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A comparison variable on physical efficiency training among the rural & urban football players in secondary schools in Nalgonda Dist. Telangana

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Abstract

Education contributes to the development, advancement and perpetuation of Nation's culture. Education is not confined to the limits of schools. It is presentation in all the experience of an individual in the home, Temple, Clubs, Playgrounds, as well as the schools. Physical fitness training includes many families test batteries commonly asked in the schools. In many cases, the inclusion of "fitness", physical fitness training and which are more appropriately measure of ability and skill. The ability to carry out daily tasks with vigor and alertness, without under fatigue and energy enjoy leisure time pursuits and to meet unforeseen emergencies. It can be said that the physical fitness is the ability to taste to bear up and to preserve under difficult circumstance where an unfit person fatigued from ordinary efforts to lacking and to be exhausted from unexpected exercise demanding physical exertion. The study may help to suggest the head masters or principals' to introduce more physical activities in morning and evening times. The study would help physical direction to motivate the students to improve their physical fitness training.

Keywords: abdominal muscular strength, agility, flexibility, body composition

Introduction

Football has come a long way and has had a storied history as the world's most popular sport in the world arena. The London Football Association was established in 1863 and developed the rules of modern football, based on the earlier style of just using the feet to advance the ball. This became known as association football, and through history, to soccer football, and soccer. England and Scotland played the first international match in 1872. The Federation International de Football Association (FIFA) International governing body of football was established in 1904. In 1908, football was sanctioned as an Olympic sport, and in 1930, the first World Cup was held in Montevideo, Uruguay with 13 countries.

Football is perhaps an India's oldest favorite modern sport. It is played widely all over the world and is as popular in India as it is in Europe and Latin America. However, the progress in the sport not has kept pace with that of other than Asia, not to speak of the world. The story of Indian soccer is a sold as it is fascinating. The British army introduced organized football in 1880. The sport became popular first in Bengal before it spread to other parts of the country.

The All India Football Federation (AIFF), the national body controlling the sport in India as an affiliated unit of the Indian Olympic Association and the world body (FIFA) was formed in 1937, but organized football was linked more closely with the Indian Football Association (IFA), Calcutta, the oldest state level football organization in the country, formed in 1893. The credit for popularizing the sport amongst Indians can truly be given to three leading clubs of Calcutta: The Sovaba.7. Are Club (formed in 1880), the Mohan bagan Club (1888).

Football, a game like no other, a sport whose quadrennial summit-the World Cup-brings the whole world together in a sort of tribal bounding that all the greatest statesmen of our times together cannot achieve. Over the years, more emotional capital has been invested on this sport by more people than perhaps in any other human activity barring love and courtship. And if football is just a game then love is just another four-liner board?

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The day of the World Cup finals 1998 several times more people watched (37billion) two teams compete at a ball game than world would have watched the Titanic, the mega-budget with (Oscar) For just about a decade, 1951 to 1962, India was amongst the best in Asia, winning the Asian Games gold medal twice in 1951 at Delhi and in 1962 at Jakarta. During this same time span, India finished fourth in the 1956 Melbourne Olympics.

Statement of the problem

The purpose of study is to ascertain the physical efficiency fitness standards of Urban and Rural football players in the inter-school competition in Nalgonda and compare their standards of physical fitness training.

Significance of the problem

This study will help to estimate the physical efficiency training of the urban and rural football players in Nalgonda district.

This will also help: to compare the physical efficiency training level of urban and rural football players in inter-school competitions.

This study may help the physical education teacher and others related to physical education development of Nalgonda.

This research may also help in bringing new scope relating to ‘physical efficiency test’ of both the groups which may be investigated by future research workers.

The study may help to suggest the head masters or principals’ to introduce more physical activities in morning and evening

times. The study would help physical direction to motivate the students to improve their physical efficiency test.

Limitations

1. This study is limited to urban school football players and rural school football players of Nalgonda.
2. Certain factors like daily routine life style and food habits which could have an effect on the physical fitness of the games and sports could not control and measure

Operational Definations

Physical Fitness

Physical fitness is included in many familiar test batteries commonly used in the schools. In many cases, the inclusion of “Physical Efficiency fitness” in such titles is a most unfortunate error and one that logically could account at least in parts for the current apathy of some people towards total personal on it.

