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Comparative study of endurance between football and hockey male players of G.G.U. Bilaspur

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Abstract

The purpose of the study was to compare the Endurance between football and hockey male players. 20 football & 20 hockey male players were taken as the subjects for the Study from GGU Bilaspur. The age group of the subjects was ranged from (20-25) years. To measure Endurance (600 meters Run/ Walk test) between football and hockey male players, 600 meter run/walk test was conducted on the subjects in the present study. The data collected was subjected to descriptive statistic and student independent "t" test and level of significance was set at 0.05 level. There was a significant difference found between football and hockey male players. Football players show having more endurance when compared to hockey players.

Key words: Football, hockey and Endurance

1. Introduction

Investigated cardiovascular fitness of rural and urban students and found that students with rural background performed better than that of their counterparts in urban area. Above and many similar research along with simple logic one may deduce that rural girls are more physically fit than urban girls. Since unlimited facilities are available in the urban area all needs of girls are met very easily. On other hand the rural girls are always busy in domestic works. In some villages schools and physical education facilities are also not available. The girls are required to go the schools by bus or by walk. Thus these activities purportedly result in better physical fitness of rural girls. On the other hand, physical fitness of rural and urban sports girls are compared we may find that urban sports-girls are more likely to be more physically fit than rural-sports girls, because of availability of new technology, equipment and good coaching in the urban schools. Additionally urban sports-girls have access to better nutrition on account of parental socioeconomic status. The urban girls are encouraged and motivated by their teachers and coaches. Additionally, the urban girls are less bound by the social traditions and mores, thus liberating from social restrictions (Uppal & Sareen, 2000).

Football is a game which requires very fast body movement which is determined by situations within the match such as: opposing team's player with and without the ball, ball movement and team mate movement. Because of these reasons, modern football game is characterized by fast movements, which become prominent in short and long sprints, explosive reactions (jump) and quick changes of direction. Authors who dealt with this problem share the opinion that these are some of the characteristics which distinguish winning from losing sides, on high-quality levels of competition (Cometti et al., 2001).

2. Methodology

2.1 Selection of Sample

In order to compare the endurance between football and hockey male players, 20 football & 20 hockey male players were taken as the subjects for the Study from GGU Bilaspur. Thus the total numbers of subjects were 40 only. The age Group of the subjects was ranged from (20-25) years.

2.2 Selection of Variables

The physical fitness variable in the present study was endurance. And endurance was measured with the help of 600 meter run/walk test.

2.3 Criterion Measures

The criterion measures were used to collect the data in a deal and systematic way to record in a correct unit and style for test item.

- Endurance was measured by 600 meter Run/Walk test and measure in minute.

2.4 Statistical Techniques

For the present study, the mean value, standard deviation and independents 't' test were applied to analyze the data.

3. Result and Conclusions

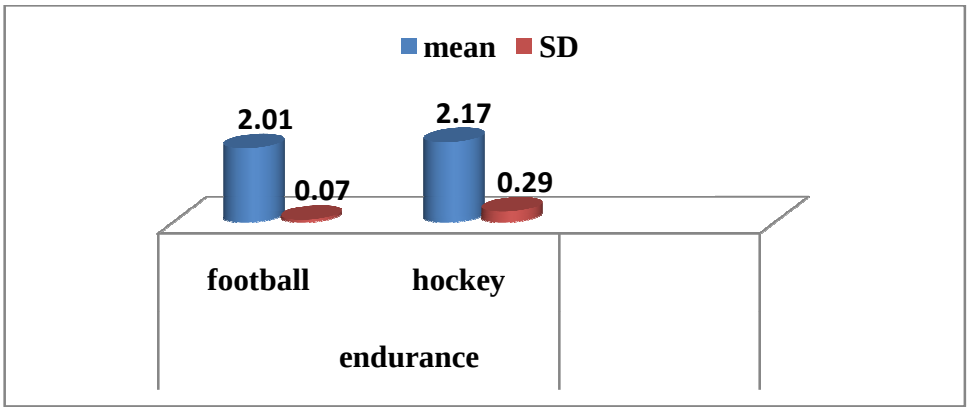
Table 1
Comparison of endurance between football and hockey male players of G.G.U. Bilaspur

Groups	Mean	S.D.	Mean Difference	SED	t- value
Football	2.01	.07	.15	.06	2.35*
Hockey	2.17	.29			

* Significant at 0.05 level, tabulated t.05 (38) = 2.02.

The above table shows that a significant difference between football and hockey male players, of physical fitness component (endurance) as calculated "t" value (2.35) is higher than Tabulated "t" value (2.02).

Figure 1
Graphical representation of mean and standard deviations of football and hockey male players of GGU Bilaspur



4. Conclusion

Within the limitation of the present study the following conclusions were drawn on the basis of obtaining results. In this study there was a significant difference in endurance between football and hockey male players of G.G.U. Bilaspur. The mean value of endurance of the football male players was better than the hockey male players.

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