

A Comparative Study of Selected Coordinative Ability between Volleyball and Basketball Players

Ms. Moumita Sen
 Assistant professor
 Lovely Istitute of Education
 Lovely Professional University
 Phagwara, Punjab

Abstract

Presented trials to evaluation manifestations of the selected coordinative abilities could be used by coaches during a training process. Purpose of the study to find out A comparison of selected coordinative ability between volleyball and basketball players. Objective of the study was Only coordinative ability considered as performance related physical fitness variable for the study. A total of 28 students were selected as subjects for the present study, out of which 14were basketball players and 14 were volleyball players .All the subjects were selected from Jadavpur University. The ages of the subjects were range between 23-26 years. Differentiation ability (Backward medicine ball through test) and Orientation Ability (medicine ball test) these two test has been administered to collect the data.

Shows the Mean and SD of Orientation Ability and Differentiation Ability of the Subjects

Fitness Parameter	Basketball players		Volleyball players	
	Mean	±SD	Mean	±SD
Orientation Ability (sec)	8.32	0.75	8.18	5.18
Differentiation Ability	10.06	1.80	10.07	2.22

It is evident from table – 2 that Mean and SD of Orientation Ability of Basketball players and Volleyball players were 8.32&±0.75and 8.18&± 5.18 respectively. It is also evident from the same table that Mean and SD of Differentiation Ability of Basketball players and Volleyball players were 10.06 &±1.80 and 10.07&± 2.22 respectively. From the table value it was found that Orientation Ability of Basketball players were higher than that of volleyball players.

Introduction

Physical education has wonderful important. Study of Physical education is not only limited to physical activity. It helps to improve the art of learning, intellectuality and attitude towards life. Physical activities are considered as essential elements to modify and maintain quality of life. Today physical education has become the fourth essential requirement after three primary essential like oxygen, water and food. A long ago people believed that the physical education is only a group of activities like malkhamb, wrestling, drill and marching, drips and indigenous activities. But this concept has completely changed today. In present days players are prepared by latest methods of coaching and new techniques of training. Many physical education and sports research laboratories have come in existence. Therefore, more attention is given to the parameters of psychology, anthropometry, physiology and physical fitness, which are related to a person's ability in sports. It is not merely a game; it is part of one's life. When we go through the history of volleyball and basketball It becomes evident that, there is no common agreement regarding these game. But as a well-known sports columnist said, the first man to play a proto- type of this popular game was Adam who "kicked an apple around the garden of Eden" to amuse Eve. Contemporary historians, however, believe that the game originated in England centuries ago but was formally played for the first time in Derby, England, 27 A.D.

Objectives of the study

The objective of the study were as follows

To observe the ability in selected Coordinative parameters of two Volleyball and Basketball players.

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To find out the difference in selected Coordinative parameters of Volleyball and Basketball players.

Hypothesis of the study

Hypothesis of the present study were as follows:-

H0: There might be no significant difference in selected coordinative parameters among the groups.

Selection of Subject

A total of 28 students were selected as subjects for the present study, out of which 14 were basketball players and 14 were volleyball players. All the subjects were selected from Jadavpur University. The ages of the subjects were range between 23-26 years.

Selection of the variables:

Coordinative ability parameter

Differentiation ability.

Orientation ability.

Collecting of data:

The study group was selected from the two ball game mainly basket ball and volley ball. The selected subjects were the representatives of Jadavpur University and their coordinative and psychomotor ability components which were measure in terms of ability such as differentiation, orientation, reaction time, rhythm, response time. The data were taken in the basket ball ground and jadavpur university play ground.

Differentiation ability (Backward medicine ball through test):

Analysis of the Data and Results of the study

In this chapter the data of the present study that were collected using procedure mentioned in chapter-III have been presented. Statistical analysis of data, result obtained out of analysis of data, interpretation of result in light of available knowledge and testing of hypothesis have also been presented in this chapter.

Table -2: Shows the Mean and SD of Orientation Ability and Differentiation Ability of the Subjects

Fitness Parameter	Basketball players		Volleyball players	
	Mean	±SD	Mean	±SD
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For better understanding it was presented graphically, figure - 4 & 5 showed the results