Rural: The rural region/Area which has primary sector predominance and Traditional type of local Governing body called as rural region Area.

Urban: Relating to the society living in groups of various kinds of pupils

Welfare: Prosperity, good healthy conditions of the pupil in society, always aims at the welfare of the pupil to develop in the society.

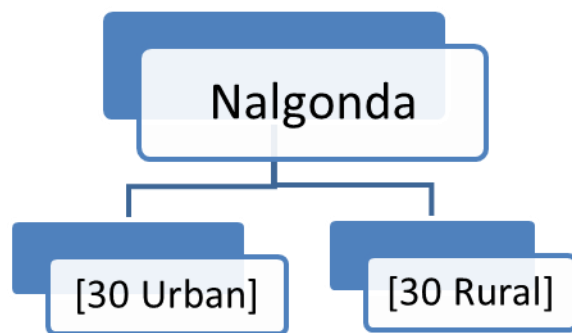


Fig 1: Sample of the study

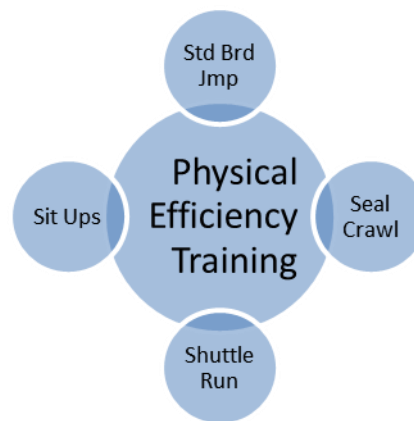


Fig 2: Design of the Study

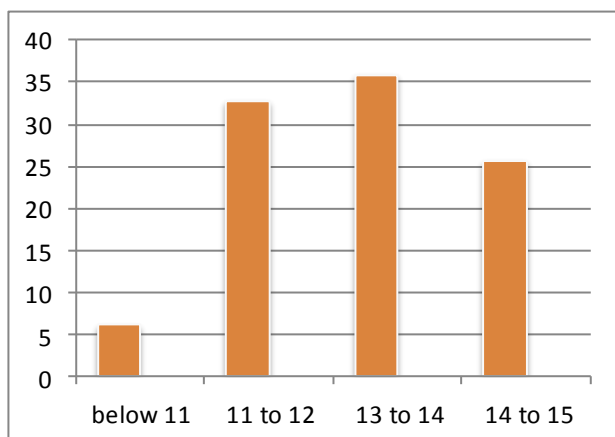


Fig 3: Percentage showing students entry age in football

Review of related literature

A great number of research articles have been published on

the structure of “physical efficiency training” Several international norms have estimated in the past and used for international comparisons of physical fitness.

The investigator has attempted to review some of the important research reports on physical fitness, on Telangana urban and rural Foot Ball players of secondary schools for clarity purpose.

Physical fitness is composed of many complex factors, complex evaluation cannot be alone by testing a single factor many variables, such as those included in measuring cardio-respiratory and cardio-vascular endurance, muscular strength, Goel Encyclopedia physical efficiency training of a player in any game encompasses his ability to execute efficient skill in any time under any situation for a longer duration.

Joseph Auxra Chirr Soccer player are among the most physically fit of all athletes. A field may be required to run 12 miles in typical 90 minutes game components of physical efficiency training.

Discussion on Findings

1. Standing broad jump

Comparison of data on STANDING BROAD JUMP between urban and rural football Players in the Inter-school Competition

Table 1: Comparison of Standing Broad Jump between Urban and Rural Football Players

S.No	Group	Means	M D	S D	T- Value
1	Urban	2.87	0.87	0.62	1.28
2	Rural	2.00		0.27	

It is evident from the above table that the mean number of meters of standing broad jump by urban football players is more than the mean meters of jump by rural by 0.87 points. The obtained T ratio of 1.28 indicated insignificant difference in meters o standing broad jump by urban welfare school and school children at 0.05 level of significance at 58 degree of freedom.

