

COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS VARIABLES BETWEEN BASKETBALL AND CRICKET PLAYERS

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Abstract

The purpose of the study is to comparative the selected physical fitness variables of basketball and cricket players. To achieve the purpose of the study 20 basketball and 20 cricketers from Coimbatore district. Their age ranged from 20 to 25years. The subjects were randomly assigned to two equal groups. Group- I (n=20) underwent basketball players and Group – II (n=20) cricket players. The following tests were performed to measure the physical fitness parameters: sit and reach test was used to measure the flexibility, stroke balance test was used to measure the balance. The data collected from the subjects were statistically analyzed using ‘t’ test to find out whether significant mean difference existed at 0.05level of confidence. The result of the study was significant difference in the balance and flexibility between the basketball and cricket players. The flexibility level is better to the basketball players compare with the cricketers. The balance level is better to the cricket players compare with the basketball players.

Keywords: Flexibility, Balance, Basketball and Cricket Players

INTRODUCTION

BASKETBALL

Basketball is one of the most popular and widely viewed sports in the world. The object of the game is to throw the ball through the baskets at either end of the court. When the game was first invented, actual baskets were used. Dr. James Naismith’s original rules specified that “ A goal shall be made when the ball is thrown or batted from the founds into the basket and stays there, providing those defending the goal do no touch or disturb the goal.” As it is proved to be inconvenient to continually retrieve the ball from the baskets, the baskets were soon replaced with metal hoops (usually with dangling netting attached to direct the ball straight down). The hoops are attached to rectangular backboards. (Goyal, 2008)

The player requires the ability to oppose, gain better speed, explosive strength, agility, balance, vertical jump, good movement with the ball and without, the precision throwing the ball into the basket, the performance of technical and tactical tasks, and above all intelligence. According to Gabrijelic (1977), basketball is a complex sport that consists complex and simple motions in terms of cooperation, collaboration performed by members of the team in the game. The main goal of the game of basketball is

to throw the ball in the opponent's basket, and prevent the opposing player to win or throw the ball in the basket.

CRICKET

Cricket is a bat-and-ball sport contested by two teams, usually of eleven players each. A cricket match is played on a grass field, roughly oval in shape, in the centre of which is a flat strip of ground 22 yards (20.12m) long, called a pitch. At each end of the pitch is a construction of three parallel wooden stakes (known as stumps) driven vertically into the ground, with two small crosspieces (known as bails) laid across the top of them. This wooden structure is called a wicket. The bowler, a player from the fielding team, hurls a hard, fist-sized, cock-centered, leather-covered ball from the vicinity of one wicket towards the other. The ball usually bounces once before reaching the batsman, a player from the opposing team. In defense of the wicket, the batsman plays the ball with a wooden cricket bat. Meanwhile, the other members of the bowler's team stand in various positions around the field as fielders, players who retrieve the batted ball in an effort to stop the batsman scoring, and if possible to get him or her out.

The batsman, if he or she does not get out (for example if the bowled ball hits the wicket, or if a fielder catches the ball off the bat before it bounces), may run between the wickets, exchanging ends with a second batsman (the non-striker), who has been waiting near the bowler's wicket. Each completed exchange of ends scores one run, and the match is won by the team that scores more runs. The term "referee" originated in association football. Originally the team captains would consult with each other in order to resolve any dispute on the pitch. A referee or simply ref is the person of authority in a variety of sports who is responsible for presiding over the game from a neutral point of view and making on-the-fly decisions that enforce the rules of the sport, including sportsmanship decisions such as ejection. The official tasked with this job may be known, in addition to referee, by a variety of other titles as well (often depending on the sport).

METHODOLOGY

To achieve the purpose of the study twenty (20) basketball players and twenty (20) cricket players were selected from Coimbatore district. The age of the subjects ranged between 20 and 25 years. The following tests were performed to measure the physical fitness parameters: - To measure flexibility sit and reach test, to measure balance stroke balance test.

STATISTICAL TECHNIQUES

The data was collected & statically examined to compare the physical fitness components variables of basketball players and cricket players. The "t" ratio was calculated to find out the significance difference if any in all the cases to test significance of 0.05 level of confidence was used.

TABLE-I

COMPUTATION OF 'T' RATIO ON FLEXIBILITY BETWEEN BASKETBALL PLAYERS AND CRICKET PLAYERS

VARIABLE	GROUP	MEAN	SD	't'
Flexibility	Basketball	23.8	2.42	6.057*
	Cricket	21.5	2.18	

*Significant at 0.05 level 2.093(1, 19)

The table I reveals that the computation of 't' ratio on flexibility between basketball players and cricket players. The mean value of basketball players and cricket players were 23.80 and 21.50 sec respectively. The observed t value of flexibility 6.05 was greater than the table value of 2.093 for the degrees of freedom 1 and 19 at 0.05 level of confidence. Since, it was found to be statistically significant.

The result inferred that there is a significant difference over flexibility between basketball players and cricket players.

