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IMPACT OF 'NARAASHANS DIAMOND CRICKET' ON
SELECTED CRICKET SPECIFIC MOTOR FITNESS VARIABLES
AND PSYCHOLOGICAL BEHAVIOR ON THE STUDENTS OF
CRICKET SPECIALIZATION



Syed Tariq Murtaza, PhD¹; Mohd.Imran²; Ashish Kumar Katiyar³; Salman Ahmad Khan⁴;
Raof Ahmad Bhat⁴; Irshad Maqbool Malik⁴; Mohd Zakir⁴; Iftikhar Ahmad⁵; Sateesh Chandra⁵;
Lalita Kumari⁵; Tasleem Khan⁵; Qamber Rizwan⁵; Vinay Kumar Singh⁵

To see the better effect of "Naraashans Diamond Cricket" the study was carried out in three phases i.e. Phase I (Pre-test) for evaluation of student's past learning that where they are standing before entering in the Phase II (Application of the game i.e. 25 matches lasting to 7 days and two matches each in morning and evening) of the study, and at last to check the effect of Phase II. Phase III (Post-test) of the study was conducted to assess, what they learnt by the activity conducted in the Phase II. By comparing the average values of Pre-test to Post-test, it was found that the timing of the running between the wickets was decreased hence speed increased,

ABSTRACT

The main purpose of this study was to analyse the impact of "Naraashans Diamond Cricket" (S. Tariq Murtaza et.al. 2014) on the selected cricket specific motor fitness variables and psychological behavior on the Students of Cricket Specialization in AMU, Aligarh. The present study was conducted on a sample of fifteen students N (=15) who had chosen cricket as specialization in their courses i.e. B.P.Ed & M.P.Ed in which Boys & Girls participated. The age of the participants ranging between 18 and 25 years from the Department of Physical Education, A.M.U., Aligarh. All the participants were informed about the aim and methodology of the study and they volunteered to participate in this study.

KEYWORDS : Naraashans Diamond Cricket , Motor Fitness Variables , Psychological Behavior , Cricket Specialization.

SHORT PROFILE

Syed Tariq Murtaza is working as a Assistant Professor at Department of Physical Education, A.M.U., Aligarh.

Post test.

the endurance level enhanced significantly, the anxiety level reduced but the throwing accuracy slightly decreased because of the shoulder injury faced by players due to excess repetition of throws. The throwing accuracy could have also increased by decreasing the repetition of throws. The t-test was applied to assess the effectiveness of "Naraashans Diamond Cricket" in relation to Pre & Post tests. The findings of the present study revealed that there is no significant difference is found between the Pre &

¹Assistant Professor, Department of Physical Education, A.M.U., Aligarh

²PTT (+2, Boys), A.M.U., Aligarh

³Research Scholar, Department of Physical Education, A.M.U., Aligarh

⁴Former Students M.P.ED, Department of Physical Education, A.M.U., Aligarh

⁵Students M.P.ED (Sem. III), Department of Physical Education, A.M.U., Aligarh

1. INTRODUCTION:

In due course of time, the game of cricket has become very intensive in nature hence for the sake of procurement a player has to prepare himself in all walks of the game. In the past by strengthening any single skill of cricket, one could have played for long but at present one has to be very precise and athlete in addition to any single skill. Keeping in view the need of the day the 'Naraashans Diamond Cricket' game had been developed (S. Tariq Murtaza and et.al. 2014) which includes core skills of the cricket. There are three skills which can primarily be improved (hypothesized by administrators) by playing this game i.e. throwing accuracy, running between the wicket and cardio-vascular endurance of the player followed by reducing players' state anxiety level.

2.0 METHODOLOGY:

2.1 Selection of the Participants:

All the participants were the students of the Department of Physical Education at AMU, Aligarh with the age group between 18 to 25 years. Two teams were formed with 7 players each for the study.

2.2 Selection of the Test Items:

As it was hypothesized that this game would primarily improve throwing accuracy, running between the wicket and cardio-vascular endurance of the players. Therefore we had taken three items to test all these abilities i.e. (i) Cooper's 12 min run/walk (Cooper, Kenneth H. 1969) test was used for the endurance test (ii) each player got ten balls to hit the stumps from the distance of 20.12 meter (actual distance between the wickets) for throwing accuracy (iii) timing of 2, 3, and 4 runs respectively for running between the wicket test. In addition to skills, a psychological test was used developed by (Neary., Zuckerman. M, 1976) was conducted in order to analyse the impact of the new game on anxiety level.

