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## Comparison of endurance ability between football and hockey players

**Dr. Usha Rani and Rajni**

### Abstract

The objective of the study was to find out the difference of endurance ability between football and hockey players of Kurukshetra University. To achieve the purpose of present study, all subjects were selected in terms of random sampling (Probability Sampling). Only male football and hockey players of Kurukshetra University were selected as subjects. In this study only those players were selected as sample, who had played at inter college or interuniversity level competitions. Total 300 (N = 300) male football and hockey players (150 – 150 each) of Kurukshetra University were recruited as subjects for present study. The age of the subjects was ranged from 18 to 25 years. After the collection of relevant data, unpaired t-test was employed with the help of Statistical Package for the Social Sciences (SPSS) 17.0. The level of significance was set at 0.05 percent.

**Keywords:** Endurance ability, football and hockey players

### Introduction

Endurance fitness is the ability to sustain the necessary activity level for a specific competitive sport. It includes both cardiovascular and muscular endurance required for the sport.

Physical Fitness is the key figure to achieve the optimum performance. The players, who possess these components in the higher degree, can achieve more success in skill but the presence of physical fitness components play an important role in particular game or sports. The players are born with certain inheritance qualities but their physical and motor qualities can be trained and polished. The child can be put in the relevant game on the basis of these abilities present in each and every person or a child of any area. It may be less or motor but it is necessary to identify these abilities prior to choose any game. For this identification a review of various fitness batteries indicated that such tests should be included for evaluating physical fitness which examines one's strength, speed, endurance, flexibility and agility.

### Procedure and methodology

#### Selection of Subjects

To achieve the purpose of present study, all subjects were selected in terms of random sampling (Probability Sampling). Only male football and hockey players of Kurukshetra University were selected as subjects. In this study only those players were selected as sample, who had played at inter college or interuniversity level competitions. Total 300 (N = 300) male football and hockey players (150 - 150 each) of Kurukshetra University were recruited as subjects for present study. The age of the subjects was ranged from 18 to 25 years.

#### Tool for Data collection

The subject was asked to take a standing start. At the single Ready? Go! The subject start running the 600 yard distance. Walking was permitted but the performer was to cover the distance in the shortest period of time. The time taken to run 600 yards in minutes and seconds was the score of this test item.

#### Statistical Analysis

After the collection of relevant data, unpaired t-test was employed with the help of Statistical Package for the Social Sciences (SPSS) 17.0. The level of significance was set at 0.05 percent.

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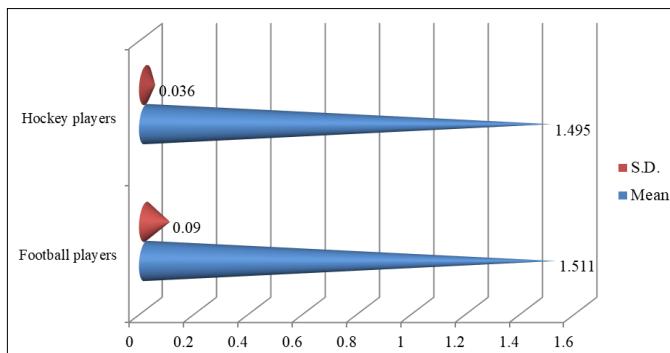
## Data analysis and results of the study

**Table 1:** Comparison of endurance ability between football and hockey players

Variable	Group	Mean	S.D.	't' value
Endurance Ability	Football players	1.511	0.090	2.015
	Hockey players	1.495	0.036	

$t_{0.05}(298)=1.962$

Table 1: depict that the Mean and SD values of Endurance Ability of Football and Hockey players were  $1.511 \pm 0.090$  and  $1.495 \pm 0.036$  respectively. The obtained "t" value 2.015 (1.962) was found statistically significant, ( $P < .05$ ) .05 level of significance.



**Fig 1:** shows mean and standard deviation of endurance ability between football and hockey players

## Conclusion

The outcomes of the study depicted that the significant differences of Endurance Ability parameter between football and hockey players of Kurukshetra University. On the basis of analysis of the data, investigator found that the earlier study of Kerketta, I and Singh, R. (2015) [1] supported the present study. It was speculated that there would be no significant difference between Endurance Ability of football and hockey players of Kurukshetra University. In present investigation, 9<sup>th</sup> hypothesis is rejected because significant differences were found between Speed Ability of football and hockey players.

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