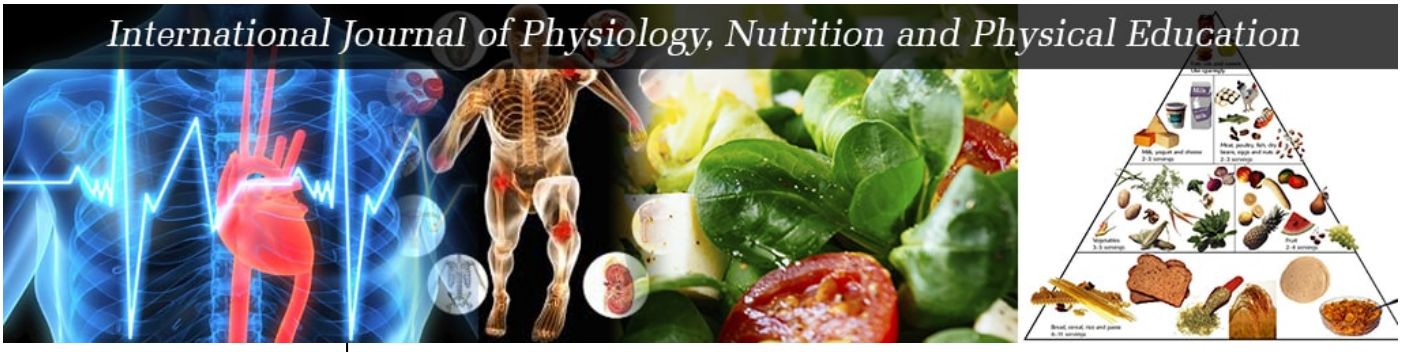

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Muscular strength between individual and team game players: A comparative study

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Abstract
Muscular strength is key factor for lot of sports and games, without which positive performance of an athlete is impossible. Athletes concentrate a lot on their muscular strength by using proteins. The main purpose of this study was to compare individual and team game players with respect to their muscular strength. The researcher used simple random sampling for selecting the subjects for both the groups (Individual and Team game group). Total number of players taken by researcher for this researcher work was 200 players (100 for individual game players and 100 for team game players). The age of these players was fixed between 18 to 24 years. To measure the muscular strength of both the groups, researcher used pull ups test. To check the significant difference between individual and team game players group in relation to muscular strength, data was again analyzed by applying t test. Before applying "t" test, S.D was calculated between Individual game players group and Team game players group in relation to muscular strength, where standard deviation of Individual game players group was 2.64 and S.D of Team game players group was 2.04. The calculated value of "t" was found 4.21, which was greater than the tabulated t (1.972) at 0.05 level of significance. This showed that there was significant difference (P=4.21<0.05) between Individual game players group and Team game players group in relation to muscular strength. Hence the hypothesis given earlier was accepted.

Keywords: muscular strength, pull-ups, individual game, team game

Introduction
Muscular strength of the athletes/players varies from player to player. Some players have low muscular strength, some have average level muscular strength while as some players have high level of muscular strength. The muscular strength of the players depends on their nutritional value, heredity and training. Muscular strength is key factor for lot of sports and games, without which positive performance of an athlete is impossible. Athletes concentrate a lot on their muscular strength by using proteins. Some sports/games need high level of muscular strength like weight lifting, wrestling, boxing, running, cycling, rowing, and football and so on. The players of the said game enhance their muscular strength through various training methods. In gym also these players are using weight training for acquiring muscular strength. They also used foods with high proteins in their diet. Non-veg foods like meat, fish, eggs, chicken etc. are best foods for the enhancement of the mass of the body. These players need above 4000 calories per day in their diet. In order to maintain the muscular strength for their particular sport/game, these players continuously training themselves for the incoming events.

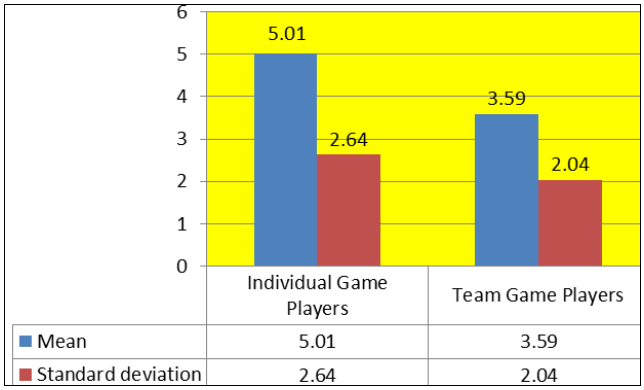
Material and Methods
The researcher used simple random sampling for selecting the subjects for both the groups (Individual and Team game group). The researcher takes two hundred players ((100 for individual game players and 100 for team game players) from Govt. Degree college Charareshariefand collected his data on muscular strength. The age of these sportspersons was ranged between 18±24 years. To measure the muscular strength of both the groups, researcher used pull ups test. The pull up test on both the groups was taken in Govt. Degree college Charareshariefpull up bar. The data was analysed by using descriptive and t test.

Results and finding

Table 1: Muscular strength between Individual game players group and Team game players group

Variable	Group	N	Mean	Standard Deviation	T-ratio
Muscular strength	Individual game players	100	5.01	2.64	4.21
	Team game players	100	3.59	2.04	

From the above table, it was shown that, mean value of Individual game players group was 5.01 and the mean value of Team game players group was 3.59 in relation to muscular strength. To check the significant difference between Individual game players group and Team game players group in relation to muscular strength, data was again analyzed by applying t test. Before applying "t" test, S.D was calculated between Individual game players group and Team game players group in relation to muscular strength, where standard deviation of Individual game players group was 2.64 and S.D of Team game players group was 2.04. The calculated value of "t" was found 4.21, which was greater than the tabulated t (1.972) at 0.05 level of significance. This showed that there was significant difference (P=4.21<0.05) between Individual game players group and Team game players group in relation to muscular strength. Hence the hypothesis given earlier was accepted.



Graph 1: Muscular strength between Individual game players group and Team game players group

Discussions

Researcher has undertaken the study, "Muscular strength between individual and team game players: A comparative study"**.** The researcher used simple random sampling for selecting the subjects for both the groups (Individual and Team game group). The researcher takes two hundred players ((100 for individual game players and 100 for team game players) from Govt. Degree college Charareshariefand collected his data on muscular strength. The age of these sportspersons was ranged between 18±24 years. To measure the muscular strength of both the groups, researcher used pull ups test. The pull up test on both the groups was taken in Govt. Degree college Charareshariefpull up bar. The data was analysed using descriptive and t test. After statistical analysis by the researcher, it was found that there was significant difference of muscular endurance between Individual and Team game players. The Individual game players group has much more muscular strength as compared to team game players group. Hence the hypothesis given earlier was rejected.

Conclusion and Recommendations

The result of this research showed that there was significant difference of muscular endurance between Individual and Team game players. The Individual game players group has much more muscular strength as compared to team game players group. Hence the hypothesis given earlier was rejected.

The similar study may be repeated on the elite players and female subjects. The similar study may be repeated on the other class of the society for different age groups. To make this study more authentic and valid, the study may be repeated on a very large sample.

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