

COMPARATIVE STUDY OF STRENGTH AND AGILITY BETWEEN WRESTLING AND BOXING PLAYERS.

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Received: July 06, 2018

Accepted: August 11, 2018

ABSTRACT

The purpose of the present study was to compare the strength and agility of male wrestlers and judokas. For accomplishing the purpose of the study, data was gathered on total 40 (Wrestlers -20 and Boxing Players -20) junior state and junior national level male players from who had participated in the inter-school competitions in boxing and wrestling and were studying at various schools in Chandigarh during the session 2021-22. To check strength and agility of selected subjects, Medicine ball put and Illinois Agility test was utilized. To compare strength and agility level of wrestlers and boxing players 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. The outcome reveals that there was significant difference in strength and agility variables of wrestling and judo male players.

Keywords: Comparative study, Agility, Wrestlers, Boxing.

Physical wellness of a player relies upon the idea of his amusement and furthermore outer conditions. There are various wellness components that should be produced. For example, speed, perseverance, deftness and quality to right and Main tenure of body weight. Badminton and yard tennis both are practically comparable recreations. A total badminton player ought to have that spryness of an aerialist, the energy of a race horse, the executioner impulse of a puma and like a garden tennis player. A portion of the benchmarks the fit player accomplishes meet the requests of the diversions are quality, control, speed and so forth wellness segments. Court and field amusements like Badminton, garden tennis, Table-Tennis, Kabaddi Squash, Football, Volleyball help in creating quality and speed of the players while different recreations like boxing, gymnastic, wrestling and so on creating deftness and energy of its players better (Meenu and Parul, 2014). As we realize that games like Judo, wrestling, Kabaddi, Kho-Kho, have been broadly acknowledged as an exceedingly aggressive game all through the world. These games managing in incredible request of explosive leg quality, arm, and shoulder. The Motor fitness components are qualities that competitors must create to physically gets ready for sports competition. Sports training programs are designed to build these components in the proper proportions the match the requirements of each sport. Fitness enhances general wellbeing and it is fundamental for full and lively living. (Kumar and Chaudhary, 2014). Engine wellness is one of the real segments of physical wellness and incorporates such components as strong quality, speed, deftness, adjust and co-appointment. These qualities are not as specifically indispensable as cardio-respiratory wellness for general wellbeing yet play a few essential immediate and backhanded parts both in practical wellbeing and execution limit. "Wellness is an expansive term signifying dynamic qualities that enable you to fulfill your requirements in regards to mental and passionate dependability, social awareness and versatility profound and moral fibre natural wellbeing steady with your heredity. Motor capacity tests measures the quick limit of a man to take part in an ass

Procedure and Methodology

The present research was entitled as "Comparative Study of Strength and Agility Between Wrestlers and Boxing". To accomplishing the purpose of the study, data was gathered on total 40 (Wrestlers -20 and Boxing players -20) junior state and national level male Wrestlers and boxing players from the various school of Chandigarh. To check strength or treatment of games (Mathews, 1978). and agility of selected subjects, Medicine ball put and Illinois. Agility test was utilized. 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.

Result and Finding

Table 1: Comparison of mean and standard deviation of strength variable between wrestlers and boxing players

Group	N	Mean	Standard Deviation	Standard Error of mean	t-Value
Boxing	20	5.97	0.89	0.19	2.39*
Wrestling	20	6.67	0.96	0.21	

t.05(38) =2.021

Table & Figure 1 statistically represent that the Mean and Standard Deviation with regard to wrestlers was 5.97 and 0.89 where as in case of Judokas 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 strength variable between Wrestling and Boxing Players.

