

A Comparative Study on Speed among Cricket and Baseball Players of CV Raman University- Kota, Bilaspur

Gurpreet Singh^{1*} Mohd Imran Dar²

¹ Lecturer, Department of Youth Services and Sports, Government of Jammu & Kashmir, India

² PET, Department of Youth Services and Sports, Government of Jammu & Kashmir, India

Abstract – The study aimed to compare the Speed of Cricket and Baseball male players of CV Raman University KOTA, Bilaspur. A total of fifty (50) players, comparing 25 cricket players and 25 Baseball players of CV Raman university which were randomly selected for the study. The Subjects were selected by using random sampling. The age of the subjects ranged between 20 to 28 years. To analyze the speed of the players of both the games, the 50 Meters Test of AAHPER Youth Fitness Test were used for the study. The analysis of data using ‘t’- test for finding the significance difference of speed in-between Cricket and Baseball male players The following conclusion are drawn: that the speed of cricket players has significant difference that of Baseball players, concluded that the cricket players are having comparatively high speed from Baseball players of CV Raman university. It's recommended that appropriate training to the Baseball players may improve their speed to a good effect and improve their performance as well.

Keywords: Speed, Cricket, Baseball & AAHPER

INTRODUCTION

In today's technological age, the world is making progress with tremendous speed, in all fields of life, and it has not even spared sports. The world of games and sports has crossed many milestones through different type of researchers and scientific advancements in general and their application in the field of sports in particular. Sports have emerged in the last half of the 20th century and become one of the most persuasive social institutions in the contemporary societies. Cricket is the most popular, and the richest in the history of all the ball games, there is no exact record available which shows when and by whom the cricket started in England. The result of the game is determined by the number of runs each side runs being taken. When the ball leaves the playing area and when the batsman runs length of the wicket. Essentially the side that scores the more runs, is declared the winners. It is the functions of the batsman of the batting side to attempt to score the runs, aided by the fielders of that side, attempts to make batsman outcry. Motor fitness variables play a vital role in almost all games and sports. Sportsmen concentrate on the development of speed, strength, agility, flexibility, endurance etc. Acceleration is the most desired trait of a good cricketer. The quicker you can ran the more singles

you can steel. The faster your arm moves when fast bowling, the quicker the ball comes out. acceleration is useless without technique , but when the two are combined you become a significantly more formidable player. Cricketers are not sprinters but both types of athletes need acceleration. Acceleration is the key to both running speed and skill execution [bowling action, playing shots].

Speed plays a significant role in game of baseball. There are five tools scouts look at when evaluating a baseball player; Speed, hitting, power, arm strength and defense. In game of baseball the aim of fielder is to prevent the other team from making runs. For this, you are required to run large distances within the areas that you are assigned. Speed also comes when you catch a ball and throw it back to the pitcher. In such cases, you should throw a ball with a certain speed so that it reaches the pitcher in time. So we can say that speed plays a vital role in every aspect of baseball. Whether you are a fielder, a hitter or a pitcher, speed will determine how good you are. Therefore in game of baseball, if we want to focus on developing our skills then it is recommended to learn the art of running fast and keeping our pace ahead in game.

HYPOTHESIS:

It was hypothesized that there may not be significant difference in-between the speed of Cricket and Baseball male players of CV Raman university.

PROCEDURE AND METHODOLOGY:

A total of fifty (50) players, comparing twenty five cricket players and twenty five Baseball players of CV Raman University. The Subjects are selected by using random sampling. The age of the subjects ranged between 20 to 28 years.

Tools of the Study:

To analyze the speed of the players of both the games, the 50 Meters Test of AAHPER Youth Fitness Test is used for the study.

Table No-I

Significance of difference between Speed of Cricket and Baseball Players

Group	N	Mean	S.D.	Std. Mean Error
Cricket Players	30	7.43	.621	.1390
Baseball Players	30	7.12	.656	.1468

The above table -I indicates that the means of Cricket players and Baseball players were 7.43 and 7.12 respectively. The obtained S.D was 0.621 and 0.656 for Cricket and Baseball players respectively; this indicates that cricket players had higher means than the Baseball players. (Graphically represented in figure - 1)

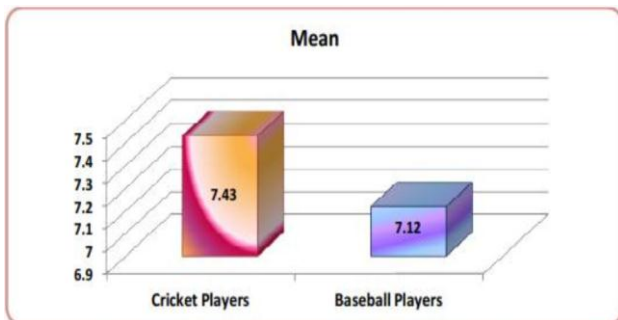


Fig.-1 Means values of Cricket and Baseball players of CV Raman University

Performance Of 50 mtr run	Equal Variances assumed	t-test for equality of means	t-test for equality of means	t-test for equality of means
		't'	df	Sig.[2 tailed]
		-1.487	38	.145

DISCUSSIONS OF HYPOTHESIS:

It was hypothesized that there will be insignificant difference in-between the speed of Cricket and Baseball male players of CV Raman university. The hypothesis was rejected on the basis of the results of the analysis in between Cricket and Baseball male players.

RESULTS AND DISCUSSIONS OF THE FINDINGS:

For comparing the two groups i.e. Cricket Players and Baseball Players of CV Raman University. The mean, standard deviation and 't' test were computed. The findings were presented in the form of table and graphs appropriately.

CONCLUSIONS:

On the basis of analysis of data, the following conclusions were drawn:

Cricket and Baseball players indicated significant differences on the measure of speed. The study also indicated that the Cricket players had higher mean value as compared to the baseball players.

REFERENCES:

Cureton, Thomas K. Jr. (1951). Physical Fitness of Champion Athletes (Urbana: The University of Illinois Press, 1951).

Alan, D. Dobbins Cricket Encyclopedia of Sports Science and Medicine, 4th ed. S.V.

Bhullar, J. Personality Characteristic of Hockey, Handball, Basketball, Cricket and Volleyball Sports women.

Charles, Dull E. et. al. (1960). Modern Physics (New York: Hott Reinhardt and Winston Incorporated, 1960).

Garret H. E. (1981). Statistics in psychology and education. Bombay: Feffer and Simons Ltd.

Kansal, D. K. (1996). Test and Measurement in Sports and Physical Education. New Delhi: D.V.S. Publications.

Corresponding Author

Gurpreet Singh*

Lecturer, Department of Youth Services and Sports, Government of Jammu & Kashmir, India

gpsrainy@gmail.com