



Comparative Study of Strength Ability of Gymnastics and Mallakhamb Players Aged Between 8 To 10 Years

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Abstract

The present study was undertaken to compare the strength of Gymnastics and Mallakhamb players aged between 8 to 10 years. Gymnastics and mallkhamb both tend to develop motor abilities. The objective of the study was to compare the strength ability of gymnastics and mallakhamb players aged between 8 to 10 years. It was hypothesized that there will be no significant difference in strength in gymnastics and mallkhamb players. For this study 30 gymnastics and 30 mallkhamb novice players of 8, 9 and 10 years of age from Marathwada sanskrutik mandal's gymnastics training centre were considered for the study. Survey method was used for this study and samples were randomly selected. To test the strength of the samples standardized test of medicine ball throw was selected. The samples were instructed about the execution of the test and their best performances were recorded for further analysis and interpretation of data. The statistical means mean, standard deviation and t- test was applied to analyse the data. The data was analysed and it was interpreted that significant difference exists among the gymnastics and mallakhamb players. Strength of Gymnastics players is more than the mallakhamb players.

Key words: Strength, Ability, Gymnastics, Mallakhamb, Players.

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Introduction:

As we know basic gymnastics and mallakhamb exercises help in developing physical fitness and motor abilities, an exclusive study of both forms of exercises is necessary due to some circumstances. Basic gymnastics requires various equipments like floor exercises, parallel bars, roman rings, high bar, table vault, trampoline, spring boards, safety mats etc. Thus it requires more space too. Not every school or institution can afford to invest in large for basic gymnastics too. On the other side mallakhamb is just a wooden pole fixed in ground and requires some mats for safety. It is clear that both basic exercises tend to develop physical fitness and motor abilities. But it will be more beneficial if a comparative study and analysis of mallakhamb and gymnastics players is carried out in order to reveal the developments in motor abilities in mallakhamb and gymnastics players undergoing regular training of the respective games.

Significance of the study:

The study may reveal development in strength in gymnasts and mallakhamb players of 8 to 10 years.

Scope of the research:

Strength ability will be considered for the study. The gymnasts and mallakhamb players from M.S.M.'s gymnastics center are considered for the study. Only gymnasts and mallakhamb players aged between 8 to 10 years will be considered for the study.

Statement of the problem:

“A comparative study of strength ability of Gymnastics and Mallakhamb Players aged between 8 to 10 years.”

Objectives of the study:

To compare the developments in strength in gymnastics and mallakhamb players aged between 8 to 10 years.

Limitations of the study:

Any bias that may exist due to insincere response from the subject. Difference in intellectual and cognitive level of the subjects. Individual physical abilities of the participating subjects. Response from the samples.

Hypothesis:

It is hypothesised that there will be no significant difference in strength in gymnastics and mallakhamb players of age 8 to 10 years.

Methodology:

Sample: For the present study survey method is applied. Total 60 samples (30 each from gymnastics and mallakhamb) are randomly selected from M.S.M.'s gymnastics center, Aurangabad.

Tools and Means of collection of data:

Personal data bank used to collect the information of an individual. Equipment: 1 kg. Medicine ball, marking powder, measuring tape is used as the standardized test medicine ball throw for the study.

Procedure:

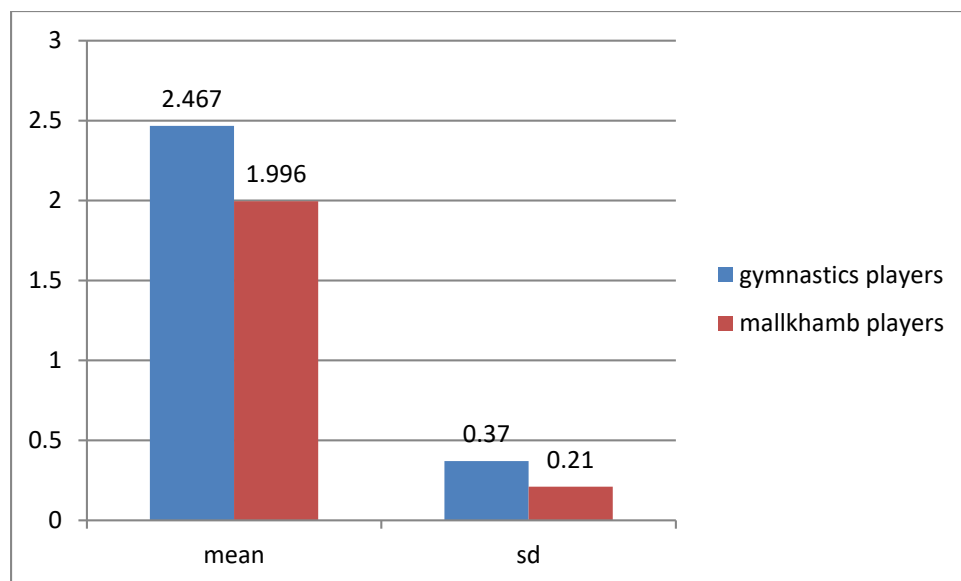
The sample is asked to sit with straddled legs position on the mark that is made to attempt the medicine ball throw. Now the subject is asked to bring the ball towards the chest and then extend the arms throwing the medicine ball at approximately 45 degree angle to reach maximum distance.

Scoring:

Each sample is given three trials and the longest throw distance is measured and recorded. The recorded distance is considered as score of the subject.

Strength Ability of Gymnastics and Mallakhamb Players Aged Between 8 To 10 Years

Variabl es	Groups	N	Mean	Standard deviation	Mean differenc e	't' value	df
Medici ne Ball throw	Gymnasti cs players	30	2.467	0.370	1.56250	6.052	58
	Mallkham b players	30	1.996	0.210			

Analysis and Interpretation of Data:**Graphical Analysis:****Interpretation:**

The above table depicts that the mean score of the gymnastics players for the strength test is 2.46 with standard deviation of 0.370. The mean score of mallakhmab players for the strength test is 1.996 with standard deviation of 0.210. T- test is used to study whether the mean difference is significant or insignificant. The obtained t- value 6.052 at 58 degree of freedom is significant at

Strength Ability of Gymnastics and Mallakhamb Players Aged Between 8 To 10 Years

0.05 level of significance further confirms that significant difference exists among the gymnastics and mallakhamb players of strength test.

Test of Hypothesis:

Hypothesis states that there will be no significant difference in strength in gymnastics and mallakhamb players of age 8 to 10 years. As the mean difference among the gymnastics and mallakhamb players is significant the stated hypothesis is **rejected** on the basis of findings.

Conclusion:

Strength ability of the gymnastic players is better than mallakhamb players.

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Strength Ability of Gymnastics and Mallakhamb Players Aged Between 8 To 10 Years

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