

# COMPARISON OF ENDURANCE AND FLEXIBILITY AMONG TRIBAL AND AIDED SCHOOL ATHLETES

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**Abstract:** The important purpose of this study was to compare the endurance and flexibility among tribal and aided school athletes. The total numbers of samples were 30 athletes, which consist of 15 tribal and 15 aided school athletes and it was divided into two groups. The age cluster of the sample ranged between 15 and 18 years. The samples were chosen from Idukki district in Kerala State, India. These athletes were contributed at the state level of competition. To check out the variables such as endurance and flexibility, Cooper 12 minutes run/walk test and bend and reach test has been used respectively. Result originated that tribals have extra endurance than aided school athletes and tribal school athletes have similar flexibility while compared with aided school athletes.

**Keywords-** Endurance, Flexibility, Tribal, Aided.

## Introduction

The word flexibility or limberness is a maximum range of movement in a joint or series of joints. Flexibility varies in different individuals because there is difference in muscle length of multi-joint muscles. By practicing yoga and exercise, flexibility can be increased. Yoga asana and stretching exercise is the main component to maintain or improve flexibility. Most of the sporting events required flexibility for better performance, moreover quality of life is enhanced by improving and maintaining a good level of motion in the joints. When a person understands the loss of his flexibility can be a predisposing factor for his physical issues such as pain syndromes or balance disorders. Flexibility varies from person to person according to their gender, age, and genetic factors.

The Main factors for establishing personal flexibility is joint structure, ligaments, tendons, muscles, skin, tissue injury, fat tissue (or adipose), body temperature, activity level, age and gender. All these influence an individual's range of motion about a joint. Sit and reach test is used to measuring and calculating individuals body flexibility level, where the result is defined as personal flexibility score.

## Objectives of the study

To compare the endurance and flexibility among tribal and aided school athletes.

## Methodology

### Sampling

The present study was examined on 30 athletes, which was divided into 15 tribal and 15 aided school athletes and it is separated into two groups. The age cluster of the samples ranged between 15 and 18 years. The samples were chosen from Kerala State who had contributed at state level of competition.

### Procedure

For measuring the endurance and flexibility, all instructions were given to both groups of thirty athletes. The demonstration has been given about how to perform cooper 12 minutes run/walk test and bend and reach test to check out the endurance and flexibility for both group. When it was ensured that the subject has understood the whole procedure, three trials for both endurance and flexibility were given. The data was noted down of each trial and the best trial was selected.

### Statistical Analysis

Mean, Standard Deviation and 't' test were used to analyses the data.

**Results**

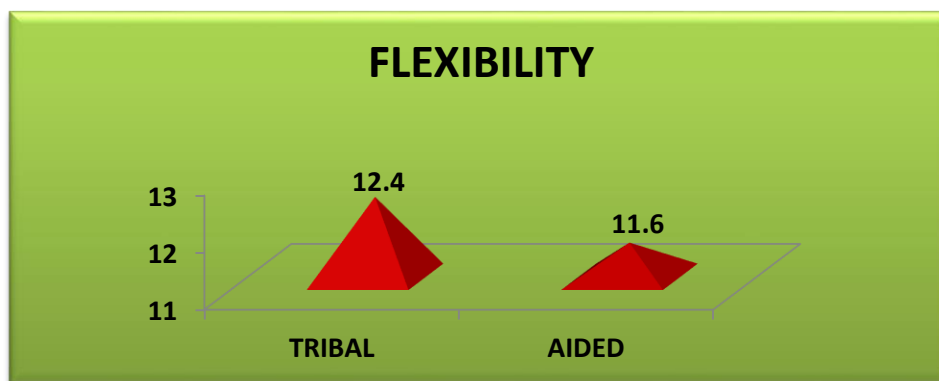
**Table -I**

The comparison of flexibility among tribal and aided school athletes are given below table.

Group	N	Mean Score	SD	t value
Tribal Athletes	15	12.40	2.47	1.09
Aided Athletes	15	11.60	2.26	

\* Significant at 0.05 level.

Table I reveals that t-value (1.09) for the mean scores of flexibility between tribal and aided schools athletes which is not significant at 0.05 level of significance. The result shows that, there is no significant difference in flexibility between tribal and aided school athletes at 0.05 level of significance. It may therefore be concluded that tribal school athletes have no significant but slightly better flexibility in comparison to aided school athletes.



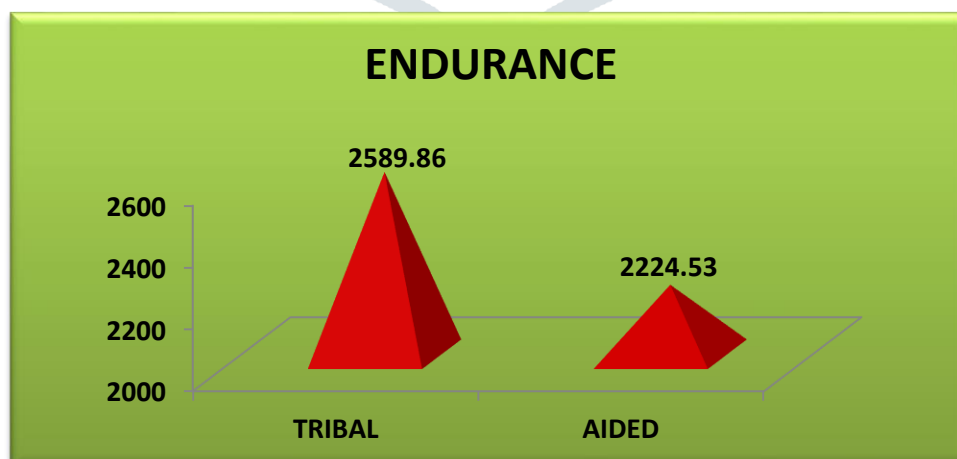
**Table -II**

The comparison of endurance among tribal and aided school athletes are given below table.

Group	N	Mean Score	SD	t value
Tribal Athletes	15	2589.86	74.52	11.81*
Aided Athletes	15	2224.53	93.10	

\* Significant at 0.05 level.

Table II reveals that t-value (11.81) for the mean scores of endurance between tribal and aided schools athletes which is significant at 0.05 level of significance. The result shows that, there is significant difference in endurance between tribal and aided school athletes at 0.05 level of significance. It may therefore be concluded that tribal school athletes have significant difference in comparison to aided school athletes.



**Conclusion**

The results of this study following conclusions were drawn.

1. The result of the study concluded that the tribal athletes have no significant difference on flexibility when compared with the aided school athletes.
2. The result of the study concluded that the tribal athletes have significant difference on endurance when compared with the aided school athletes.

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