

# Comparative Study of Selected Pullups of Combative, Individual and Team Game Players of Jammu University



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**Abstract :** The aims was Comparative Study of Selected Pullups of Combative, Individual and Team Game Players of Jammu University. For the purpose of this study total 180 male students from 6 colleges were selected for the subjects. The colleges affiliated with Jammu had been chosen for the purpose of this study. The players from three types of games i.e., Combative, Individual and team games. Group was be made by three games (a) group Combative -60 players (b) Individual group -60 (c) Team group-60. The age of subjects was ranging 18 to 25 years. Their age was verified from their college records. All the subjects voluntarily agreed to co-operate in the testing procedure. One hundred eighty (180) subjects were selected from six different rural and urban colleges affiliated with University of Jammu. Total 180 players were selected from different games. Criterion Measurement Strength test through Pull Ups. The data was collected from various tests and to find out difference between Combative, individual and team games Analysis of Variance (ANOVA) was used applied. To find out further difference between the games LSD test was applied if necessary, significance level at 0.05 level. Thus, significant difference in strength was observed in the selected players of Combative, Individual, and Team Game groups.

## Introduction :

Sport is established as an important part of human life from the ancient time. From the origin of mankind, its main and big movements are its movement of hand, leg and back. He walks, runs, jumps, and swims on foot. It picks, throws, pulls and pushes things with the help of hand. It turns to right or left side and forward and backward by back. And turns the body from waist. All these movements are necessary for its life. The efforts to obtain food or defend from enemies are not possible without these movements. The horses in form of muscles are driven by the driver mind with the help of bridle in form of vessels and thus the chariot of human body moves. All these movements are as old as mankind. The young and children like to play, sports give joy to young and children and development of body is achieved. Thus, it can be easily understood that, sports are inevitable for the physical, mental and social development of a child.

Exercise is an important factor in the base of complete development. The show of body, skill, balance, speed balance, etc are better developed by it. The inner organism is improved by exercise. Natural activities are stimulated. Breathing becomes easy. Muscles develop. Too small vessels and heat increases. Skin is enlarged. Because of this the control of heat improves and chemical changes suitable to heavy work take place.

To form the structure of the circuit training, the coach measures characteristics of physical fitness of layers by giving a physical fitness test and decides which competencies they lack. Then, the coach constructs the training programme for development of lacking competencies. For example, if the coach sees less strength of shoulder muscles, he will include the exercise helpful to increase the strength of shoulder muscles in the circuit training. If the coach finds less speed, one or two exercises for increasing speed will be selected. In the same way, if developing the muscles of thigh or abdomen, some exercises for development of muscles of thigh or abdomen can be selected. Thus, one or two exercises for muscular power, flexibility, endurance etc are to be included in the circuit training and the structure of the training

programme is prepared. Selections of exercises, exercise cycles, duration of training, density of exercise etc. are to be determined while preparing structure for the circuit training.

#### Aims of the Study :

The aims was Comparative Study of Selected Pullups of Combative, Individual and Team Game Players of Jammu University.

#### Selection of Subjects :

For the purpose of this study total 180 male students from 6 colleges were selected for the subjects. The colleges affiliated with Jammu had been chosen for the purpose of this study. The players from three types of games i.e., Combative, Individual and team games. Group was be made by three games (a) group Combative -60 players (b) Individual group -60 (c) Team group-60. The age of subjects was ranging 18 to 25 years. Their age was verified from their college records. All the subjects voluntarily agreed to co-operate in the testing procedure. One hundred eighty (180) subjects were selected from six different rural and urban colleges affiliated with University of Jammu. Total 180 players were selected from different games.

#### Criterion measurement :

No.	Variable	Test	Measurement
1	Strength	Pull Ups	Number

#### Statistical Process :

The data was collected from various tests and to find out difference between Combative, individual and team games Analysis of Variance (ANOVA) was used applied. To find out further difference between the games LSD test was applied if necessary, significance level at 0.05 level.

#### Result of the Study :

Table – 1

Means of Combative, Individual and Team Game players and analysis of variance of Pull-ups test

Group	Group		Analysis of variance				
	Mean	Subject	SS	df	MSS	'F'	
Combative	2.25	60	B	140.54	K-1 3-1=2	70.2 7	12.54*
Individual	4.36	60	W	991.78	N-k 180- 3=177	5.60	
Team Game	3.70	60					

Table-1 indicates that the mean value of pull ups test of Combative group is 2.25, individual group is 4.36 and Team Game group is 3.70. Sum of Square between the group is 140.54, within the group is 991.78 and Mean of Sum of Square between the group is 70.27, within the group is 5.60. It was also revealed that the calculated *F* value was 12.54, which was significant at 0.05 level since, the value was greater than the tabulated value at 3.047 Degree of Freedom.

TABLE-2

Table Showing Critical Difference of Means of Pull-Ups test of Combative, Individual and Team Game players

Combative	Individual	Team Game	Difference	At 5% Level
2.25		3.70	1.45*	0.003
2.25	4.36		2.11*	
	4.36	3.70	0.66*	

As shown in table-2 difference in means of pairs of three groups can be seen clearly. Above table shows the mean difference of Combative and team game group is 1.45 which is greater than the critical value i.e. 0.003, the mean difference of Combative and individual group is 2.11 which is greater than the

critical value i.e. 0.003, and the mean difference of individual group and team game group is 0.66 which is greater than the critical value i.e. 0.003.

#### Conclusion :

- Thus, significant difference in strength was observed in the selected players of Combative, Individual, and Team Game groups.

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