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A comparative study of power among women wrestlers and women boxers

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Abstract

In the present study, an attempt has been made to compare physical fitness component namely power between women wrestlers and women boxers belonging to Haryana. The study was carried out on 200 women (100 National Women Wrestlers and 100 Women Boxer who participated in National Tournaments) of similar weight were taken to help in assessing and comparing the difference in power of the National Women Wrestlers. The data was collected by use of measurements of weight as well as by application of test like pushups. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. Women wrestlers and women boxers of this weight group i.e. up to 56-60kg have not been affected by their weights. The women wrestlers and women boxers of this weight groups have performed equally.

Keywords: Physical Fitness, Power, Women wrestlers, women boxers.

Introduction

Wrestling has been popular in India since ancient times, it was mainly an exercise to stay physically fit. The wrestlers, traditionally, use to wear a loincloth, langota. In Ancient India wrestling was most famously known as Malla-yuddha. One of the premier characters in Mahabharata, Bhima was considered to be a great wrestler of the time, and some of the other great wrestlers included Jarasandha, Duryodhan and Karna. In the other Indian epic, Ramayana also mentions wrestling in India and Hanuman is described as one of the greatest wrestlers of his time.

In India, the game of boxing does not command a significant fan following, which commentators often attribute to the lack of discernible international victories. However, despite its limited success at large global championships, it is a regular medal-holder at the Asian Games and Commonwealth Games. In the period of last ten years sports have gained vast popularity all over the globe. The popularity of sports is still increasing at a fast pace and this happy trend is likely to continue in the future also. In the Olympic Games the total number of participating countries, sportsmen and games has also increased steadily. Sports have become an important social and cultural activity of the modern world. The contribution of sports in the all round development of human personality recreation and relaxation of human mind and body, rehabilitation and social adjustment of the injured sick and handicapped persons and understanding a many different people, nations, religions has been widely accepted and recognized by the educationists, physical educationists and people of the world. Sports are classified into several areas e.g., performance sports, physical education, rehabilitation sports, fitness and adventure sports etc. The area of performance sports has gained much more publicity and importance than the other areas.

Research Methodology

Sample

A sample of 200 women was taken (100 National Women Wrestlers and 100 Women boxers who participated in National Tournaments) of similar weight were taken to help in assessing and comparing the difference in power of the National Women Wrestlers. The tables show the details of the women wrestlers and women boxers weight wise:

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Administration of the Tests

Pushups Test was administered to the National Women Wrestlers and Women boxers. Both groups were subject to

measure the power. Weight was measured through common procedure. Weight was taken in kilogram respectively.

Table 1: Significance of difference between the Means of Pushups of Women Wrestlers and Women Boxers of different Weight Groups

Weight in kg	Group	N	Mean	S.D.	T-value	Significant
Up to50kg	Women wrestlers	22	33.54	7.40	6.00	S
	Women boxers	22	24.40	4.34		
51-55kg	Women wrestlers	29	35.75	10.71	6.81	S
	Women boxers	29	22.82	5.95		
56-60kg	Women wrestlers	33	25.90	5.15	1.02	ns
	Women boxers	33	24.84	3.31		
61kg and above	Women wrestlers	16	25.00	4.13	5.25	s
	Women boxers	16	18.93	3.54		

