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Comparison of selected physical fitness components and playing ability of rural and urban basketball players

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Abstract

The purpose of the study was to compare the physical fitness components and basketball playing agility between rural and urban male basketball players. To fulfill the objective of the study 40 Basketball player (20 each) players of rural areas and (20 each) players of urban areas were selected. The age of the selected subjects ranged from 22+_2 years. Only (Endurance, speed, flexibility and Agility (fitness components) and basketball playing ability test were used to measures the selected physical fitness variables of the players. The study was delimited to state level basketball players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant different between Rural and Urban basketball players of mansa, sangrur and Patiala district.

Keywords: urban, rural, basketball, male, physical fitness components, basketball playing ability

1. Introduction

The concept of fitness has long and involved history. According to the literature on the subject, it can be traced to the work done by Charles Darwin of the survival of the fittest. Always the word fitness suggests the ability of an animal or a human to work and play with a maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction. The modern scientific age, in every field of human endeavor systematic, objective and scientific procedures are followed in accordance with the principles based on experience, under-standing and application of scientific knowledge. The field of games and sports has been made possible due to research, experimentation and scientific knowledge in games and sports. An erroneous notion is prevalent among a sizeable section of people in India that sportsperson in general are less intelligent and less alert than non-sportsperson. They think that much of the physical energy of a sportsperson is spent in his sports pursuits. This drains not only his physical energy but also makes him mentally dull. Consequently, his intelligence and mental ability suffer. They, therefore, are of the opinion that the time develop to sports and games on the plane field is a waste in terms of energy loss and of times, which could be more usefully employed in other(i.e. academic) gainful activity. Psychological factors have a significance effect on an athlete's capacity for training and motivation for competition. Sportsperson of a certain psychological type may be more predisposed to injury. Sports coaches most recognize this characteristic. Factor that are generally believed to influence sports performance include aggression, motivation, anxiety, concentration, self- confidence, emotional state and pain tolerance. With the help of sports psychologist's personality profile of each player may be prepared which may help the trainer in the training camps. The researcher, therefore, has made an attempt to study whether a physically fit person is intelligently fit, since physical education supposedly contributes to the physical as well as mental aspect of the personality. We, the Indians are very much concerned with the performance and status of the sportsperson at deferent levels. But, the performance is final out-put and the status includes various other aspects in addition to the performance. In the world of sports, every participating individual and spectator generally, eye to the positioned athletes and they also become in the main line light in the field of sports. The selectors at various levels generally considered the performance in the trial and qualifying competitions, whereas, the physical fitness basis most of the time as

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ignored variable. The performance at high level or outstanding performance is based upon the foundation of the athlete, which should also be strong and potential. The foundation of sportsperson starts from his initial development phase. The developmental stage starts with the ‘adolescence age’ period. This age ranged 20 to 24 years. The ‘adolescence agars generally fall at school and college going category. So, investigator concerned treated the research study on school and college going male students. The basis of performance may be mainly considered on physical fitness variables and other variables depending upon the requirement.

2. Review of related literature

Darshan (2015) [6] conducted the study was conducted to compare the physical fitness components between basketball and korfbal girls players of Haryana. To carry out this study, 50 subjects 25 from (Basketball) and 25 from (Korfbal) game. The age limit of players was ranged between 10 to 15 years. The sample was collected from Sirsa, Rohtak and Bhiwani of Haryana. Mean and standard deviation were calculated in order to study the physical fitness components of the basketball and Korfbal girls’ players of Haryana. To assess the significance of differences between the means in case of significant T-values’ test was applied. The level of significance was at 0.05. There was significance difference between basketball and korfbal girls players of Haryana. The calculated of the study revealed that concededly higher strength was found in the basketball girls’ players of Haryana than the Korfbal girls’ players of Haryana. The findings of the study in relation to flexibility demonstrated that the Korfbal girls’ players of Haryana had better agility in comparison to the basketball players of Haryana.

Deol *et al.* (2010) [12] carried out a study to find out the Physical Fitness Components of Rural and Urban Female Students of Punjabi University, Patiala. In this study, an attempt has been made to compare physical fitness components namely speed, strength, endurance, agility and flexibility between female students belonging to rural and urban set-ups. The study was carried out on 100 female students, 50 rural and 50 urban of Punjabi University, Patiala. The data was collected by use of measurements of height and weight as well as by application of tests like jumping, stepping, running, flexibility test, etc. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), standard error of mean (SEM), t-test were employed. Rural female students were found to be superior in strength, endurance, speed and agility. Urban female students on the other hand, were found to be heavier and superior in tasks like agility and flexibility. This shows that regular energetic activity produces physical fitness improvements. Village life style is more active in nature than the life in urban areas which produced high level of physical and physiological functioning in rural residents.

