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# A COMPARATIVE STUDY OF SELECTED MOTOR FITNESS COMPONENTS BETWEEN SOCCER AND BASKETBALL PLAYERS

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**ABSTRACT**

The objective of the study was to compare the selected motor fitness components between Soccer and Basketball Players. 24 Soccer and Basketball Players (12 of each respective games) were randomly selected for the present study. The criterion measures adopted for this study were Flexibility, Agility, strength and speed. The data collection tools used in the study was Sit and Reach, Shuttle Run, 50 yard dash and Standing Broad Jump. Data of Motors Fitness Components between Soccer and Basketball players was compared by using independent sample t test. The level of significance was kept at 0.05 level of significant. Conclusion: It was found that in selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between soccer and basketball players. Mean scores showed that soccer players showed better performance in all motor fitness components like Flexibility, Agility, strength and speed as compare to basketball players. On the bases of results it was concluded that soccer players have better motor fitness than basketball players.

**Keywords:** Selected Motor Fitness Components, Soccer & Basketball Players.

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## INTRODUCTION

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition. Moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.

Motor fitness is frequently chosen to achieve desirable goals. Motor fitness may be defined as the successful adaptation to stresses of one's life style. The requirement of fitness is highly specific for different sports. It is quite possible to feel fit when a few scientific states would prove that one was far from it in physiological terms. A player may go to play a match knowing that by all standard of measurable fitness he is the fittest among the others and yet be quite unfit. It is also possible that one is very fit is one of the sports such as Basket ball, Volley ball, but when one swims a 100 meters quickly he/she gets out breath and feel quite tired. An athlete faces different types of physical stresses based on the nature of the activity concerned. For instance a wrestler, weight filter, a boxer and a foot baler need more strength, Endurance than a long jumper or a thrower does. But obviously strength is the requirement of all the sports and games. Motor fitness refers to the efficiency of basic movement in addition to the physical fitness.

## OBJECTIVE

The objective of this study was to compare the level of motor fitness between Soccer and Basketball Players.

## DESIGN OF THE STUDY

Total Number of 24 Soccer and Basketball Players (12 Soccer and 12 Basketball) were selected randomly from senior secondary School of Kangra district of Himachal Pradesh State. The criterion measures adopted for this study were Flexibility,

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Agility, strength and speed. The data collection tools used in the study was Sit and Reach, Shuttle Run, 50 yard dash and Standing Broad Jump.

**ANALYSIS OF THE DATA**

Data of Motors Fitness Components between Soccer and Basketball players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

**Table No: I**

**Table showing the descriptive statistics of Motor Fitness Components between Soccer and Basketball Players**

| Soccer Players | | | | | Basketball Players | | | |
|---|---|---|---|---|---|---|---|---|
| **Motor Fitness Components** | **N** | **Mean** | **Standard Deviation** | **St. Error Mean** | **N** | **Mean** | **Standard Deviation** | **St. Error Mean** |
| Flexibility | 12 | 7.51 | 4.42 | 1.04 | 12 | 6.62 | 3.659 | 1.03 |
| Agility | 12 | 11.16 | 4.93 | 0.45 | 12 | 13.42 | 5.873 | 0.73 |
| Strength | 12 | 166.1 | 0.93 | 4.23 | 12 | 142.9 | 1.987 | 5.66 |
| Speed | 12 | 6.33 | 4.863 | 0.45 | 12 | 8.97 | 3.546 | 0.24 |

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**Table No: II**

**Table showing the independent sample‘t’ test of Motor Fitness Components between Soccer and Basketball Players**

| Motor Fitness Components | ‘t’ value | Df | Sig. (2-tailed) | Mean Difference | Std. Error Difference |
|---|---|---|---|---|---|
| Flexibility | 0.86 | 22 | 0.038 | 0.89 | 1.15 |
| Agility | 3.17 | 18 | 0.034 | 2.32 | 0.76 |
| Strength | 4.09 | 18 | 0.021 | 0.23. | 0.54 |
| Speed | 11.00 | 18 | 0.01 | 2.64 | 1.16 |

From the table no -II, the results of this study revealed that in all the selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between Soccer and Basketball Players.

**FINDINGS AND CONCLUSION**

It was found that in selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between Soccer and Basketball players. Mean scores showed that soccer players showed better performance in all motor fitness components like Flexibility, Agility, strength and speed as compare to basketball players.

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