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A STUDY OF FOOTBALL PLAYERS OF AKOLA CITY AND AKOLA DISTRICT ON THE LEVELS OF THEIR PHYSICAL FITNESS



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ABSTRACT

The purpose of this study was to compare the physical fitness of Football players of Akola City and Akola District. The purpose of this study was to compare the rural and urban Football players and to find out which of these two categories is more physically fit in response to tests administered so as one can improve the standard and level of physical fitness in rural and urban Football players. A total of 100 Football players (Akola City 50, Akola District 50) were selected randomly from District Level Football competitions. The research was a descriptive comparative method. The criterion measures adopted for this study were muscular strength and Endurance, Flexibility and speed. The data collection tools used in the study was Sit Ups, sit & reach, 50 yard dash. Data of Physical Fitness Components between Akola city and District Football players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant. The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 m dash there was significant difference between Football players of Akola city and Akola district. The results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed Akola district Football players were found to be better than Akola city Football players. Finally the researcher concluded that the Akola district Football players are more fit compare to Akola city Football players.

Keywords: Physical fitness, Football players, Akola City & Akola District.

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INTRODUCTION

Fitness concepts in elementary physical education centre on children’s understanding of fitness as good health, and a working knowledge of activities that promote a healthy level of fitness. However, with increased leisure time, and changes in life styles wrought by the industrial revolution, which took a large proportion of the population away from farm life and into more urban areas, this definition is no longer considered comprehensive enough. The definition for physical fitness is now defined as the body’s ability to function efficiently and effectively in work and leisure activities, not only at a set point in time, but at various ages and stages within a person’s life cycle. The key is in finding optimum health within the limits of one’s lifestyle, in order to be able to resist hypo kinetic diseases. General fitness implies the ability of a person to live most effectively with his/ her potentials, which depend upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated. The purpose of this study was to compare the physical fitness of Football players of Akola City and Akola District. The purpose of this study was to compare the rural and urban Football players and to find out which of these two categories is more physically fit in response to tests administered so as one can improve the standard and level of physical fitness in rural and urban Football players.

DESIGN OF THE STUDY

A total of 100 Football players (Akola City 50, Akola District 50) were selected randomly from District Level Football competitions. The research was a descriptive comparative method. The criterion measures adopted for this study were muscular strength and Endurance, Flexibility and speed. The data collection tools used in the study were Sit Ups, sit & reach, 50 yard dash. Data of Physical Fitness Components between Akola city and District Football players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

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Table No.1.1

Descriptive statistics of Sit-ups, Sit & reach and Speed between Football players of Akola city and Akola district

Variables	Akola City				Akola District			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Sit-ups	50	25.22	4.42	0.62	50	29.54	7.08	1.00
Sit & reach	50	15.65	4.93	0.69	50	20.91	3.97	0.56
Speed	50	8.461	0.93	0.36	50	8.17	0.43	0.45


Table No.1.2

Independent sample 't' test of Sit-ups, Sit & reach and speed


Physical fitness variables	't' value	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Sit-ups	3.659	98	0.001	4.32000	1.18063
Sit & reach	5.873	98	0.001	5.26000	0.89556
speed	1.987	98	0.049	0.28960	0.89556

DISCUSSION AND FINDINGS


The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach and 50 m dash there was significant difference between Football players of Akola city and Akola district. The results of descriptive statistics have indicated that the subjects mean scores in sit-ups, sit and reach and speed in case of Akola city Football players were found $(25.2200 \pm 4.42299, 15.6500 \pm 4.93245, 8.461 \pm 0.93)$ respectively while in case of Akola District Football Players the mean scores in sit-




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ups, sit and reach and speed were found (29.5400 ± 7.08033 , 20.9100 ± 3.97144 , 8.17 ± 0.43) respectively.

CONCLUSION

In the present the results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed Akola district Football players were found to be better than Akola city Football players. Finally the researcher concluded that the Akola district Football players were more fit as compare to Akola city Football players.

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