

Comparative study of shoulder strength and agility between inter collegiate men wrestlers and judo players

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ABSTRACT: *The purpose of the present study was to compare the shoulder strength and agility of intercollegiate men wrestlers and judo players. For accomplishing the purpose of the study, data was gathered on total 40 (Wrestlers –20 and Judo players–20) from Visvesvaraya Technological University inter collegiate tournaments. Age of the subjects was 18 to 25 years. To check shoulder strength and agility of selected subjects, Medicine ball put test and 10x4 meters shuttle run test was utilized. To compare shoulder strength and agility level of wrestlers and judo players mean, standard deviation and unpaired t-test were utilized with the help of statistical package of SPSS.*

The outcome reveals that there was significant difference in shoulder strength and agility variables of wrestling and judo men players.

Key Words: *Shoulder Strength, Agility, Judo, Wrestling.*

1. INTRODUCTION

Sports as an activity offer an opportunity of gaining self-knowledge, self-expression, fulfillment, personal achievement, skill acquisition and demonstration of ability, social interaction, enjoyment, good health and well-being. It promotes involvement, integration and responsibility in society, and contributes to the development of society, especially when sports activities have been accepted as an integral part of the culture and tradition of every society and every nation. It is an evident fact that the statistics pointed out, while women and girls account for half of the world population (50 percent) the percentage of their participation in sports varies from country to country and is far less than that of men and boys in our country.

Physical fitness and a healthy mind is an inevitable aspect of human life. Swami Vivekananda strongly stressed the importance of physical fitness when he said, "Be strong my young friends, that is my advice to you. You will be nearer to heaven through football than through the Gita". The performance in most of the sports is determined by such factors as physical fitness, techniques and tactics, their relative contribution varies from sport to sport. Physical fitness is the sum of total five motor abilities namely strength, speed, endurance, flexibility and co-operative abilities. These five motor abilities and their complete forms are the basic prerequisites for human motor actions.

Judo is also known as ju-jitsu (practice gentleness) Ju means gentleness and Do means principle came in to existence with great effort of Dr. Jigoro Kano in 1882 in Japan at Tokyo. Jigoro Kano designed not only for self defense but also as an education to develop the personality. In 1964 judo officially recognized and introduced in Tokyo Olympic game. One of the important thing is a rigid Japanese society also excepted women participation in this game. In 1984 at Los Angeles Olympic game women's were given importance in Olympics. At present closer by 200 nations are practicing judo. In India with the great efforts of Rabindranath Tagor judo was first introduced at Shantiniketan School in Bengal.

Among contact games judo has become a very popular game in the world. Almost all the nations play the game both for enjoyment and competition. First it was formulated by Dr. Jigoro Kano in Japan. Although he had adapted it from Japanese forms of self defense, such as ju-jutsu, he saw it more as a discipline and certainly not as a sport. Judo was looking for some way of improving the physical fitness of school children Kano suggested judo, not just from the point of view of bodily health but also because it was seen as producing spiritual and mental fitness. From that point, judo spread rapidly but, by the very nature of its technique, it also becomes a competitive sport, which became the main reason for injuries among judokas. They play Judo more aggressively to overcome their opponents and judo became a profession for Judokas. Every judoka has to express a large number of actions during one match, so physiological demands of every match are very high. A judoka tries to recognize the right moment for using the opponent's

weakness and reacts quickly, powerfully and explosively. Judo is a dynamic, high-intensity intermittent sport that requires complex skills and tactical excellence for success. As judo athletes have to perform a great number of actions during each match, the physical demand of a single match is high.

Wrestling is a physical combat sport. It is one of the most exhausting sports, both mentally and physically and probably this is the reason why that moment gives immense pleasure when you win a bout in this match. This game demands not only sound physical fitness but also an unbreakable confidence and character that define true sportsman spirit. The ancient drawings on the caves trace back the game to 3000 BC. Wrestling was introduced into the Olympic Games in 708 BC. During early nineties, freestyle format was introduced into wrestling where an individual is allowed to hold his opponent above or below his waist by using his arms and legs. The game got immense popularity in United States and Great Britain. Just like freestyle, Greco-Roman was another style of wrestling that was equally popularized but unlike freestyle, the wrestlers could use their arms and upper bodies and could hold only those parts of their opponents. Earlier ten categories were used to present in Greco-Roman style. Later in 2004 Olympic Games, modification was made that confined 8 categories.

2. METHODOLOGY

2.1.SOURCE OF DATA

In the present researcher was taken the male subjects for the study. The sources of data would be made from the wrestling and judo men Players; those are participated in the intercollegiate tournaments of Visvesvaraya Technological University.

2.2 SELECTION OF SUBJECT

For the study the investigator was selected forty subjects (n- 40) out of twenty players from judo and twenty players from wrestling discipline who were participating in visvesvaraya technological university intercollegiate tournaments. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18- 25 Years.

2.3.EQUIPMENTS USED FOR COLLECTION OF DATA

Following equipments and test would be used for collection of data:

1.SHOULDER STRENGTH: - Shoulder strength was measured by Medicine ball put test.

2. AGILITY ABILITY: -agility ability was measure by 10x4 meters shuttle run test.

2.4.STATISTICAL ANALYSIS

To compare strength and agility level of wrestlers and judokas mean, standard deviation and unpaired t-test were utilized with the help of statistical package of SPSS. To test the hypothesis the significance level was set at 0.05 percent.

3. RESULT AND FINDING

TABLE-3.1

COMPARISON OF MEAN AND STANDARD DEVIATION OF SHOULDER STRENGTH BETWEEN INTER COLLEGIATE MEN WRESTLERS AND JUDO PLAYERS

Variable	Group	Numbers	Mean	S.D	t-Value
Shoulder Strength	Judo Players	20	5.97	0.89	2.39
	Wrestlers	20	6.67	0.96	

Above table -3.1. Statistically represent that the Mean and Standard Deviation with regard to wrestlers was 5.97 and 0.89 where as in case of Judo players it was 6.67 and 0.96 respectively. The calculated t-value (2.39) which is greater than the tabulated t-value (2.021) at 0.05 levels. So, it indicates that there is significant difference of shoulder strength variable between Wrestling and Judo Players.

TABLE- 3.2

COMPARISON OF MEAN AND STANDARD DEVIATION OF AGILITY BETWEEN INTER COLLEGIATE MEN WRESTLERS AND JUDO PLAYERS

Variable	Group	Numbers	Mean	S.D	t-Value
Agility	Judo Players	20	10.84	1.20	2.61
	Wrestlers	20	11.74	1.42	

Above table 3.2 statistically represent that the mean and standard deviation with regard to wrestlers is 10.84 and 1.20 where as in case of Judo players it is 11.74 and 1.42 respectively. The calculated t-value (2.61) which is greater than the tabulated t-value (2.021). So, it indicates that there is significant difference of agility variable between Wrestling and Judo Players.

4. CONCLUSION

1. The results substantiate that, significant difference was observed between intercollegiate men Wrestlers and Judo players for their strength.

2. The results prove that, significant difference was found between agility variable of intercollegiate men Wrestlers and Judo player.

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