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A STUDY ON PHYSICAL FITNESS OF MALE FOOTBALL PLAYERS OF RURAL AND URBAN AREAS OF C.C.S UNIVERSITY, MEERUT

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Abstract:

The purpose of the study was to compare motor fitness components of Male Football players belonging to rural and urban areas of C. C. S University, Meerut. This study was conducted on 60 subjects, 30 from each (Rural & Urban Football Players), the age ranged from 18-27 years. The motor fitness components selected for the study were 600Yard, 50 meter Dash, Standing Broad Jump, Medicine Ball Throw, Sit-Ups, and Shuttle Run. The t-test was used at 0.05 level of significance. There was significant difference between the Standing Broad Jump and insignificant difference between 600 Yard, 50 meter Dash, Medicine Ball Throw, Sit-Ups, and Shuttle Run of Male Football players belonging to rural and urban areas of C. C. S University, Meerut.

KEY WORDS:

Motor Fitness Components, Rural and Urban areas.

INTRODUCTION

An achievement in sports is always a many sided phenomenon in the sense that it depends on many factors such as physique, motor fitness, technique, tactics, intelligence early life exercise, physiological conditioning, personality traits, motivation level, anxiety, level of training and socio-economic status etc.2. Motor fitness is more limited in scope, as distinguished from physical and total fitness. It has defined as a 'a readiness or preparedness for performance with special regard to big muscle activities without undue fatigue. It includes the capacity of the individual to move efficiently and with strength and force over a reasonable length of time. Motor fitness is, thus, only a limited phase of physical fitness. It is also a limited aspect of general motor ability, with emphasis placed on the underlying element of vigorous physical activity, but does not include neuromuscular co-ordination involved in motor skills.

Motor fitness is considered as the ability to perform movement tasks. Motor fitness depends on many factors known as motor fitness parameters i.e. strength, speed, endurance, balance, rhythm, agility, flexibility, coordination, reaction time etc.

OBJECTIVE OF THE STUDY

The purpose of the study was to compare motor fitness components i.e. 600Yard, 50 meter Dash, Standing Broad Jump, Medicine Ball Throw, Sit-Ups, Shuttle Run of Male Football players belonging to rural and urban areas of C. C. S. University, Meerut.

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METHODOLOGY

This study was conducted on 60 subjects, 30 from each (Rural & Urban Football Players), the age ranged from 18-27 years. The study was to compare motor fitness components of Male Football players belonging to rural and urban areas of C. C. S. University, Meerut. The statistical technique employed to measure Motor Fitness Components of Male Football players belonging to rural and urban areas of C. C. S University was independent t- test at 0.05 level of significance.

FINDINGS

Table 1
Mean and standard deviation of selected motor fitness components of Male Football players
Belonging to rural and urban areas of C. C. S University

	GROUPS	N	Mean	Std. Deviation	Std. Error Mean
60 Yard	Urban	30	1.4023	.14514	.02650
	Rural	30	1.3473	.09815	.01792
50 Meter Dash	Urban	30	6.4493	.54788	.10003
	Rural	30	6.4793	.38192	.06973
Standing Broad Jump	Urban	30	2.3317	.38362	.07004
	Rural	30	2.5147	.23747	.04336
Medicine Ball Throw	Urban	30	11.8433	1.57305	.28720
	Rural	30	12.2823	1.54746	.28253
Sit-Ups	Urban	30	48.9667	10.99054	2.00659
	Rural	30	48.3667	10.67541	1.94905
Shuttle Run	Urban	30	8.9163	.64810	.11833
	Rural	30	8.6990	.73544	.13427

Table 2
Significant difference between the Means of selected motor fitness components of Male Football
players Belonging to rural and urban areas of C. C. S University

Variables	Mean		Mean difference	Std. Error Difference	't' ratio
	Rural Football Players	Urban Football Players			
60 Yard	1.3473	1.4023	.05500	.03199	1.719
50 Meter Dash	6.4793	6.4493	-.03000	.12193	-.246
Standing Broad Jump	2.5147	2.3317	-.18300	.08237	-2.222*
Medicine Ball Throw	12.2823	11.8433	-.43900	.40287	-1.090
Sit-Ups	48.3667	48.9667	.60000	2.79736	.214
Shuttle Run	8.6990	8.9163	.21733	.17897	1.214

* Significant, $t(0.05 (58)) = 2.00$

It is evident from table 2 that there was significant difference between the Means of Standing Broad Jump of Male Football players belonging to rural and urban areas of C. C. S. University.

On the other hand from table 2 that there was insignificant difference between the Means of 600 Yard, 50 meter Dash, Medicine Ball Throw, Sit-Ups, Shuttle Run of Male Football players Belonging to rural and urban areas of C. C. S. University.

DISCUSSION

In case of 600 Yard they obtained value of 't' (1.719) was lesser than the tabulated value of 't' (2.00) at (58) degree of freedom with 0.05 level of significance; In case of 50 meter Dash the obtained value of 't' (-.246) was lesser than the tabulated value of 't' (2.00) at (58) degree of freedom with 0.05 level of significance; In case of Standing Broad Jump the obtained value of 't' (-2.222) was higher than the tabulated value of 't' (2.00) at (58) degree of freedom with 0.05 level of significance; In case of Medicine Ball Throw the obtained value of 't' (-1.090) was lesser than the tabulated value of 't' (2.00) at (58) degree of freedom with 0.05 level of significance; In case of Sit-Ups the obtained value of 't' (.214) was lesser than the tabulated value of 't' (2.00) at (58) degree of freedom with 0.05 level of significance & In case of Shuttle Run Throw the obtained value of 't' (1.214) was lesser than the tabulated value of 't' (2.048) at (58) degree of freedom with 0.05 level of significance.

The results of this study show that the majority of the motor fitness components are significantly higher for one particular group. The results of the study also indicate that the significant difference in muscular power, muscular endurance, muscular strength, the rural Football male players are better than urban Football players. These results may be attributed that the rural players do better and hard work at their homes such as lifting the weight, harvesting and cropping in the agriculture fields, and other allied work at their villages which make them more strong and powerful. Their performance in these areas through muscular fitness battery items such as standing broad jump, putting the shot, and long distance running like 1500 mt. run for male, itself indicate better performance from the person who are doing hard work regularly. On the other hands the Football Male players belongs to urban areas better in speed, and agility and flexibility might be due to the reason that speed is an in born quality which is very less trainable.

CONCLUSIONS

1. Insignificant difference was found between selected motor fitness components of Male Football players belonging to rural and urban areas of C.C.S University in relation to 600 Yard.
2. Insignificant difference was found between selected motor fitness components of Male Football players Belonging to rural and urban areas of C.C.S University in relation to 50 meter Dash
3. Significant difference was found between selected motor fitness components of Male Football players belonging to rural and urban areas C.C.S University in relation to Standing Broad Jump.
4. Insignificant difference was found between selected motor fitness components of Male Football players belonging to rural and urban areas of C.C.S University in relation to Medicine Ball Throw.
5. Insignificant difference was found between selected motor fitness components of Male Football players belonging to rural and urban areas of C.C.S University in relation to Sit-Ups.
6. Insignificant difference was found between selected motor fitness components of Male Football players belonging to rural and urban areas of C.C.S University in relation to Medicine Ball Throw.

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