
A COMPARATIVE STUDY OF FLEXIBILITY VARIABLES OF DIFFERENT LEVEL TARGET BALL PLAYERS

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Abstract

In the present study, an attempt has been made to compare fitness variable namely flexibility between national Targetball players and state Targetball players. The study was carried out on 100 men Targetball players (50 national Targetball players and 50 state Targetball players who participated in National and state Tournaments). The data was collected by use of measurements of flexibility as well as by application of test like wet sit and reach. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. National Targetball players and State Targetball players flexibility was found significantly national level Targetball players whereas state level Targetball players showed significantly lower values in flexibility.

Keywords- flexibility, national Targetball players, state Targetball players.

Introduction

Targetball is an exciting, fast and skillful game of fair contest. It is a game in which two teams of six players each strive to keep or gain possession of the ball. The team with the ball, through running, jumping, throwing and catching, attempts to move the ball into its goal circle from where a target may be scored, while the opposing team uses defensive movements and strategies to prevent this and to gain possession. The team with the greater number of goals is the winner of the match. Players have specified areas in which they can move. The Rules are based on the core values of equal opportunity, fair play and respect for an opponent's skill and safety.



Flexibility : The ability to achieve an extended range of motion without being impeded by excess tissue , i.e. fat or muscle (e.g. executing a leg split)

It is important to include flexibility training as part of your clients' regular fitness routines. Improved flexibility may enhance performance in aerobic training and muscular conditioning as well as in sport. There is scientific evidence that the incidence of injury decreases when people include flexibility training in their routines due to the enhanced ability to move unimpeded through a wider ROM. The only exception to this would be when there is an excessive or unstable ROM, which may increase the likelihood of injury. When used appropriately, flexibility training allows clients to become more in tune with their body. It is a form of active relaxation that can improve both mental and physical recovery.

Flexibility Techniques

To increase or restore muscle ROM, it is necessary to overload the muscle with flexibility training. To improve joint ROM, it is necessary to lengthen the muscle and surrounding connective tissue in safe and effective ways.

Two main methods of flexibility training (static and dynamic) can be used, but all types of flexibility training will be more effective after a thorough warm-up, when the body temperature is elevated.

SAMPLING PROCEDURE

In this study, only those Targetball players were selected, who had participated in national and state level Targetball tournaments. The players falling under the age between 18 and 25 years were studied. The state and national level performance of the players was conformed from the coaches and state secretaries, on the basis of whom some players were recorded before the competition also, but later on they were classified as per their competition performance.

Analysis of Flexibility-

Table.1

Descriptive statistics of the data measured in Flexibility

variable	Group	N	Mean	S.D.	S.E.D.
Flexibility	National level Targetball players	100	39.26	4.14	0.32
	State level Targetball players	100	36.58	4.11	0.33

Table no.1 indicates the values of descriptive statistics of the National level Targetball players and State level Targetball players for Flexibility, which shows that the mean and S.D. values of National level Targetball players and State level Targetball players was found to be 39.26 ± 4.14 and 36.58 ± 4.11 respectively. Above table also indicates the S.E.D values of National level Targetball players and State level Targetball players were found to be 0.32 and 0.33 respectively

Table No.2

Comparison of Flexibility between National level Targetball players and State level Targetball players

Variable	F-value	T	Sig.
Flexibility	2.53	1.98	0.01

Table no.2 indicates the independent t-test values of National level Targetball players and State level Targetball players for Flexibility. The National level Targetball players and State level Targetball players t-value was found to be 1.98, which shows that there were significant difference in National level Targetball players and State level Targetball players of Flexibility, as the F-value has found to be 2.53, which is significant at 0.01 level.

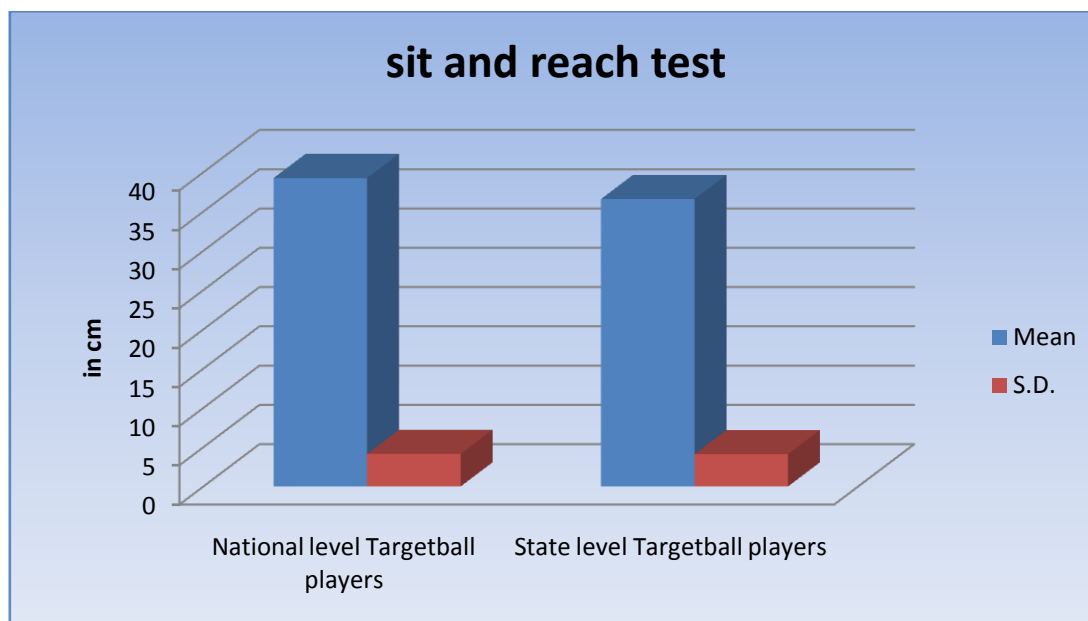


Figure no.-1

Bar Diagram showing the mean value of Flexibility between National level Targetball players and State level Targetball players

Conclusion-

The flexibility value was found significantly higher value of national level Targetball players whereas state level Targetball players showed significantly lower values in flexibility.

It is suggested that a longitudinal study with the subjects employed in this research work may be carried out in order to find the changes in contributing variables and their effect on the performance of Targetball players.

National performance in sports depends upon many factors such as psychological, sociological, physiological, physical fitness etc. These variables should be incorporated in similar studies to know the relationship of these variables with physical fitness variables and performance.



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