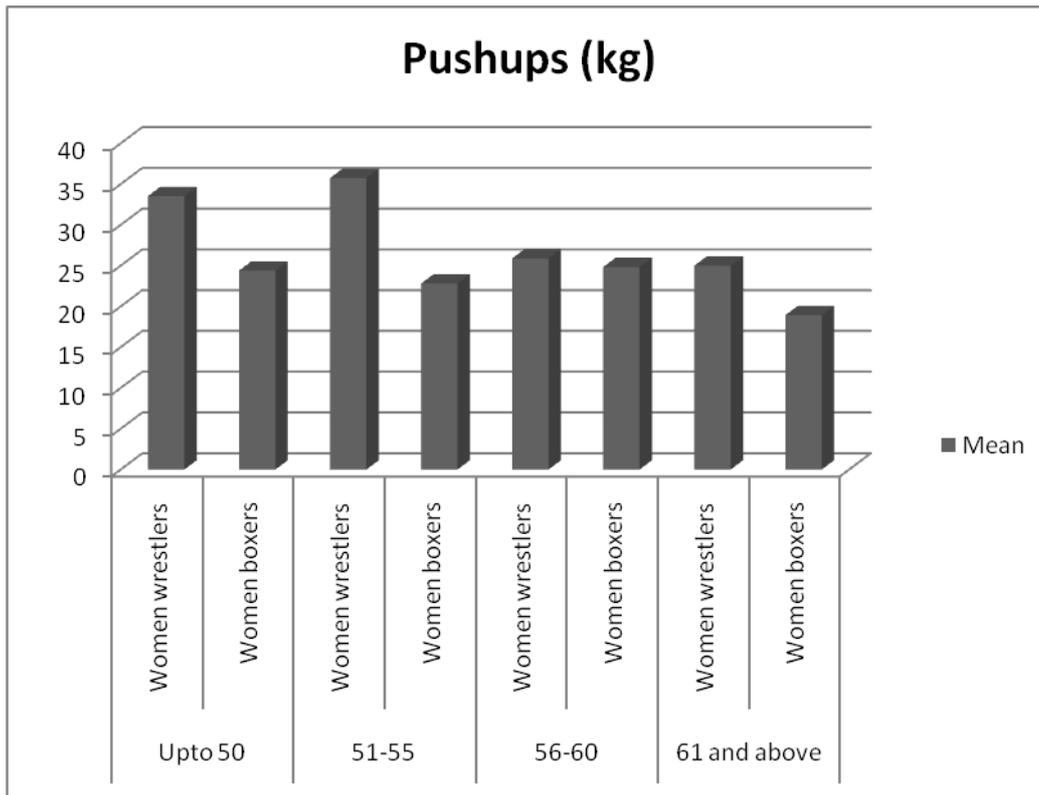


Fig 1: Bar diagram shows the Weight wise pushups of women wrestlers and women boxers

Table no.-1 shows that the ‘t’ value 1.02 for difference in the means of push-ups of women wrestlers and women boxers in the weight group of 56-60 kg is not significant at 0.01 and 0.05 level of confidence. When the results were compared in context of mean scores of pushups of this group, it was found that there is no significant difference in the means of pushups of women wrestlers and women boxers. It means that pushups of this group have not been affected by this weight group. Therefore, the null hypothesis, “There is no significant difference between the means of Push Ups of women wrestlers and women boxers of different weight groups” is retained for this weight group. The Table further shows that women wrestlers and women boxers have shown equal performance in push-ups in this weight group.

On the basis of the above interpretation, it is concluded that the pushups of women wrestlers and women boxers of the weight group of 56-60 kg has not been affected by their weights and have shown equal performance. The Table further shows that ‘t’ values 6.00, 6.81 and 5.25 for the weight groups i.e. up to 50 kg, 51-55 kg of above 61 kg, significant difference was found in the means of pushups of women wrestlers and women boxers at 0.01 and 0.05 level of

confidence. When the results were compared in context of mean scores of pushups of these three groups, it was found that there is significant difference in the means of push up of women wrestlers and women boxers. It means that pushups scores of these groups has been affected by different weights. Therefore, the null hypothesis, ‘There is no significant difference between the means of Push Up of women wrestlers and women boxers of different weight groups is rejected for these weight groups.

On the basis of the above interpretation, it is concluded that pushups scores of women wrestlers and women boxers of the weight groups i.e. up to 50 kg, 51-55 kg, and above 61 kg has been affected by different weights. The women wrestlers have shown better performance in push up scores as compared to women boxers in the above weight groups.

Conclusion

It is concluded that the pushups of women wrestlers and women boxers of the weight group of 56-60 kg has not been affected by their weights and have shown equal performance. The pushups scores of women wrestlers and women boxers of the weight groups i.e. up to 50 kg, 51-55 kg, and above 61 kg

has been affected by different weights. The women wrestlers have shown better performance in push up scores as compared to women boxers in the above weight groups.

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