



COMPARATIVE STUDY OF AGILITY AMONG SCHOOL STUDENTS OF CHANDAULI DISTRICT IN RELATION TO DIFFERENT SPORTS

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ABSTRACT :

The primary aim of the study was to analyze and compare the agility of school going students in relation to different sports (Kabaddi, Kho-Kho and Football). For the purpose of this study 30 school students were selected as subject of the study from different sport. Ten from each sports i.e. 10 from Kabaddi, 10 from Kho-Kho and 10 from Football. The data were collected by administering shuttle run test for agility. The level of significance was set at 0.05 levels to check the Agility of subject. The one way ANOVA was applied as statistical procedure. There was no significant difference found among students of different sports in relation to agility.



KEYWORDS : Agility, Shuttle Run, Sports.

INTRODUCTION:

Agility is one of the key components of fitness and is valuable in many sports and physical activities. Think of the sports where you have to use agility. **Agility** helps performance in activities that require you to change direction quickly whilst keeping balance, strength, and speed and body control. **Agility** is a crucial skill in the vast majority of **sports** but little is done directly to develop **agility** in individuals outside of elite **sport**. Training methods to improve agility, certain exercises can be used to develop speed, quickness and agility in all sports. Agility exercises incorporate a significant amount of lateral movement. Team sports like football, basketball, soccer and ice hockey require a great deal of agility. Agility helps performance in activities that require quick change in direction while maintaining balance, speed, and strength and body control. It is an important aspect in many sports. Good agility can translate into better performance and faster response, and can give one an edge over his competitors. According to topendsports.com soccer is activity who are having greater agility in comparison to other sports. Other sports like football, basketball, Volleyball and Hockey etc. It does not cover the indigenous sports like Kabaddi and Kho- Kho. So I want to accentuate the agility in Football, Kabaddi and Kho-Kho.

METHODOLOGY

the study was to analyze and compare the agility of school going students in relation to different sports (Kabaddi, Kho-Kho and Football). For the purpose of this study 30 school students were selected as subject of the study from different sport. Ten from each sports i.e. 10 from Kabaddi, 10 from Kho-Kho and 10 from Football. The data were collected by administering shuttle run test for agility. For these study thirty male students from Adarsh Janata Higher Secondary School Chaturipur, Chandauli were randomly selected from class 9th, 10th, 11th students. The age of the subjects ranged from 14 to 16 years. The statistical analysis of the data collected on shuttle run test was used for analysis of results.

RESULTS AND FINDINGS

In order to find out and compare the agility of school going students in relation to different sports (Kabaddi, Kho-Kho and Football).. One way analysis of variance on shuttle run test was applied. The findings of one way ANOVA were presented in the following table-1.

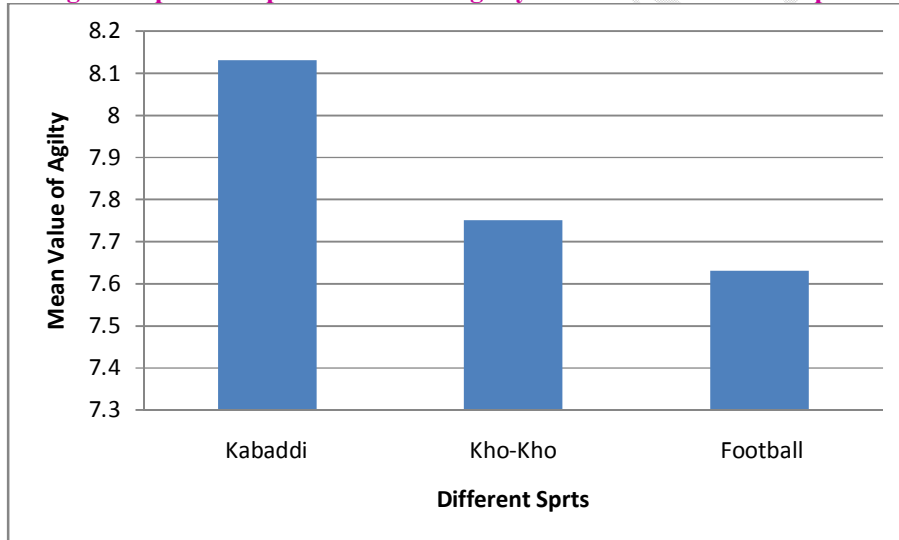
Table-1
Significance difference among school going students of different sports

Source of Variance	df	Sum of squares	Mean squares	F Ratio
Between Group	3	0.520	0.270	2.01
Within Group	27	37.169	0.891	

Tab. F 0.05 (3, 27) = 2.96

Table indicates that the calculated value is 2.01 and tabulated value of .05 levels is 2.96. Hence it indicates that there was no significant difference among different sports on agility of school students.

Fig.1 Graphical Representation of Agility in relation to different sports



DISCUSSION OF FINDINGS

The findings of the present study clearly indicated that there was no significant difference found in agility (shuttle run) of school students in relation to different sports. It might be because mostly young children involve in playing and physical activities in their daily routine and Kabaddi and Kho- Kho is agility based games. The present study was contrary to the study conducted by topendsports.com.

CONCLUSIONS

- Insignificant difference among different sports on agility of school students of Chandauli District.
- Kabaddi players were having greater mean in comparison to Football and Kho-Kho.

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