2. Seal crawl

Comparison of data on seal crawl between Urban and Rural football Players in the Secondary – schools

Table 2: Comparison of seal Crawl between Urban and Rural Football Players

S. No	Group	Means	M D	SD	T-value
01	Urban	6.63	3.13	.459	6.82
02	Rural	3.50		.802	

It is evident from the above table that the mean of seal crawl rural football players is more than the mean seal crawl of urban football players by 3.13 second, The obtained T ratio of 6.82 indicated significant difference in seal crawl rural and urban football players at 0.05 level of significance at 58 degree of freedom. Hence the difference was considered as significant in seal crawl. This may be because of the fact that rural football players have been more shoulder strength.

3. Shuttle run

Comparisons of data on shuttle run between Urban and Rural Football Players in the Secondary –schools

Table 3: Comparison of Shuttle Run between Urban and Rural Football Players

S. No	Group	Means	M D	S D	T- value
01	Urban	31.87	1.05	0.355	2.62
02	Rural	32.92		.181	

It is evident from the above table that the mean seconds of urban football players is more than the mean seconds of rural football players by 1.05 points in completing their shuttle Race.

The obtained “t” ratio of 2.62 indicated significant difference in seconds of shuttle race by school and school children at 0.05 level of significance at 58 degree of freedom. Hence the difference was considered as significant in shuttle race in favors of urban football players.

4. Sit ups

Comparison of data on sit –ups between Urban and Rural Football Players in the secondary – schools is presented below

Table 4: Comparison of sit ups between Urban and Rural Football Players

S. No	Group	Means	M D	S D	T- VALUE
01	Urban	21.90	1.03	0.609	1.11
02	Rural	20.87		.699	

Df =58

It evident from the above table that the mean points of urban football players more than the mean points of rural football players by 1.03 points on ‘ sit ups’

The obtained T ratio of 1.11 indicated insignificant difference In points of 1.11 indicated insignificant difference in points of sit ups by urban football players and rural football players at 0.05 level of significance at 58 degree of freedom.

Hence the difference was considered as insignificant in sit ups in favor of urban football players. The findings of the study and discussions are presented here briefly.

Physical effieency training

The difference between the means of the urban football players and rural football players in the physical training variables. The standing broad jumps (1.28) were found to be insignificant at 0.05 per cent level of confidence. 20 feet distance seal crawl (5.10) and 30 seconds sit ups (5.34), shuttle race of .420 feet distance of five round tips 400 feet have been completed (2.05), sip –ups been completed (2.05) found to be satisfactorily significant at 0.05 per cent level Of confidence.

From these findings we understood that the urban football players are better than the rural football players in standing broad jump and rural football players are better placed in remaining three tests

Mean value of physical efficiency training among rural and urban football players

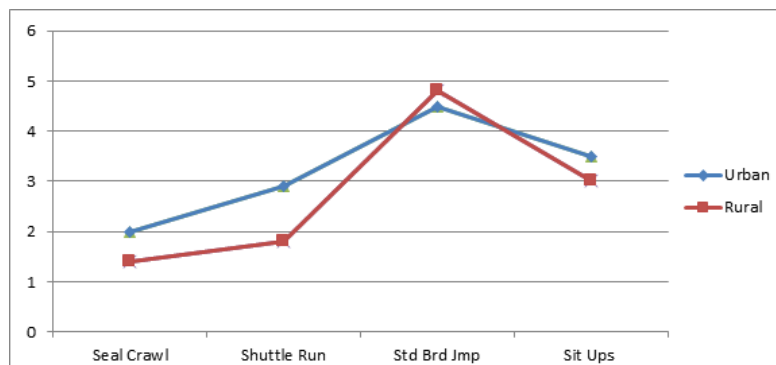


Fig 4

Conclusion

The following conclusions may be drawn from the results presented.

- The study shows that the physical efficiency training of urban football players is above average compare to rural football players.
- The urban football player's posses more physical efficiency training when compared to rural football players students.
- There is a significant difference found between rural and urban football players in secondary school in relation to their physical efficiency training on Seal Crawl.
- There is a significant difference found between rural and urban football players in secondary school in relation to their physical efficiency training on Shuttle Run.
- There is a significant difference found between rural and urban football players in secondary school in relation to their physical efficiency training on Sit Ups.
- Hence it is concluded that rural football players have shown significant difference in some of the test compare to urban football players where as urban football have shown better performance on some of the test compare to rural football players

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