3. Objectives of the Study

1. To compare the endurance ability of rural and urban areas state level basketball players.
2. To compare the speed ability of rural and urban Areas state level basketball players.
3. To compare the flexibility of rural and urban Areas state level basketball players.
4. To compare the agility of rural and urban Areas state level basketball players.
5. To compare the basketball playing ability of rural and urban Areas state level basketball players.

4. Hypothesis of the study

1. There would be significance difference between rural and urban area basketball players in relation to their Endurance ability.
2. There would be significance difference between rural and urban basketball players in relation to their Speed ability.
3. There would be significance difference between rural and urban basketball players in relation to their agility
4. There would be significance difference between rural and urban basketball players in relation to their Flexibility
5. There would be significance difference between rural and urban basketball players in relation to their playing ability.

5. Delimitation of the study

1. The study was delimited to state level male basketball players.
2. The study was delimited to the athletes of age 22+-2 Years
3. The study was delimited to the 40 male athletes from Mansa district, Patiala district and sangrur district of Punjab.
4. The study was delimited to 20 players from rural area and 20 players from urban area
5. The study was further delimited to the following variables.
 - a. Endurance
 - b. Speed
 - c. Agility
 - d. Flexibility
 - e. Basketball Playing ability

6. Method and Procedure

6.1 Selection of the Subjects

- a. The subjects were selected in following basis:
- b. He should be male student.
- c. He should attain the age of 20 years and not more than 24 years.
- d. He should be study in mansa, sangrur and Patiala district.
- e. Only rural and urban players was considered for the study.

6.2 Criterion Measures

- a. The criterion measures were used to collect the data in a deal and systematic way to record in a correct unit and style for each test item.
- b. Speed was measured by 50 mtr dash.
- c. Endurance was measured by 600 mt. Run/walk test
- d. Agility was measured by Shuttle run test.
- e. Flexibility was measured by sit and reach test.
- f. Basketball playing ability was measured by Johnson basketball test.

7. Statistical Techniques Used

For the present study, the mean value, standard deviation, ‘t’ test were applied to analyze the data

8. Results and Discussion

Table 1: Mean, Standard Deviation, Standard Error of Mean and “T” Value of Speed Ability

Group	N	Mean	Standard deviation	t
Rural	20	6.90	0.22	3.10*
Urban	20	6.65	0.28	

t.05 (38) = 2.02 3.10* Significant at 0.05 level

Table 2: Mean, Standard Deviation, Standard Error of Mean and “T” Value of Endurance Ability

Group	N	Mean	Standard deviation	t
Rural	20	1.39	0.01	3.79*
Urban	20	1.42	0.02	

t.05 (38) = 2.02 3.79* Significant at 0.05 level

Table 3: Mean, Standard Deviation, Standard Error of Mean and “t” Value of Flexibility

Group	N	Mean	Standard deviation	T
Rural	20	18.80	2.19	0.62
Urban	20	18.40	1.85	

t.05 (38) = 2.02 0.62 no Significant at 0.05 level

Table 4: Mean, Standard Deviation, Standard Error of Mean and “T” Value of Agility

Group	N	Mean	Standard deviation	t
Rural	20	9.05	0.04	1.40
Urban	20	9.02	0.05	

t.05 (38) = 2.02 1.40 no Significant at 0.05 level

Table 5: basketball playing ability test Mean, standard deviation, standard error of mean and “t” value of throw for accuracy

Group	N	Mean	Standard deviation	t
Rural	20	21.40	3.19	0.61
Urban	20	20.80	2.93	

t.05 (38) = 2.02 0.61 no Significant at 0.05 level

Table 6: Mean, Standard Deviation, Standard Error of Mean and “T” Value of Field Goal Speed Test

Group	N	Mean	Standard deviation	t
Rural	20	15.20	1.36	0.66
Urban	20	15.60	2.30	

t.05 (38) = 2.02 0.66 no Significant at 0.05 level

Table 7: Mean, Standard Deviation, Standard Error of Mean and “T” Value of Dribble Test

Group	N	Mean	Standard deviation	t
Rural	20	17.00	2.05	0.60
Urban	20	17.40	2.16	

t.05 (38) = 2.02 0.60 no Significant at 0.05 level

9. Conclusion

On the basis of the analysis of data the rural basketball players was significant difference speed and endurance ability between rural and urban basketball players. Another fitness components and playing ability was not significant difference of agility, flexibility and basketball playing ability between rural and urban basketball players. Basketball rural players performed better than the urban male players for some components and another skills urban basketball players better performed.

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