



“A COMPARATIVE STUDY ON MOTOR QUALITY AMONG INDIAN SPORTS WOMEN”

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ABSTRACT :

The study is a comparative and analytical study of motor quality. In this study an attempt was made to analyze the motor quality of women cricket players of different zones of Indian Universities. The study was framed to deal speed motor quality to assess the impact on Indian university women cricket players in five zones of India. They are East, West, South, North and Central. And all the data were collected in national tournament held utter Pradesh jaunpur University. In this research work 150 subjects were selected as samples from full team of every zone. Here, the national qualified teams will be selected as the samples for this study. The collected data were analyzed through t test anova test. This study was pretended to outtake of difference of speed among different zones of India. And also this study describes the possibilities and effects of performance on women cricket abilities. Finally, this study may help to all women cricketers to assess their speed quality compare to other state and zone players. This will help to the women cricketers to develop their standard of speed quality as per the requirement of the game. The study will definitely give the some of the important and need factors to the coaches, trainers, University directors and college sports directors to set the selection criteria in better selection method.

KEYWORDS : motor quality , women cricket players , coaches, trainers.

INTRODUCTION

Gothi stated that the speed is the capacity of the individual to perform successive movements of the same pattern at a faster rate. Speed is the quickness of movement of a limb, whether this is the legs of a runner or the arm of the shot putter. Speed is an integral part of every sport and can express as any one of, or combination of, the following: Maximum Speed, elastic strength and speed endurance. The improvement in repeated sprint ability is similar results previously reported in cricket players after training programs containing similar speed sessions, but combined with additional training according to their zonal requirement training.

SPEED AND THE CRICKET:

Sprints for short distances are fundamental in team Cricket during running between the wickets, fast balling and attacking the ball. Earlier Studies emphasized that first quickness step and acceleration are important to many sport and games.



METHODOLOGY:

The subject for the study will be female students of different regions of Indian university. Selection of the subject will be taken as per the procedure of speed test. The subjects will be considered as major source for the

study. In the selection of the sample from all the women cricket players of Indian university Sample size of the study .In this study the sample size was taken from five region of Indian University. Women players were selected from each region of Indian universities. The entire women cricket teams of different regions of AIU considered as sample for this study. Each zone will has two qualified teams for national tournaments.Hence, each zone will have 30 subjects. In this study the subjects were gone under speed test in the south inter zonal women cricket tournament. Further, researcher have attended the all India inter zonal women cricket held in Veer Bahadur Singh PoorvanchalUniversity,Jaunpur Utter Pradesh.

Administration of Test for Motor Ability Component:

Speed:

To measure Speed 50 Yards run is administrated.

Purpose:

To measure the Speed of the subjects.

Equipment:

Electronic stop watch and wooden clapper

Procedure:

The subject was asked to tack crouch position behind the starting line. Then she was asked to run fifty meters with maximum speed after hearing the clapper sound. The time taken between the starter signal and an instant of which the subject crossed the finishing line was recorded as the score.

Scoring:

The time taken was recorded in seconds as the score.

The data collected as per the procedure mentioned in the above administration.The subjects were statistically analysed to assess the significance of difference between all the five regions of the Indian universities. In this particular study its 150 subjects were undergone in this test.In motor quality speed was tested through 50mt dash.Hence, in this study the players of AIU national Women cricket players were considered as subjects for this study. Statistical work was achieved by the application of analysis of" f" test.

The different of the means of the all the regions were taken into account during the analysis. Where the final means were adjusted for differences in the entail means and the adjusted means were tested for significance.

MOTOR QUALITY:

SPEED:

It was hypothesized that there would be a significant difference in the speed between all the subjects of this study. Speed is the ability to execute motor actions under given conditions in minimum possible time. The speed ability is highly movement specific. Speed is the basic requirement for any game. Hence, in this speed has taken to consider the major parameter for determine the quality of the speed in different zones of Indian University. Speed is the performance pre-requisite to do motor actions under given conditions (movement task, external factors, individual pre-requisites) in minimum time, speed is a determining factor in the explosive sports such as sprints, jumps and most field sports."