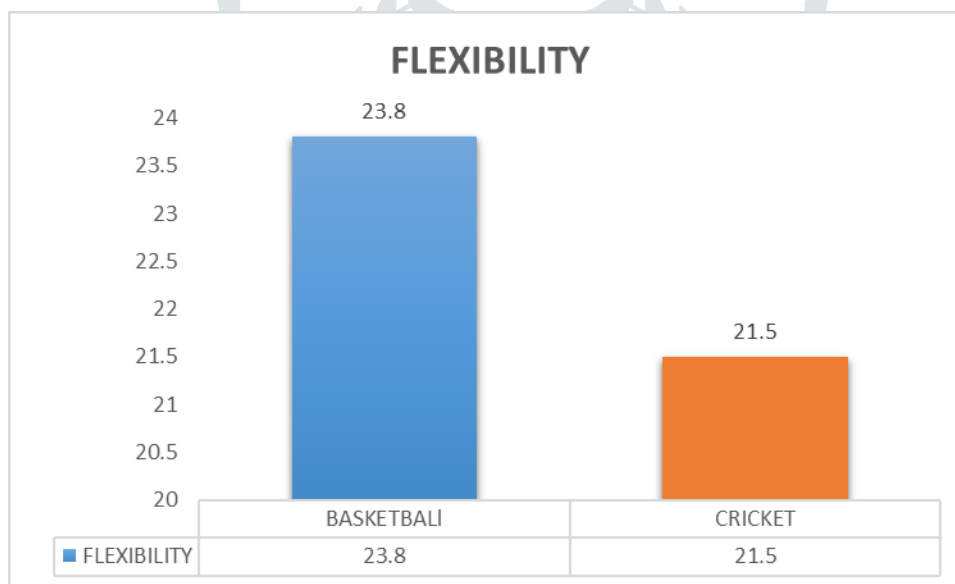


TABLE-4.2

COMPUTATION OF 'T' RATIO ON BALANCE BETWEEN FOOTBALL REFEREES AND PLAYERS

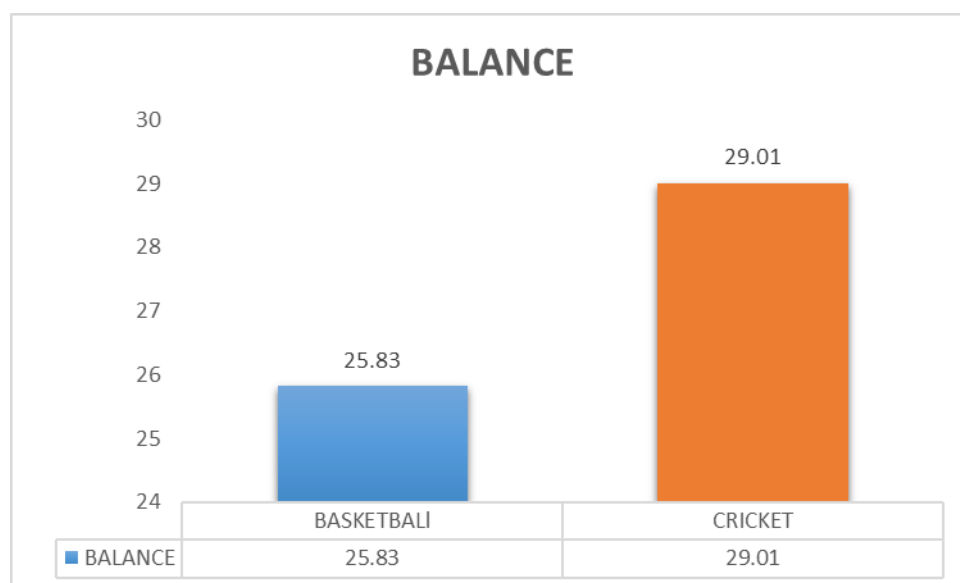
VARIABLE	GROUP	MEAN	SD	't'
BALANCE	Basketball	25.83	8.78	3.86*
	Cricket	29.01	8.12	

*Significant at 0.05 level 2.093(1, 19)

The table I reveals that the computation of 't' ratio on balance between basketball players and cricket players. The mean value of basketball players and cricket players were 25.83 and 29.01 sec

respectively. The observed t value of balance 3.86 was greater than the table value of 2.093 for the degrees of freedom 1 and 19 at 0.05 level of confidence. Since, it was found to be statistically significant.

The result inferred that there is a significant difference over balance between basketball players and cricket players.



DISCUSSIONSONFINDINGS

The purpose of the study was to compare the physical fitness among basketball and cricket players. For the purpose of the study balance and flexibility were selected as variables. The results of the study indicated that there was a significant difference over selected physical fitness components balance and flexibility difference between basketball players and cricket players. The findings of the present study had similarity with the findings of the investigations referred in this study.

Shukla et al., (2020) results and findings it was concluded that cricket players have better balance in comparison to soccer and field hockey male intercollegiate players. **Kandhar (2020)** the purpose of the study is to find out the comparison of fitness test among the basketball and football players.

The result of the present study indicates that basketball players shows better performance on flexibility when compare to cricket players and cricket players shows better performance on balance when compare to basketball players.

Conclusion

From the results of this study, the following conclusions were drawn

1. It was concluded that there was a significant mean difference in balance between basketball and cricket players.
2. It was concluded that there was significant mean difference in flexibility between basketball and

cricket players.

3. Further it was concluded that the basketball players possess better flexibility then cricket players.

4. Further it was concluded that the cricket players possess better then balance.

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