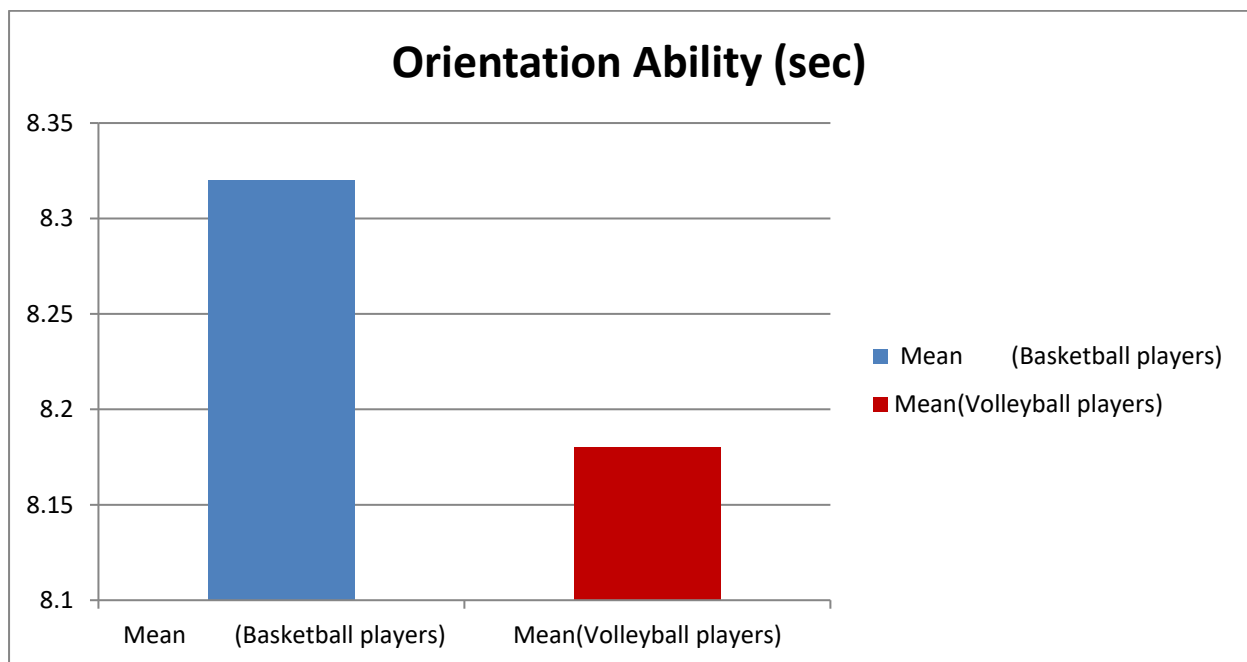


Fig-4: Showed the mean of the orientation ability of the Basketball and Volleyball players

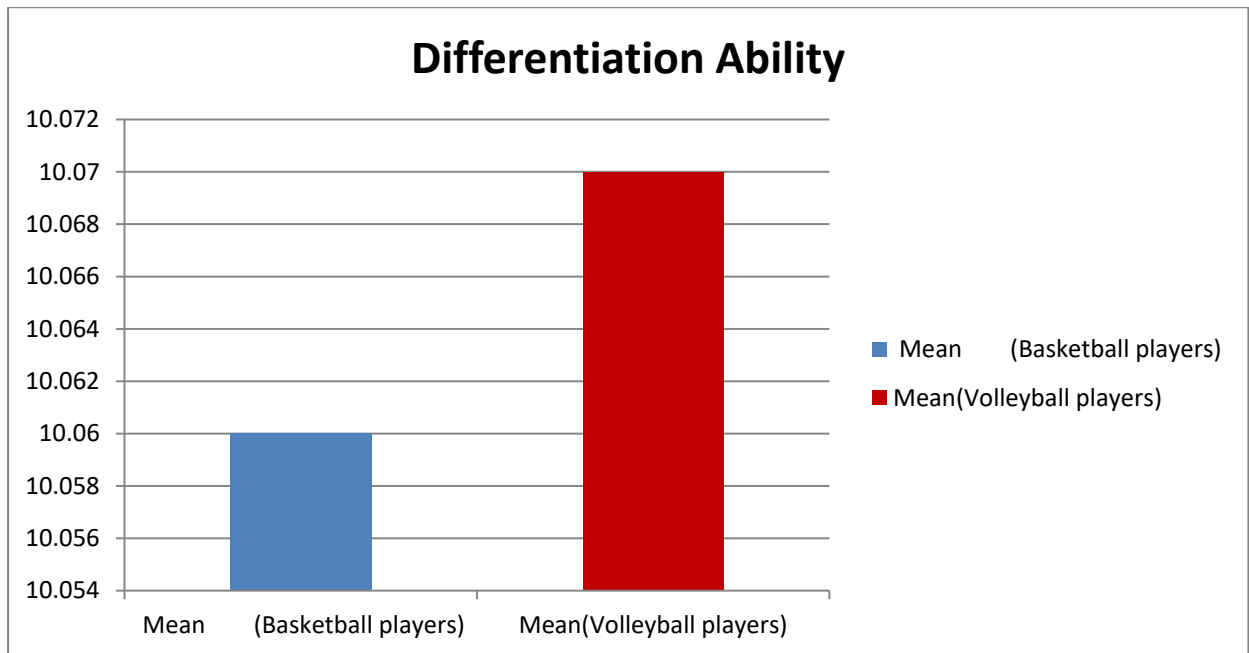


Fig-5: Showed the mean of the differentiation ability of the Basketball and Volleyball players

Table-3:Significance of statistical difference in Orientation Ability and Differentiation Ability between Basketball and Volleyball players

Fitness Parameter	Basketball players		Volleyball players		t value	p <0.05
	Mean	±SD	Mean	±SD		
Orientation Ability (sec)	8.32	0.75	8.18	5.18	0.54288	.59
Differentiation Ability	10.06	1.80	10.07	2.22	0.72218	.48

From the table value it was also clear that there was no significant difference exists in Orientation Ability between Basketball and Volleyball players.

From the table value it was also found that there was no significant difference exists in Differentiation Ability between Basketball and Volleyball players.



Fig-6: Showed the t value of the orientation ability and differentiation ability between the Basketball and Volleyball player

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