

Comparison Of Flexibility Between Judo Players Of Technical And Non-Technical Universities Of Haryana State

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ABSTRACT: *The present research was designed to compare the Flexibility between Judo players of technical and non-technical universities of Haryana state. The data was collected from total six technical and non-technical universities (3-3 each) of Haryana state. Only the male Judoplayers were selected as subjects. Total forty eight (N=48) Judo players were selected as subjects from these technical and non technical universities in equal proportion. To check the Flexibility ability of Judo players, Reach & Bend Test (AAHPER-YFT) was used as data collection tool. After the collection of relevant data, to know the difference between Flexibility ability of Judo players, unpaired t-test was employed on mean values with the help of Statistical Package for the Social Sciences (SPSS) 17.0. The level of significance was set at 0.05 percent ($p < 0.5$). After the analysis of data it was found that the Judo players of non technical universities had better Flexibility ability than Judo players of technical universities of Haryana.*

INTRODUCTION

To win a medal in the Olympics or to clinch world cup championship is not an easy task in the tough globalized world of sports competitions. A long term plan is required to achieve this target. Coaches, sports scientists and associates those who are concerned with the development of sports must pick up talented children at an early age in order to train them in long term planning for optimum results. This is a very challenging task to the physical educationist, coaches, and sports scientists to find out the methods for the selection of potential sportsman at very early age (Brar, 1991).

Flexibility is defined as the range of motion (ROM) in a joint or series of joints that reflects the ability of the musculotendon structures to elongate within the physical limitations of the joint. Most simply, flexibility refers to the capacity to bend. Flexibility can be described for a specific joint, a series of joints, or a specific person. Within human movement, flexibility depends on joint integrity, extensibility of the soft tissue (i.e., muscles, connective tissue, and skin) and joint range of motion.

In present study an attempt has been made to compare the level of Flexibility between Judo players of technical and non-technical universities of Haryana. To achieve this purpose of present study following methodology and procedure was adopted by the researcher.

METHODOLOGY AND PROCEDURE

The data was collected from total six technical and non-technical universities (3-3 each) of Haryana state. Only the male players were selected as subjects. Total forty eight (N=48) Judo players were selected as subjects from these technical and non technical universities in equal proportion. To check the level of Flexibility in Judo players, Reach & Bend Test(AAHPER-YFT) was used as data collection tool. After the collection of relevant data, to know the difference between Flexibility ability of Judo players, unpaired t-test was employed on mean values with the help of Statistical Package for the Social Sciences (SPSS) 17.0. The level of significance was set at 0.05 percent.

DATA ANALYSIS AND RESULTS OF THE STUDY

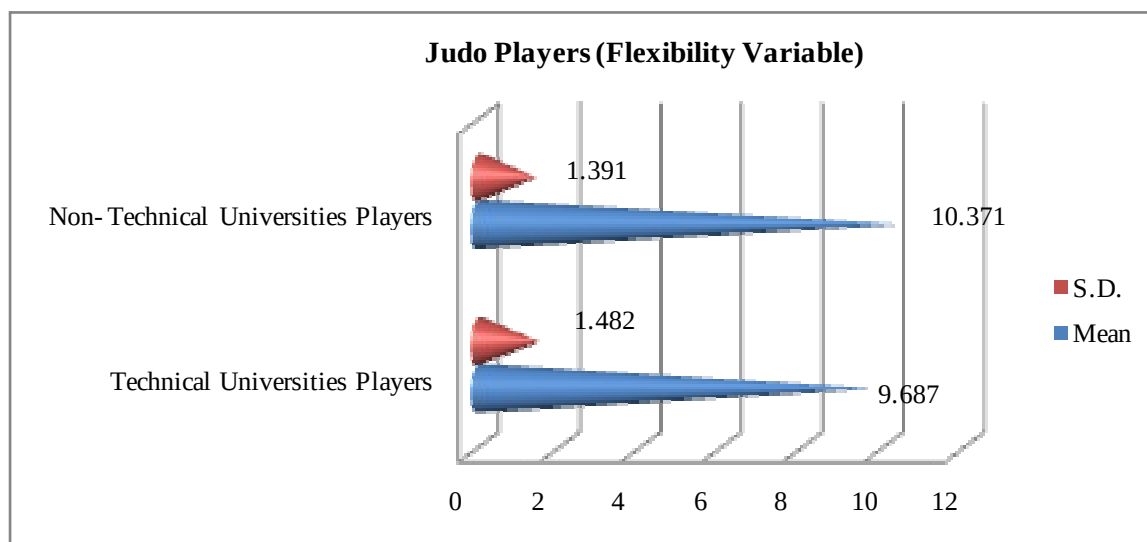
TABLE: 1 Shows Descriptive Analysis of Flexibility Variable between Technical and Non- Technical Universities Judo Players

	Mean	S.D	t value
TECHNICAL UNIVERSITIES	9.687	1.482	1.647
NON-TECHNICAL UNIVERSITIES	10.371	1.391	

$t_{0.05}(46) = 2.013$

Table & figure: 1 illustrate that the Mean and SD values of Flexibility of Technical and Non-Technical Universities male Judo Players were 9.687 ± 1.482 and 10.371 ± 1.391 respectively. The obtained “t” value 1.647 (2.013) was found statistically insignificant at 0.05 level of significance.

Figure: 1 Shows Mean and S.D. of Flexibility Variable between Technical and Non - Technical Universities Judo Players



CONCLUSION OF THE STUDY

After the analysis of data it was concluded that the Judo players of non technical universities had better Flexibility ability than Judo players of technical universities of Haryana.

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