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Comparative Analysis of the Speed and Explosive Power between the Inter University Level Kho-Kho and Cricket Players

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Abstract – The purpose of the study was to compare the speed and explosive power between Inter University level men kho-kho and cricket players. Thirty students were selected as subjects. Fifteen kho-kho and Fifteen cricket players from LNPE Gwalior were selected as subject at random .The age of the subjects were ranged between 22±3 years only. The selected subjects were tested on their speed and explosive power. The data on speed and explosive power were collected by administering 50 meters run and vertical jump test respectively. The data for the study was collected on the selected subjects by the investigator. The collected data were tabulated and statistically analyzed mean, standard deviation and ‘T’ ratio was used as statistical technique (independent ‘T’ ratio as two groups are comparing different sets of players)

From the results obtained it found that there was a significant difference between the mean values of the kho-kho and cricket players on speed and explosive power. Kho-kho players are better than the cricket players.

Key Words: Speed, Explosive Power, Kho-Kho, Cricket Players.

INTRODUCTION:-

An individual with high level of general motor ability possession the basic motor quality necessary to achieve excellence in number of activities, may still be unable to perform well in a particular sports unless he has developed a specific skill of that sports through long hours of practice, strength, speed, endurance, agility, reaction time, speed of movement and coordination are general component of performance in the field of sports and games. General motor ability assist a sports in learning specific skills and form a solid base, over within he can develop excellence in the particular game he is involved.

Cricket is the most popular and richest game in the history of all ball games, there is no exact record available which shows when and by whom the cricket was started in England. It is essentially an English game. Old works shows that it is an old as 13th century

Different games and sports require specific speed of movements. In cricket, speed in which a batsman strikes a delivery the swiftness of a wicket kipper while collecting a ball bowled, by a fast blower way down the

leg side, the lightening action of stumping, the spring dividing of a slip needs good speed of movement.

Barrow and Mc Gee (1984) defined “Explosive power is the capacity of the individual to bring into play maximum muscle contraction at the fastest rate of speed”. Singh (1984) defined

“Speed is the ability to execute motor actions, under given conditions in minimum possible time”.

STAEMENT OF THE PROBLEM

The purpose of the study is to compare the speed and explosive power between the Inter University level kho-kho and cricket players.

HYPOTHESIS

It was hypothesized that, the kho –kho players may better than the cricket players in speed and explosive power of Inter University level.

METHODOLOGY

The purpose of the study was to compare the speed and explosive power between Inter University level men kho-kho and cricket players. Thirty students were selected as subjects. Fifteen Sprinters and Fifteen Kabaddi players from LNIPE Gwalior were selected as subject at random .The age of the subjects were ranged between 22±3 years only. The selected subjects were tested on their speed and explosive power. The data on speed and explosive power were collected by administering 50 meters run and vertical jump test respectively. The data for the study was collected on the selected subjects by the researcher.

The data collected from the two groups on selected variables; Speed, and Explosive power were statistically examined to compare Inter University level men kho-kho and cricket players, the 't' test was applied.

The collected data were tabulated and statistically analysed mean, standard deviation and 'T' ratio was used as statistical technique (independent 'T' ratio as two groups are comparing different sets of players).

RESULT AND DISCUSSION

Table - 1

The comparison between inter university level cricket players and kho-kho player on speed

| Variable | Cricket players mean ± σ | Kho-kho players mean ± σ | Mean difference | σDM | 't' ratio |
|----------|-----------------------------|-----------------------------|-----------------|------|-----------|
| Speed | 6.46 ± 0.304 | 5.80 ± 0.09 | 0.66 | 0.08 | 8.73 |

Table-1 indicates the speed scores of cricket players and kho-kho players the obtained't' ratio was 8.73, the required table value was 2.14 at 0.05 level of significance for 1, 14 degrees of freedom at 0.05 level of confidence. Since the obtained value was greater than the table value. There was a significant difference between the cricket players and kho-kho players. Hence the hypothesis was accepted.

The mean of the cricket players and kho-kho players were 6.46 and 5.80 that indicates kho-kho players are better than the cricket players on speed.

Table -2

The comparison of difference between Inter University level cricket players and kho-kho players on Explosive Power

| Variable | cricket players mean ± σ | Kho-kho players mean ± σ | Mean difference | σDM | 't' ratio |
|-----------------|-----------------------------|-----------------------------|-----------------|------|-----------|
| Explosive power | 56.8 ± 3.86 | 63.8 ± 3.85 | 7 | 0.09 | 74.25 |

Table-2 indicates the explosive power scores of cricket and kho kho players obtained 't' ratio was 74.25*, the required table 2.14 at 0.05 level of significance for 1, 14 degrees of freedom at 0.05 level of confidence. Since the obtained value was greater than the table value. There was a significant difference between the cricket players and kho-kho players. Hence the hypothesis was accepted.

The mean of the cricket players and kho-kho players were 56.8 and 63.8 that indicates kho –kho players are better than the cricket players players on explosive power.

DISCUSSION ON FINDINGS

The result of the study indicated that there was a significant difference between the cricket players and kho-kho players. The speed scores of cricket players and kho-kho players the obtained't' ratio was 8.73 and the mean of the cricket players and kho-kho players were 6.46 and 5.80 that indicates kho-kho players are better than the cricket players on speed and the explosive power scores of cricket players and kho-kho players the obtained't' ratio was 74.25 and the mean of the cricket players and kho-kho players were 56.8 and 63.8 that indicates kho-kho players are better than the cricket players on explosive power.

CONCLUSIONS

Based on the results and discussion it was concluded as follows:

1. The kho-kho players had performed to be better in speed than the cricket players.
2. The kho-kho players had performed to be better in explosive power than the cricket players.

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