2.3 Precautions and Suggestions Taken During the Study:

- Injured/ill players were not allowed.
- Proper warm up before the game and relaxation exercises were prescribed to the participants.
- Only 3 or 4 games per day were allowed because of the intensity of the game and repetition of throws by bowlers.
- The bowlers were advised to interchange their position at any time during the game to avoid the shoulder/ elbow injury.
- The timing of the game remained the same i.e. 20 minutes each innings throughout the study.
- The batsmen were allowed to take self dismissals at any time.

2.4 Phases of the Study:

This study was conducted in three different phases i.e. Phase-1 or pre-test phase, Phase-2 or application of game on the players and Phase-3 or post-test phase.

2.4.1 PHASE-1 (Pre-test phase)

In this phase there were four items which were recorded i.e. distance covered in 12 minutes for cardio-vascular endurance, timing of running between the wicket of 2, 3, and 4 runs for shuttling speed, number of hits on the stump out of 10 throws for throwing accuracy and anxiety state level through questionnaire. This Phase-1 was completed in two days in morning session only. The informed consent form was distributed to each participant and those only who willingly took the test were allowed in Phase-1 and moreover injured players were not allowed to participate.

2.4.2 PHASE-2 (Application of the Game)

After the Phase-1 the participants were given the schedule to play twenty-five matches of the Naraashans Diamond Cricket game (S. Tariq Murtaza et.al 2014). The matches were scheduled to finish in 7 days, i.e. two matches each in morning and evening sessions.

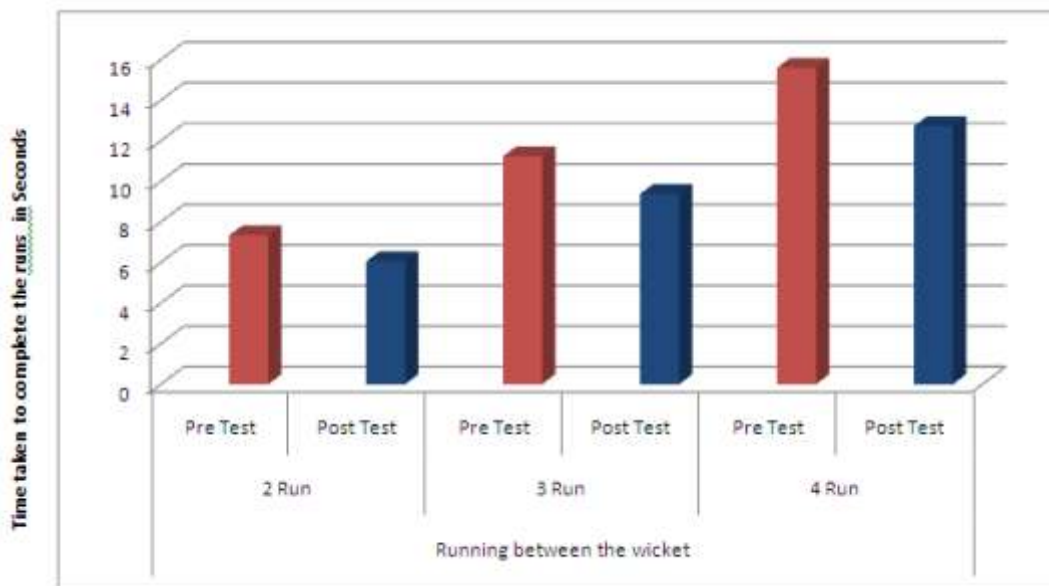
2.4.3 PHASE-3 (Post- Test phase)

After finishing the Phase-2, two days passive rest was given for full recovery to participants. The post-test was conducted in this Phase with the same testing items as in Phase-1, before conducting the Phase 3 to see the effects of the innovative game on the selected abilities of

