

Comparative Assessment of Agility Levels in Male Football and Volleyball Players of the Jammu Region.

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ABSTRACT

The research paper aims to compare the degree of agility possessed by male football and volleyball players of Jammu region. The study was conducted on 30 male players (15 football players and 15 volleyball players). The age of the subject ranged from 18 to 25 years. The subjects had participated in intercollegiate and interuniversity. The individuals were randomly selected for the purpose of the study. The design of the study was Two-Group Independent Post-Test Only Design. The variable taken for the study was agility. The agility was measured with the help of Shuttle Run Test (10*4). The independent sample t-test test was used to identify the differences between the groups. The calculated t-value is 3.34 as it exceeds the critical value of (2.048) and (df=28) which was found to be significant at 0.05 level of significance. The findings lead to the conclusion that football players significantly higher agility than volleyball players and the difference was significant.

Keywords: Football, volleyball, agility, shuttle run test.

INTRODUCTION

Sports are vital for every human existence since they maintain individuals fit and healthy, as well as provide physical strength. It is very important at all stages of life. It also helps people develop a better personality. By participating in sports on a regular basis, we keep our entire body awake and strengthen our heart. Football and volleyball are sports that can be played teams either men or women. But that's about where the similarities between the two ends. Each sport has highly varied playing foundations, rules, player positions, and physical needs. Football and volleyball share certain characteristics: "these games require agility, reaction ability, coordination, flexibility, strength, power, and endurance." (2018, Junious). Motor fitness factors are critical to performance during the match. As the most competitive sport, A fit player not only enjoys the game better, but he can also use all of the skills he has learned and perfected throughout the game, from start to finish. Agility are some fundamental components of fitness required for varied degrees of physical activity. Agility is one of the key components of fitness necessary for various levels of physical exercise. The dual combination of motor fitness and decent body is essential for a player; without either, he would be unable to do much, especially in order to play any game properly. The following are some of the most commonly accepted definitions of agility. Agility is defined as "the ability to change direction rapidly and accurately" (Barrow & McGee, 1971).

In team sports, agility includes not only the ability to change direction of movement but also the capacity to read and respond to certain game conditions, as well as predict the opponent's movement (Gamble, 2013). AGILITY is defined as a skill-related component of physical fitness that relates to the ability to rapidly change the position of the entire body in space with speed and accuracy. Agility is the ability to move and change the direction and position of the body quickly and effectively while under control. It requires quick reflexes, coordination, balance, speed, and correct response to the changing situation. Agility is defined as the "whole body change of direction as well as rapid movement and changing direction of body parts" (Draper & Lancaster, 1985).

Agility as "the ability to maintain or control body position while quickly changing direction during a series of movements" (Twist and Benickly, 1995). Agility as "rapid whole-body movement with change of velocity or direction in response to stimulus coming from the environment" (Sheppard & Young, 2006). Agility can be defined as "speed coordination" and in some specific sports it is used the term "specific agility", because it has special moves patterns (Sporis, et al., 2010). Agility is "a rapid whole-body movement with change of running direction in response to a stimulus" (Van Gelder & Bartz, 2011). So, in team sport games, agility skills, are not limited to rapidly change of direction but also to abilities like perception and decision making also like speed of expression, agility in the context of team sport being multifunctional (Gamble, 2013).

OBJECTIVE:

The objective of the study was to find the difference in the Agility of male football and volleyball players.

HYPOTHESIS:

(Ho): There will be no significant difference between the Agility of Male football and volleyball players.

METHODOLOGY

The design of the study was a Two-Group Independent Post-Test Only Design. A sample of 15 football players and 15 volleyball players from Jammu region was selected randomly for the purpose of this study. The primary objective was to determine the difference in agility between football and volleyball players. The t- test has been used to collected data.

The criterion measure selected for examining the flexibility and agility that were:

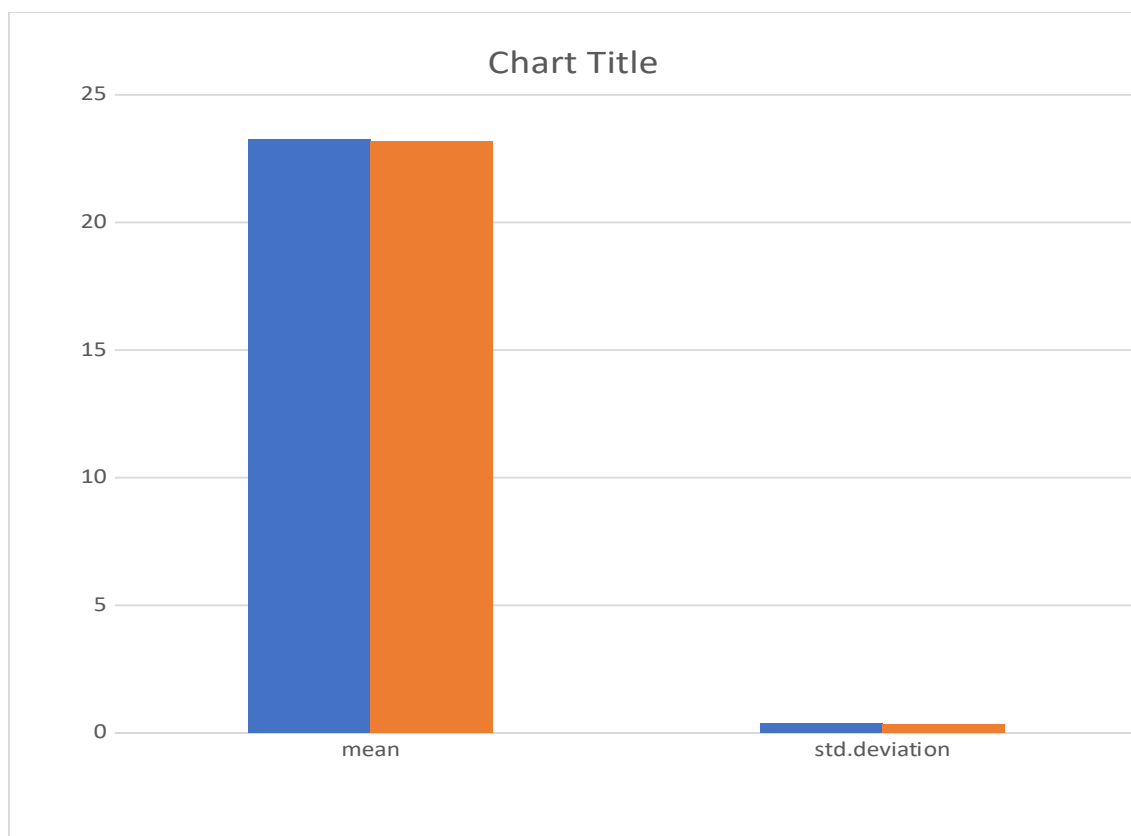
NO.	Following Measures	Test	Score
1.	Agility	10*4 Shuttle Run Test	Score was recorded in second.

FINDINGS:

	group	N	Mean	Mean Difference	Std. Deviation	Std. Error Mean	T value	DF	Sig(2-tailed)	Hypothesis
Agility	football	15	10.3627	.44067	.35139	.09073	3.34	28	.002	Null hypothesis(H0) : Rejected
	volleyball	15	10.8033	.44067	.37019	.09558	3.34		.002	

*Significant at the 0.05 level (calculated t-value=3.34).

This table demonstrates that the average agility score of football and volleyball players is 10.36 (SD =0.35) and (10.80) (SD=0.37), respectively. The calculated t-value is (3.34), which is statistically significant as it exceeds the critical t-value of (2.048) and (df= 28), respectively. These findings indicate a significant difference in agility between football and volleyball players. Thus, football players exhibited higher agility level than volleyball players.



DISCUSSION

The present study conducted a comparative analysis of the agility of male Football and volleyball players. On the basis of finding the null hypothesis is rejected. The result of this study revealed that there is significant difference between agility of Football and volleyball players.

However, this difference may be because the nature of Volleyball game is more stationary and with limited movement in a smaller space (court). In contrast, Football game includes Variance of movements with more unpredictability in a larger space (Football ground). That these players of the respective game develop certain type of neuromuscular Co-ordination pattern which player's vital role in determining the Agility of any individual or a player.

CONCLUSION

The present paper was designed with an objective to compare the analysis of agility of football and volleyball players. A Total of 30 players were selected from the Jammu region. A sample of 15 players from Football and 15 players from volleyball was taken. For analysing the data independent sample t-test test has been used. The mean value and standard deviation of football players and volleyball players was (10.36) and (0.35) and (10.80) and (0.37). The calculated t-value is (3.34) which is greater than tabulated t- value (2.048). Thus, it may be concluded that agility in football players exhibited greater than volleyball players, and the difference was significant.

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