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## Comparison of physical fitness between basketball and handball players of Jammu and Kashmir

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### Abstract

The purpose of the present study was to compare the physical fitness of basketball and handball male players. Total forty subjects were randomly selected (20 from basketball and 20 from handball) from various schools of Jammu District of Jammu and Kashmir was taken as a sample. The data was collected during interschool competition organized by department of youth services and sports, Jammu and Kashmir. The age of subject ranged between 15-18 years. Physical fitness tests were used to measure the selected physical fitness variables of players. All the subjects were informed about aim and methodology of the study and they volunteered to participate in this study. 'T' test independent was used to analysis the data, level of confidence was set at 0.05 level. Study concluded that insignificant difference found between the means of selected physical fitness variable in flexibility and significant differences found in the variable of speed, agility endurance between basketball and handball players.

**Keywords:** Physical fitness, speed, agility, endurance and flexibility

### Introduction

Physical fitness is the most important thing in life. This is true whether we want it to be or not. As humanity has developed throughout history, physical fitness has become less critical to our daily existence, but no less important to our lives. Our physical fitness, more than any other thing we possess, still determines the quality and the quantity of our time here in these bodies. Whereas previously our physical fitness determined how much food we ate and how warm and dry we stayed, it now merely determines how well we function in these new surroundings we have crafted for ourselves as our culture has accumulated. But we are still animals – our physical existence is, in the final analysis, the only one that actually matters. A fragile man is not as happy as that same man would be if he were strong. This reality is offensive to some people who would like the intellectual or spiritual to take precedence. Physical fitness plays a very important role in an normal individual as well as in an individual who is there participating in some kind of sports events <sup>[2]</sup> handball is an Olympic sport which is played at all around in the world. This game made of movements like sprinting for short distance, change of direction, jumping, diving and hitting. Different people have different view regarding physical fitness. For a common man to have a good physique is a symbol of physical fitness. According to doctor, the proper functioning of physiological systems is physical fitness. In fact, physical fitness is a simple term with a wide meaning. For physical educationist Physical fitness means the capacity to do the routine work without any fatigue or exertion and after doing his work he has also energy to do some more work and the recovery is quicker. Physical fitness is more than the possession of strength and endurance. It means to maintain good physical fitness with the capacity to do ones everyday task to engage in recreational pursuits and to meet emergencies, when they arise. In fact, physical fitness is possessed by the individual with enthusiast with vigorous <sup>[8]</sup>. Extensive evidence signifies that physical fitness levels in children and adolescents are indicators of their standard of living and their cardio-metabolic health status and are the predictors of the potential threat of chronic ailments such as obesity, cardio-metabolic problems, physiological and mental health <sup>[3]</sup>. The physical fitness was the sum of five motor abilities namely; speed, strength, endurance, flexibility and co-ordination abilities and their complex form like strength, endurance, maximum strength, explosive strength, maximum speed, and agility that are necessary for motor action <sup>[1]</sup>.

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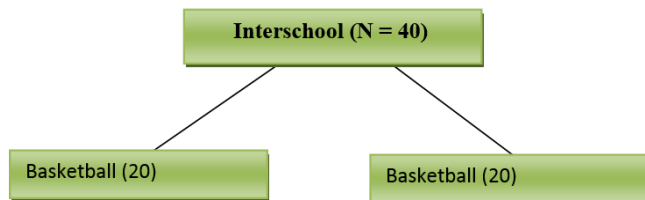
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**Methodology**

**Selection of Subjects**

Total forty male subjects were randomly selected (20 Basketball players and 20 handball players) from various schools of Jammu District of Jammu and Kashmir were taken as a sample. The age of subjects were ranged between 15-18 years.

**Flow Chart of Sampling**



**Selection of variables**

**Criterion measures**

The criterion measures were used to collect the data and record in a correct unit for each test item.

S.No	Component	Test
1	Speed	50 meter dash run
2	Agility	10x4 meter shuttle run
3	Endurance	600 yards run/walk test
4	Flexibility	sit-and-reach test

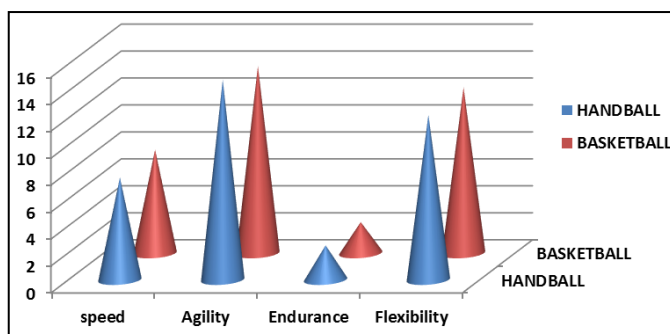
**Results**

**Table 1:** Show the results of comparison of selected physical fitness variables of school level basketball and handball players

Variables	Basketball players(N=20)		handball players(N=20)		t-value
	Mean	S.D.	Mean	S.D.	
Speed	7.58	.20	7.68	.40	1.00
Agility	14.85	.52	13.88	.80	4.54
Endurance	2.55	.26	2.30	.24	4.42
Flexibility	12.23	.32	12.30	.20	0.82

\*\*insignificant at 0.05 level, t.05 (df 38, 2.02)

Table-1 shows the results of selected physical fitness variables of school level basketball and handball players. Analysis of data revealed that group differences for the variables of speed ‘t’ value 1.00 and flexibility ‘t’ value 0.82 are not considered statistically significant whereas, there are statistically significant group differences found for the variables of agility ‘t’ value 4.54 and flexibility ‘t’ value 0.82. It means those basketball players are better than handball players in the components of agility and endurance.



**Graph 1:** Show mean of basketball and handball players

**Conclusion**

The investigator analyzed the collected data as per the purpose of study. The statistical analysis of physical fitness components showed that in the parameters such as speed, Flexibility, there were no significant difference between handball and basketball players of Jammu district and there were significant difference in the component of agility and endurance between handball and basketball players. The study also revealed that the basketball players are better in agility and endurance as compare to handball players. Similar results were founded in the study carried out by Sravan Kumar (2016) Comparison of Physical Fitness between Basketball and handball male Players of Uttar Pradesh state. The differences in physical fitness parameters between handball and basketball players may be due to difference in skills, nature of game, and movement’s pattern etc.

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