

THE DIFFERENCE OF BALANCE AMONGST BOWLER AND BATSMAN

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Abstract

The purpose of this study was to find out the difference of balance amongst bowler and batsman. The sample (viz., N=28) for the current study is branded into the subsequent groups: Group-A: Bowler ($n_1=14$) and Group-B: Batsman ($n_2=14$). Stork Balance Stand Test was used to measure Balance. 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 bowler was 20.2550 & 2.5214, whereas the mean & standard deviation of batsman was 21.3521 & 2.0818. The t -value is 1.255. The result is not significant at $p < .05$.

Keywords: Balance, Bowler, Batsman.

INTRODUCTION

Sport is a double-edged sword regarding effects on health. Positive effects are achieved primarily through physical activity, which is the main part of most sports. Many secondary effects of sport also bring health benefits, such as psychosocial development of both young [1] and old [2], personal development [3], later onset, and less consumption of alcohol [4,5]. Finally, those who play sports have a higher level of physical activity later in life [6], and through sport, knowledge of nutrition, exercise, and health can be developed [7].

Sample:

The sample (viz., N=28) for the current study is branded into the subsequent groups:

- Group-A: Bowler ($n_1=14$)
- Group-B: Batsman ($n_2=14$)

Balance (Stork Balance Stand Test)

- **Purpose:** To assess the ability to balance on the ball of the foot.
- **Equipment Required:** Flat, Non-Slip Surface, Stopwatch, Paper and Pencil.
- **Procedure:** Remove the shoes and place the hands on the hips, then position the non-supporting foot against the inside knee of the supporting leg. The subject was given one minute to practice the balance. The subject raises the heel to balance on the ball of the foot. The stopwatch was started as the heel is raised from the floor. The stopwatch was stopped if any of the follow occurs:
 - the hand(s) come off the hips
 - the supporting foot swivels or moves (hops) in any direction
 - the non-supporting foot loses contact with the knee.
 - the heel of the supporting foot touches the floor.
- **Scoring:** The total time in seconds was recorded. The score was the best of three attempts.

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 balance between bowler and batsman.**

	Bowler	Batsman
Sample size	14	14
Arithmetic mean	20.2550	21.3521
95% CI for the mean	18.7992 to 21.7108	20.1501 to 22.5541
Variance	6.3573	4.3339
Standard deviation	2.5214	2.0818
Standard error of the mean	0.6739	0.5564
F-test for equal variances		P = 0.499
Difference		1.0971
Pooled Standard Deviation		2.3121
Standard Error		0.8739
95% CI of difference		-0.6991 to 2.8934
Test statistic t		1.255
Degrees of Freedom (DF)		26
Two-tailed probability		P = 0.2205

Figure-1: Graphical comparison matrix of balance between bowler and Batsman.**Balance:**

Table-1 illustrates that the mean & standard deviation of bowler was 20.2550 & 2.5214, whereas the mean & standard deviation of batsman was 21.3521 & 2.0818. The t-value is 1.255. The result is not significant at $p < .05$.

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