No significant difference was observed between Punjabi University Patiala and Panjab University Chandigarh Circle Style Kabaddi players in agility (Semo Agility Test). The results show that the Circle Style Kabaddi players of both universities almost possess same fitness agility (Semo Agility Test).

Discussion

‘t’ test for equality for Means employed to search out the significance difference .The significance standard was set at 0.5 levels.

The agility ability was assessed to find-out the difference on the composite performances of Punjabi University Patiala and Panjab University Chandigarh players. The ‘t’ value was computed 2.16, which was again found significant at 0.05 levels of confidence against tabulated

values were 2.021 respectively. A test of semo agility ability was tested with mean values 14.48 and 14.18 for Punjabi University Patiala and Panjab University Chandigarh players respectively with a difference of 0.3 which clearly evident that no significant difference semo agility.

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