



## COMPARATIVE STUDY OF SELECTED MOTOR FITNESS COMPONENTS OF CRICKET AND HANDBALL PLAYERS

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**Abstract:** The purpose of this study was to compare the Motor fitness of Cricket and Handball Players of Nagpur City of Maharashtra State. The research was a descriptive comparative method. Thirty male Cricket and Handball Players of Nagpur City of Maharashtra State were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 30 were Cricket players and rest 30 were Handball players. The criterion measures adopted for this study were Agility and Speed. The data collection tools used in the study were Shuttle Run and 50 Yard. Data of Motor Fitness Components between Cricket and Handball players was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis. The researcher analysed the collected data as per the objectives set for the research study. The statistical analysis of Motor Fitness revealed that in both the components: Agility and speed there was significant difference between Cricket and Handball Players. Thus research Hypothesis was accepted. In the present the results also showed that in Motor fitness components like agility and speed the cricket players were found to be better than Handball players. Finally the researcher concluded that the Cricket players were more fit as compare to Handball players. This clearly shows that players of Cricket game are more fit as compare to players of Handball game.

**Keywords:** Motor Fitness, Cricket and Handball Players

### Introduction:

In these days' explosive population growth and high technology, there has been considerable concern in education. In education a citizen has to maintain optimal level of physical motor fitness for personal efficiency and national progress all over the world. The health and fitness has been claimed as one of the most essential requirement of personality development. Thus a certain level of fitness is needed for every individual. The present study was carried out a view to compare the selected motor fitness components like speed, agility between the Cricket and Handball players. It was hypothesized that there will be significant difference in the motor fitness components between the Cricket and Handball players. The purpose of this study was to compare the Motor fitness of Cricket and Handball School Players of Nagpur City of Maharashtra State.

### Material and Methods:

The research was a descriptive comparative method. Thirty male Cricket and Handball Players of Nagpur City of Maharashtra State

were selected as the samples for the purpose of study between the age group of 16 to 19 years. In which 30 were Cricket players and rest 30 were Handball players. The criterion measures adopted for this study were Agility and Speed. The data collection tools used in the study were Shuttle Run and 50 Yard. Data of Motor Fitness Components between Cricket and Handball players was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis.

### Results:

Table No.1.1 Descriptive statistics of Shuttle Run and 50 Yard Dash of Cricket players and Handball players

Motor Fitness Variables	Groups	N	Mean	Std. Deviation	Std. Error Mean
Shuttle Run	Cricket	30	7.1000	1.21343	.22154
	Handball	30	7.7000	1.02217	.18662
50 Yard	Cricket	30	7.2000	1.09545	.20000
	Handball	30	7.9667	.96431	.17606

Table no 1.2 Independent sample 't' test of Shuttle Run and 50 Yard Dash of Cricket players and Handball players

Motor fitness Variables	't' value	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Shuttle Run	-2.071	58	.043	-.60000	.28967
50 Yard Dash	-2.877	58	.006	-.76667	.26645

#### Findings and Discussion:

The researcher analysed the collected data as per the objectives set for the research study. The statistical analysis of Motor Fitness revealed that in both the components: Agility and speed there was significant difference between Cricket and Handball Players. Thus research Hypothesis was accepted. In the present the results also showed that in Motor fitness components like agility and speed the cricket players were found to be better than Handball players.

#### Conclusion:

Finally the researcher concluded that the Cricket players were more fit as compare to Handball players. This clearly shows that players of Cricket game are more fit as compare to players of Handball game.

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