



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2024; 9(1): 01-02

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www.theyogicjournal.com

Received: 01-11-2023

Accepted: 08-12-2023

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Influence of sports participation on selected physical fitness components of degree college students

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Abstract

This study investigated the influence of sports participation on physical fitness among degree college students. To achieve the purpose, research scholar has chosen two physical fitness components (Endurance and Strength) and selected 15 male Students (athletes) who are participated and participating in the inter-collegiate and inter-university sports competition and divided in to two groups and 15 non-athletes from degree college who are not participated to any sports at any level of competition, Group-I (Endurance and strength - N-15) as experimental group, Grope-II as Controlled (Non-athletes= N-15). Endurance was assessed using a 600meter run and walk test, Strength was assessed using vertical jump test, All the subjects performed the tests, collected data were analysed using a mean value. A confidence level of 0.05 was considered significant. The results presented that the level of endurance and strength of the subjects were found significant. There were also statistically significant differences identified between the 2 variables. The Group-I had higher Strength and Endurance compared to controlled group. This study provides support to the fact that there are some influences of sports participation on the physical fitness components of degree college students.

Keywords: Sports participation, endurance and strength, male athletes

Introduction

Regular participation in physical education and sports helps each one of us in the development of physical fitness components by improving the physiological condition, physical condition and mental condition of an individual. Physical fitness is the pre-requisite for all other fitness such as mental, emotional etc. Physical fitness should be a lifelong process and commitment. Fitness can be achieved through participating in most enjoyable physical activity according to ones need and ability. Sports activity one such most enjoyable activity so that everyone can participate. Sports is the art and science of maintaining physical and mental well-being and it's among the most ancient yet vibrant living traditions that is getting increasingly popular today. It enhances the quality of life by improving physical fitness. Endurance and Strength are the important components of the physical fitness. The researcher has done the pilot study on selected physical fitness components (endurance and strength), to achieve the purpose. 15degree college male students those who are participating in inter-collegiate athletic meet, 15 non-athletes who are not participated in any level of sports competition were randomly selected and collected data by using physical fitness test batteries.

The Statement of the problem

The purpose of the study is to find out the "Influence of the sports participation on selected Physical Fitness components of degree college students" with the help of selected physical fitness components.

Methods

To achieve the purpose 15 athletes, and 15 non-athletes were randomly selected from degree college of Korratgere degree college of Thumkur district, 15 athletes as experimental group-1 and 15 non-athletes as controlled group-II. All the athletes were examined using the 600 meter run and walk test to find the endurance and vertical jump test was examined to find out the strength. The data was analyses statistically by computing mean, standard deviation and 't'

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test.

Hypothesis

It was hypothesized that there would be significant difference in endurance and strength among experimental group (Group-I).

Analysis of the study

The statistical analysis on significance of the mean gains or losses and standard deviation, ‘t’ test made in the scores for endurance and strength is presented.

Table 1: Showing significant in the selected physical components, (endurance and strength) of subjects among degree college students.

| Group | Test | Mean | Standard Deviation | t' value |
|--------------------|-----------|------|--------------------|----------|
| Experimental group | Endurance | 1:51 | 0.038 | 5.39 |
| | Strength | 38 | 0.04 | |
| Control group | Endurance | 2:37 | 0.934 | 0.21 |
| | Strength | 22 | 0.773 | |

Table value required for significance at 0.05 level for ‘t’-test with DF 15 is 2.13

*Significance at 0.05 level

Above table shows that in the experimental group of the endurance and strength mean score were 1.51sec and 38cm respectively, which was greater than the table value, whereas among the controlled group were 2.67sec in the endurance, 22 cm in strength. It is also evident from the above table that the obtained ‘t’ value 5.039 is greater than table value 2.13 at 0.01 level of significance in the experimental group. The obtained ‘t’ value 0.21 is less than table value 2.13 at 0.01 level of significance in the controlled group. The mean score of the samples on endurance and strength were found to be significant in experimental group whereas no significant found in controlled group on endurance. It is concluded that endurance and strength in experimental group is enhanced significantly through sports participation. Therefore, it is statistically proved that the sports participation has helped to develop the endurance and strength of the subjects. As the study the above remark can be given at 95% confidence.

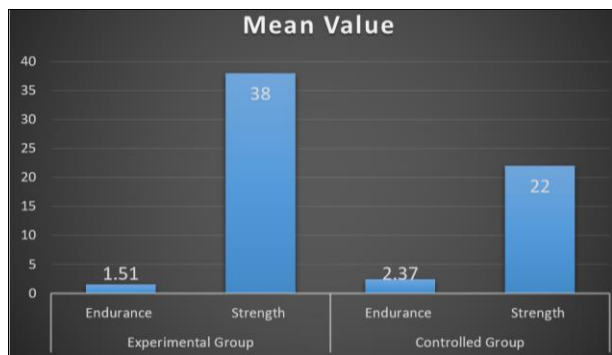


Fig 1: Shows the mean value of endurance and strength degree college students

Conclusion

On the basis of the above result it was concluded that sports participation improves the selected physical fitness level of degree college students.

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