EXPLORING THE DIFFERENCE OF AGILITY BETWEEN WICKET-KEEPER AND BOWLER

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Abstract

Study aims to exploring the difference of agility between wicket-keeper and bowler. The sample (viz., N=24) for the current study is branded into the subsequent groups: Group-A: Wicket-Keeper (n_1=12) and Group-B: Bowler (n_2=12). 20 Yard Agility Run Test was used to measure Agility. The researcher used Statistical Package for the Social Sciences (SPSS) to compute the data of this study. An independent samples *t* test was used to analyze. In all the analyses, the 5% critical level ($p \leq 0.05$) was considered to indicate statistical significance. The mean & standard deviation of wicket-keeper was 7.0775 & 0.2875, whereas the mean & standard deviation of bowler was 7.1317 & 0.3368. the t-value is 0.424. the result is not significant at $p < .05$.

Keywords: Agility, wicket-keeper, bowler.

INTRODUCTION

Physical activity is well known as a behaviour that can provide benefit across a wide range of health outcomes. Physical activity has been defined as ''any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level'' [1]. Physical activity can be in many forms in our daily life, such as doing household activities, labour activities in the workplace that require some physical movement or recreational physical activity [2]. Exercise is a subset of physical activity that is planned and structured and has a repetitive element with the aim of improving or maintaining an individual's physical ability [3]. Recreational physical activity can consist of exercise done within leisure time; the activities chosen are driven by satisfaction and pleasure, and are relatively unorganized activities that require physical exertion [4; 5]. Rogers (2000) described recreational exercise as a participation in any physical activity during leisure time that does not involve formal competition or monetary payment. Recreational exercises can include common physical activities, such as swimming, running, walking, jogging, cycling and aerobics, when they are performed informally. Therefore, most people participate in a variety of forms of recreational exercise. Researchers have reported that people who participated in physical activity regularly were more likely to maintain a higher level of mental health, and that such activities reduced the risk of chronic disease, such as heart disease, stroke and type 2 diabetes [6; 7].

Sample:

The sample (viz., N=24) for the current study is branded into the subsequent groups:

- Group-A: Wicket-Keeper (n_1=12)
- Group-B: Bowler (n_2=12)

Agility (20 Yard Agility Run Test)

- **Purpose:** To measure an athlete's ability to accelerate, decelerate and change direction.
- **Equipment Required:** Stopwatch, Tape Measure, Non-Slip Running Surface, Cone Markers.
- **Procedure:** Set up three marker cones in a straight line, exactly five yards apart - cones B, A (center) and C. At each cone place a line across using marking tape. The timer is positioned at the level of the center A cone, facing the athlete. The athlete straddles the center cone A with feet an equal distance apart and parallel to the line of cones. When ready, the athlete runs to cone B (touching the line with either foot), turns and accelerates to cone C (touching the line), and finishes by accelerating through

the line at cone A. The stopwatch is started on the first movement of the athlete and stops the watch when the athlete's torso crosses the center line.

- **Scoring**: Record the best time of two trials.

Statistics

The researcher used Statistical Package for the Social Sciences (SPSS) to compute the data of this study. An independent samples *t* test was used to analyze. In all the analyses, the 5% critical level ($p \leq 0.05$) was considered to indicate statistical significance.

Results

Table-1: Comparison matrix of agility between wicket-keeper and bowler.

	Wicket-Keeper	Bowler
Sample size	12	12
Arithmetic mean	7.0775	7.1317
95% CI for the mean	6.8949 to 7.2601	6.9177 to 7.3457
Variance	0.08264	0.1134
Standard deviation	0.2875	0.3368
Standard error of the mean	0.08299	0.09723
F-test for equal variances		P = 0.608
Difference		0.05417
Pooled Standard Deviation		0.3131
Standard Error		0.1278
95% CI of difference		-0.2109 to 0.3193
Test statistic t		0.424
Degrees of Freedom (DF)		22
Two-tailed probability		P = 0.6759

Figure-1: Graphical comparison matrix of agility between wicket-keeper and bowler.

Agility:

Table-1 illustrates that the mean & standard deviation of wicket-keeper was 7.0775 & 0.2875, whereas the mean & standard deviation of bowler was 7.1317 & 0.3368. the t-value is 0.424. the result is not significant at $p < .05$.

References:

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