Some believe that person is either born with speed or is not, This may be true to a certain extent because of inherited limb length, muscle attachments' and proportion of fast twitch muscle fibers or white muscle fibers as considering to the game of cricket speed is must require element in all the departments like balling, batting and fielding. Hence, in this study the result shown that all the Indian regions women Cricket players have different than the other zone.

Table-1 Zones wise distribution of Women Cricket players

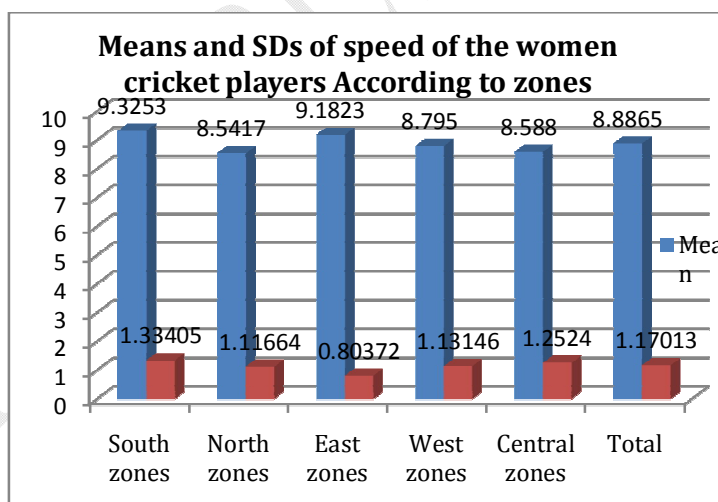
Sl. no	Zones	Frequency	Percent
1	South zones	30	20.0
2	North zones	30	20.0
3	East zones	30	20.0
4	West zones	30	20.0
5	Central Zones	30	20.0
	Total	150	100.0

Table-1 shows zones wise distribution of Women Cricket players under study, it is observed from the above table that equal number of Women Cricket players was distributed in each zone. (30- 20%).

Table No.-2 : Means and SDs of speed of the women cricket players According to zones

Sl. No	Zones	N	Mean	Std. Deviation
1	South zones	30	9.3253	1.33405
2	North zones	30	8.5417	1.11664
3	East zones	30	9.1823	.80372
4	West zones	30	8.7950	1.13146
5	Central zones	30	8.5880	1.25240
	Total	150	8.8865	1.17013

Graph-1



RESULTS AND FINDINGS:

The results of Table No. 2 reveal the means and standard deviations of speed of the women cricket players according to zones. The total mean score speed of the women cricket players is 8.8865±1.17013. In which, the south zone women cricket players have higher speed(9.3253±1.33405) as compared to north zones under study (29.913224±2.7739).

The means and standard deviations of speed of the women cricket players according to zones are also presented in the following figure.

Table No.-:3 Results of ANOVA-test between zones (South, North, East, West and Central) of women’s cricket players with Respect to speed.

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	14.894	4	3.724	2.855	.026
Within Groups	189.116	145	1.304		
Total	204.010	149			

RESULTS AND FINDINGS:

The women cricket players belonging to different zones (South, North, East, West And Central) differ significantly with respect to speed ($F=2.855, p<0.05$) at 0.05% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the women cricket players belonging to different zones (South, North, East, West and Central) have different speed. It mean that speed of the south zones women cricket players is more when compared to that of the north women cricket players.

It was predicted that the regional influence would act as determined factors on the respective motor variable. Hence, the hypothesis was framed that temperature and geographical, socio-culture nature of the community would influence on the growth and development of the personality of the player in terms of the height and weight. The women cricket players belonging to different zones (South, North, East, West and Central) differ significantly with respect to speed ($F=2.855, p<0.05$) at 0.05% level of significance.

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