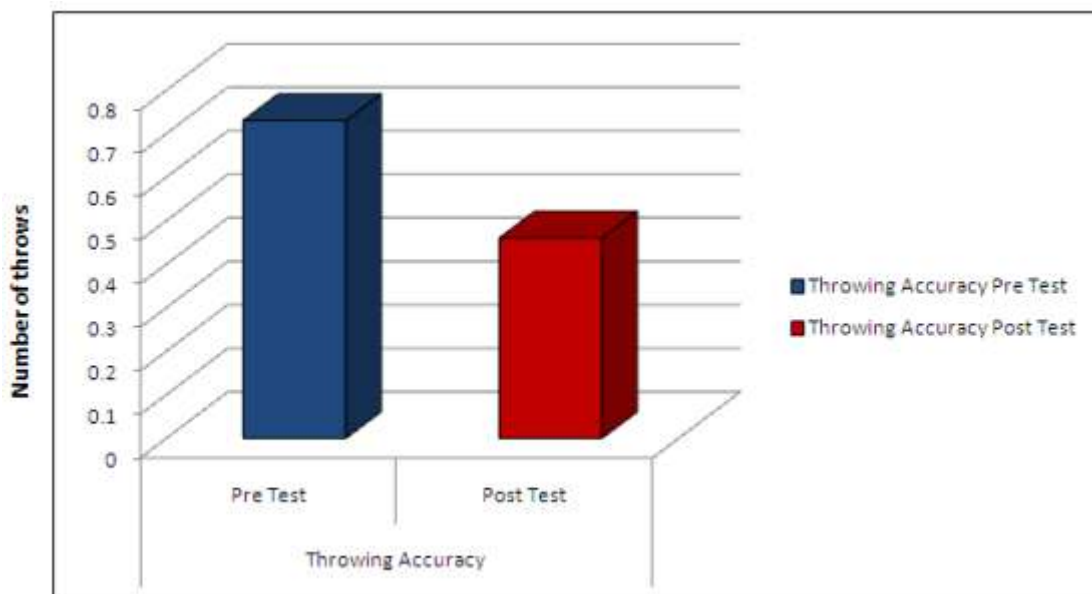
the participants. At the conclusion of the Phase-3, the scores of the Phase-1 and Phase-3 were compared by using (Statistical test/procedures) done by SPSS (22.0)

3.0 ANALYSIS OF THE DATA:

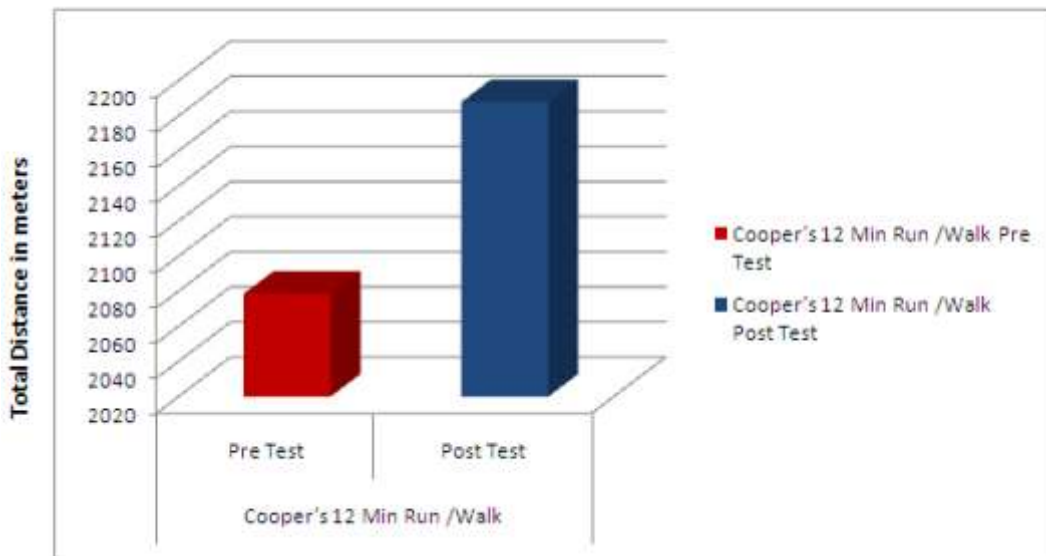
Graph 1: Running between the wickets:



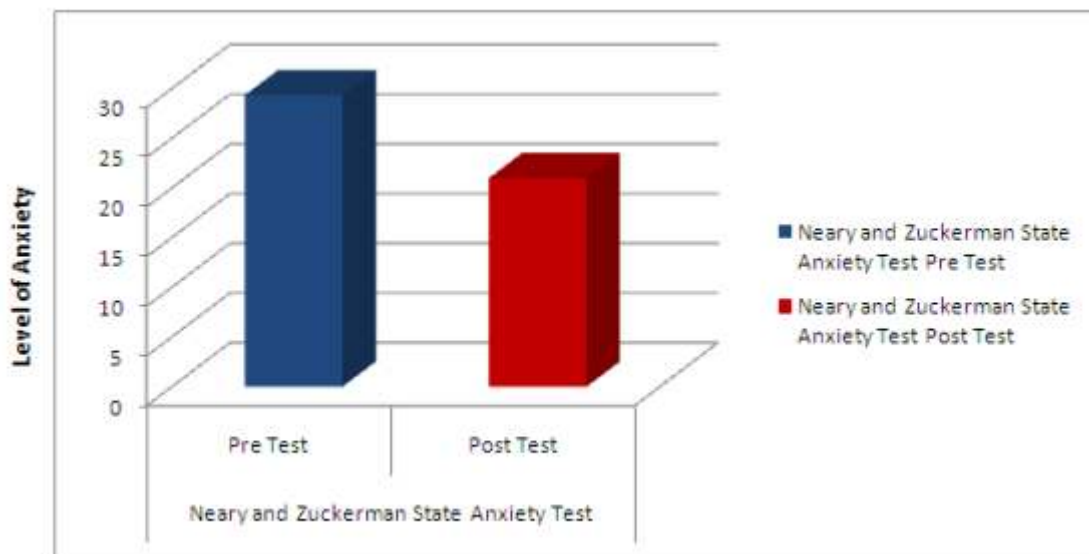
Graph 2: Throwing Accuracy Test:



Graph 3: 12 Minute Run/ walk Test:



Graph 4: Neary & Zuckerman Anxiety State Test (AST):



4.0 DISCUSSION:

4.1 The timing of the running between the wickets i.e. 2 runs, 3 runs and 4 runs significantly decreased as a result of which the speed of the running between the wickets is increased. It happens because of taking runs as fast as possible during the game.

4.2 The throwing accuracy was decreased from 0.75% to 0.45% of the participants because of higher numbers of throws in the matches (Phase-II) which leads to shoulder injury and pain to the

players. As a result, some of them could not perform as they performed in pre-test. The throwing accuracy could be improved as other items if there would be sufficient intervals between two matches and reduction in throwing frequency.

4.3. By the application of this game, average distance covered by an individual in 12 min run/walk test was 1866.85 meter and after the application of this game it increase to 1907.05 meter which means the cardiovascular

endurance ability of the players enhanced significantly.

4.4 The anxiety state level also reduced from 25.85 points to 21.50 points. This was because of adaptation of the game and awareness of the game which tends to reduce the anxiety of the

players. In order to see the reduction in anxiety level coaches or players can use this game for recreations which would be helpful to overcome anxiety.

5.0 Statistical Analysis (t-test)

S.No.	Selected Test Items	Group	N	Mean	Std. Deviation	Calculated t-value	
5.1	Running between the wicket	2 Run	Pre Test	15	7.34	0.67	0.14
			Post Test	15	6.06	3.09	
		3 Run	Pre Test	15	11.24	0.86	0.16
			Post Test	15	9.38	4.8	
		4 Run	Pre Test	15	15.6	1.51	0.11
			Post Test	15	12.72	6.46	
5.2	Throwing Accuracy	Pre Test	15	0.73	0.57	0.28	
		Post Test	15	0.46	0.71		
5.3	Cooper's 12 Min Run /Walk	Pre Test	15	2078.6	879.15	0.74	
		Post Test	15	2187.9	916.68		
5.4	Neary and Zuckerman State Anxiety Test	Pre Test	15	29.35	11.38	0.13	
		Post Test	15	21	16.43		

df =28

T_{0.05} df (28) = 2.60

5.0 CONCLUSION:

The application of the innovative game of Naraashans Diamond Cricket game (S. Tariq Murtaza et.al 2014) demonstrated high potential to increase the core abilities of cricketers. It was found that the running between the wickets was decreased hence speed increased, the endurance level enhanced significantly, the anxiety level reduced but the throwing accuracy slightly decreased because of the shoulder injury faced by players due to excess repetition of throws. The throwing accuracy could have increased by decreasing the repetition of throws.

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Syed Tariq Murtaza, PhD
Assistant Professor, Department of Physical Education, A.M.U., Aligarh

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