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Comparison between cricket and volleyball players with respect to their flexibility

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Abstract

Flexibility is an essential fitness component for an athlete to perform well in his sport/game. Off course it increases his performance and makes him a good athlete among the others. Flexibility can be acquired through stretching exercises. The main purpose of this study was to compare cricket and volleyball players with respect to their flexibility. The researcher used simple random sampling for selecting the subjects for both the groups (cricket and volleyball players group). Total number of players taken by researcher for this researcher work was 200 players (100 for cricket players and 100 for volleyball players). The age of these players was fixed between 18 to 24 years. To measure the flexibility of both the groups, researcher used sit & reach test. To check the significant difference between cricket and volleyball players group in relation to flexibility, data was again analyzed by applying t test. The mean value of cricket and volleyball players was 3.41#0.90. Before applying "t" test, S.D was calculated between cricket and volleyball players group in relation to flexibility, where standard deviation of cricket players group was 3.91 and S.D of volleyball players group was 3.90. The calculated value of "t" was found 9.08, which was greater than the tabulated t (1.972) at 0.05 level of significance. This showed that there was significant difference ($P=9.08<0.05$) between cricket and volleyball players group in relation to flexibility. Hence the hypothesis given earlier was accepted.

Keywords: flexibility, sit & reach, cricket, volleyball

Introduction

Flexibility in an individual is a natural instinct and can be acquired through different stretching exercise. Flexibility of the athletes/players varies from player to player. Some players are weak in flexibility, some are at average level in their flexibility while as some players have high level of flexibility. Flexibility is key factor for lot of sports and games, without which positive performance of an athlete is impossible. Athletes concentrate a lot on their flexibility by using stretching exercises. Some sports/games need high level of flexibility like gymnastics, table tennis, fencing, cricket, diving, American football, surfing, martial art, squash, badminton, long jump and so on. The players of the said game enhance their flexibility through various training methods which include stretching exercises. The flexibility can be enhanced through yoga also. In order to maintain the flexibility for their particular sport/game, these players continuously training themselves for the incoming events. Good performance in the competition and decreasing the chances of injury during the game or practicing game are the two biggest advantages of an athlete with good flexibility. So each athlete should concentrate on his flexibility level.

Material and Methods

The researcher used simple random sampling for selecting the subjects for both the groups (cricket and volleyball players group). The researcher takes two hundred players ((100 for cricket players and 100 for volleyball players) from Govt. Amarsingh College Srinagar and collected his data on flexibility. The age of these sportspersons was ranged between 18 ± 24 years. To measure the flexibility of both the groups, researcher used Sit & reach test. The Sit & reach test on both the groups were taken in Govt. Amarsingh College Srinagar gym. The data was analysed by using descriptive and t test.

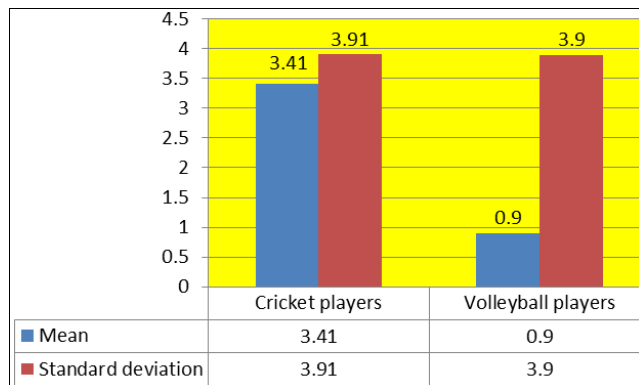
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Results and finding

Table 1: Flexibility between cricket players group and volleyball players group

Variable	Group	N	Mean	Standard Deviation	T-ratio
Flexibility	Cricket players	100	3.41	3.91	9.08
	Volleyball players	100	0.90	3.90	

From the above table, it was shown that, mean value of cricket players group was 3.41 and the mean value of volleyball players group was 0.90 in relation to flexibility. To check the significant difference between cricket players group and volleyball players group in relation to flexibility, data was again analyzed by applying t test. Before applying “t” test, S.D was calculated between cricket players group and volleyball players group in relation to flexibility, where standard deviation of cricket players group was 3.91 and S.D of volleyball players group was 3.90. The calculated value of “t” was found 9.08, which was greater than the tabulated t (1.972) at 0.05 level of significance. This showed that there was significant difference ($P=9.08 < 0.05$) between cricket players group and volleyball players group in relation to flexibility. Hence the hypothesis given earlier was accepted.



Graph 1: Flexibility between cricket players group and volleyball players group

Discussions

Researcher has undertaken the study, “Comparison between cricket and volleyball players with respect to their flexibility”. The researcher used simple random sampling for selecting the subjects for both the groups (cricket and volleyball players group). The researcher takes two hundred players (100 for cricket players and 100 for volleyball players) from Govt. Amarsingh College Srinagar and collected his data on flexibility. The age of these sportspersons was ranged between 18±24 years. To measure the flexibility of both the groups, researcher used sit & reach test for this work. The sit & reach test on both the groups was taken in Govt. Amarsingh College Srinagar gym. The data was analysed using descriptive and t test. After statistical analysis by the researcher, it was found that there was significant difference of flexibility between cricket and volleyball players. The cricket players group has much more flexibility as compared to volleyball players group. Hence the hypothesis given earlier was rejected.

Conclusion and Recommendations

The result of this research showed that there was significant difference of flexibility between cricket and volleyball players. The cricket players group has much more flexibility as compared to volleyball 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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