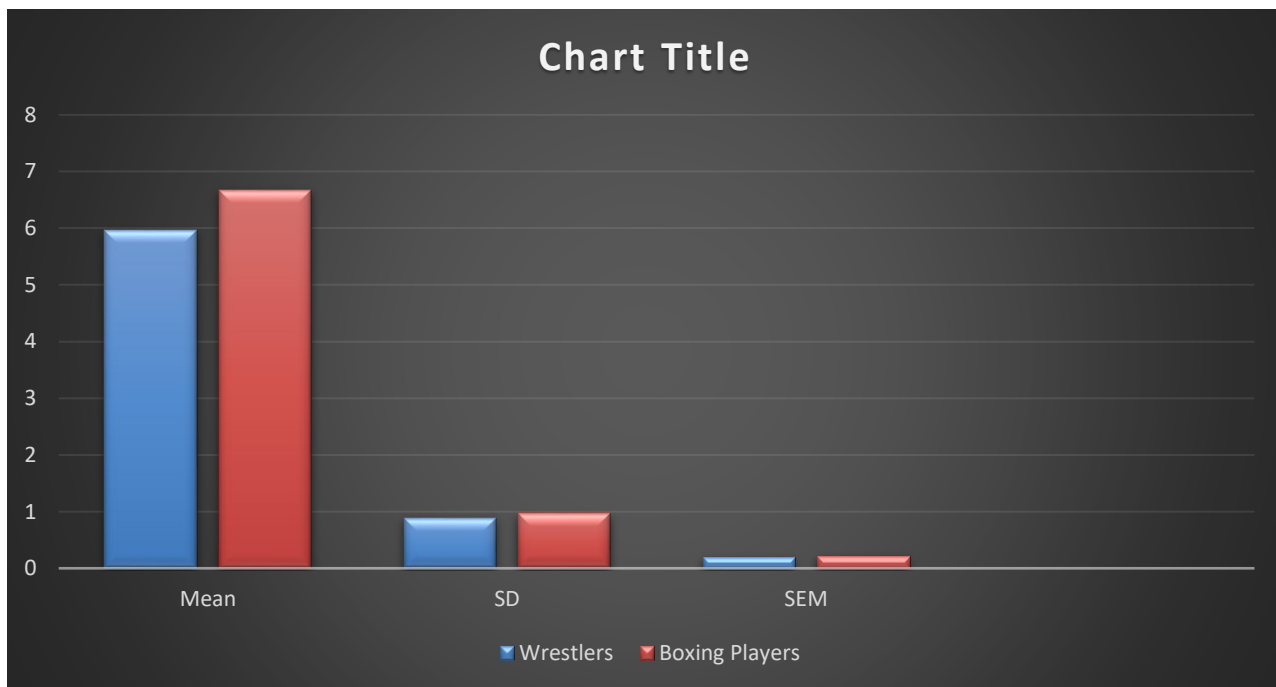


Fig 1: Comparison of mean and standard deviation of strength variable between wrestlers and Boxing Players.

Table 2: Comparison of mean and standard deviation of agility variable between wrestlers and boxing players

Group	N	Mean	Standard Deviation	Standard Error of mean	t-Value
Boxing	20	10.84	1.20	0.21	2.61
Wrestling	20	11.74	1.42	0.26	

Table & Figure 2 statistically represent that the mean and standard deviation with regard to wrestlers is 10.84 and 1.20 where as in case of Judokas 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.

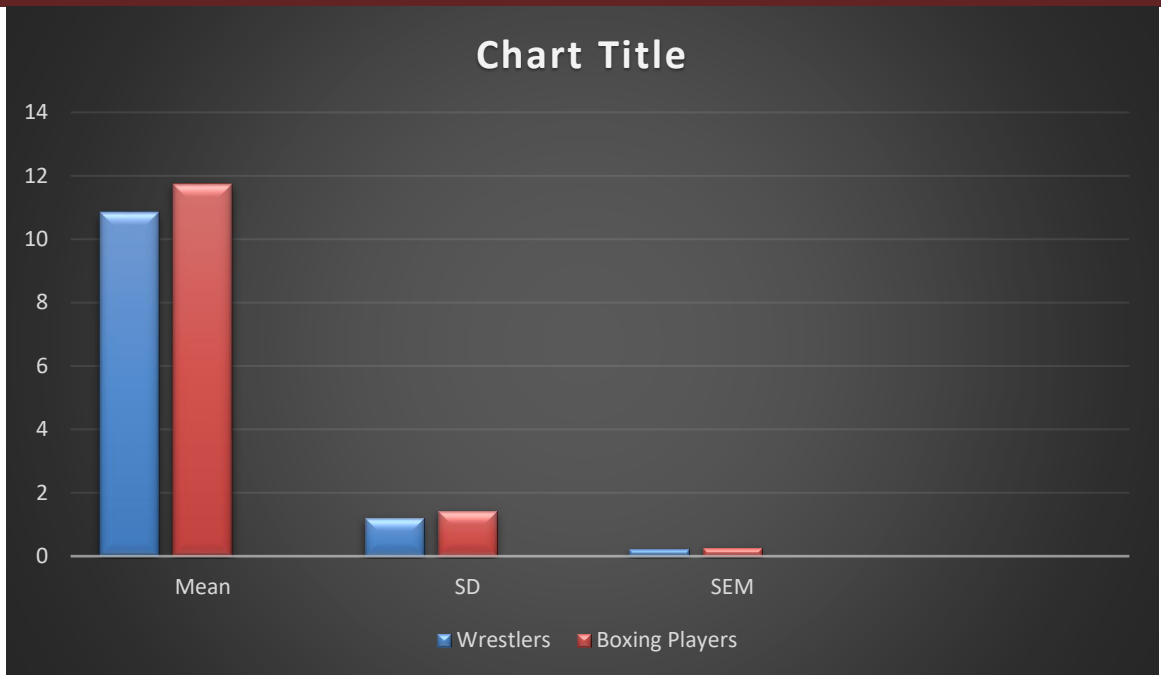


Fig 2: Comparison of mean and standard deviation of agility variable between wrestlers and boxing players.

Discussion

The result of the study reveals that there was significant difference of strength and agility variables between junior state and national level male Wrestlers and Boxing Players. The main root cause behind this significant difference can be training schedule and specific competitive demands of both games. Studies of Gaurav et al. (2011) and Meswaniya (2012) in line with the findings of the present study.

Conclusion

1. The results substantiate that; significant difference was observed between junior state and national level male Wrestlers and Judokas for their strength.
2. The results prove that; significant difference was found between agility variable of junior state and national level male Wrestlers and Judokas.

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