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Assessment of selected strength, flexibility & depth perception parameters between M.P. Ed. Students and yoga students from Punjabi University Patiala

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Abstract

The purpose of the study was to find out the significant difference of selected Strength, Flexibility & Depth perception variable between M.P. Ed. and Yoga male students from Punjabi university Patiala. For present study, total 30 male students (15 each from M.P. Ed and P.G. Diploma in Yoga) with their age ranging between 20-27 years was selected randomly from Punjabi university. The strength measure with the help of Softball Throw, Sit and reach test and depth perception was measured with the help of Me Digraph D.P. Tester. Unpaired t-test was employed. The level of significance 0.05 was set. The result shows that significant differences in all variables between M.P. Ed. and Yoga male students from Punjabi university Patiala.

Keywords: strength, flexibility and depth perception

Introduction

Physical fitness is an inseparable part of sports performance and achievements. The quality of its utilization value is directly proportional to the level of performance. That means the greater the level of fitness, the greater will be the ability of a person to attain higher level of performance. Players are required to have good physical fitness that will enable successful performance at the competitive level. The sport specific technical skills in sports are predominant factors. The physical fitness of a player however can be a decisive determinant of success during competition (Smekal *et al.*, 2001).

Depth Perception is visual ability enables you to make spatial judgments, including how far away an object or person is from you. Some of this ability depends strictly on physical characteristics. For example, spacing between the centers of your two pupils is thought to play a major role in how well you see in three dimensions (<http://www.allaboutvision.com/sportsvision/skill.htm>).

Depth Perception is necessary for accurate shot placement, evaluating the defensive positions of the opponent and judgment of whether a ball hit to you will land in or out of bounds. Thus, you decide whether to play the ball or not. It also assists in judgment of the speed of the opponent's shot. Billie Jean King rates depth perception as the highest attribute for a young tennis player, even above court speed or eye-hand coordination. Some of the most important vision skills for softball players are eye tracking, peripheral awareness, depth perception, dynamic visual acuity and hand-eye coordination. Players can help narrow down which vision skill might be lacking for them by asking experienced players or coaches what area of the game they need the most improvement in. Each vision skill is tied to a particular activity or activities within the game.

Statement of the problem

Assessment of selected Strength, Flexibility & Depth perception parameters between M.P. Ed. students and P.G. Diploma in Yoga students from Punjabi university Patiala.

Hypothesis

It is hypothesized that, there was insignificant difference for selected Strength, Flexibility and

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Depth perception variable between M.P. Ed students and Yoga male students from Punjabi university Patiala.

Selection of subjects

The subjects for the present study consist of M.P. Ed and Yoga male students from Punjabi university Patiala. Total 30 male students have been selected for the research (M.P. Ed students=15 and Yoga=15). The male subjects were the students of Punjabi university Patiala with the age group ranging from 20 to 27 years.

Selection of variables

The Strength, Flexibility and Depth perception variables selected for the study.

Criterion measures and selection of test:

- Strength – Strength was measured by applying a standard test of Softball throw (AAHPER, 1958). Throw the softball and maximum distance cover in meters.
- Flexibility – Flexibility was measured by applying a standard test of Sit and reach test (Wells and Dillon, 1952). Each subject was given three trials and the best lean forward was considered as score nearest to a centimeter.
- Me Digraph D.P. Tester was used for this test. Scores are shown at the opposite side on the meter. It may be negative or positive. If below zero then it will be negative form and above the zero it will be positive. The lowest score is counted as final score in centimeters

Statistical Procedure

After collecting the data unpaired t test was applied and the level of significance set at 0.05.

Results

Table 1: Mean and Standard deviation of selected Strength variable of M.P. Ed and P.G. Yoga male students from Punjabi university Patiala.

Group	Mean	Standard deviation	t value
M.P. Ed students	45.67	4.27	2.11
Yoga students	42.42	4.14	

t'.05(28)=2.04

Table I statistically display that the mean and standard deviation with regard to M.P. Ed male students is 45.67 and 4.27 where as in case of Yoga students is 42.42 and 4.14 respectively. The calculated t-value (2.11) which is more than the tabulated t-value (2.04) at 0.05 levels. So, it indicates that there is significant difference between M.P. Ed and Yoga male students from Punjabi university Patiala for their Strength variable.

Table 2: Mean and Standard deviation of selected Flexibility variable of M.P. Ed and P.G. Yoga male students from Punjabi university Patiala.

Group	Mean	standard deviation	t value
M.P. Ed students	8.95	2.43	2.37
Yoga students	10.72	1.55	

t'.05(28)=2.04

Table II statistically represent that the mean and standard deviation with regard to M.P. Ed male students is 8.95 and 2.43 where as in case of Yoga students is 10.72 and 1.55 respectively. The calculated t-value (2.37) which is more than

the tabulated t-value (2.04) at 0.05 levels. So, it indicates that there is significant difference between M.P. Ed and Yoga male students from Punjabi university Patiala for their Flexibility variable.

Table 3: Mean and Standard deviation of selected Depth perception variable of M.P. Ed and Yoga male students from Punjabi university Patiala.

Group	Mean	Standard Deviation	t value
M.P. Ed students	-16.20	27.33	2.45
Yoga students	10.20	31.38	

t'.05(28)=2.04

Table I statistically show that the mean and standard deviation with regard to M.P. Ed male students is -16.20 and 27.33 where as in case of Yoga students is 10.20 and 31.38 respectively. The calculated t-value (2.45) which is more than the tabulated t-value (2.04) at 0.05 levels. So, it indicates that there is significant difference between M.P. Ed and Yoga male students from Punjabi university Patiala for their Depth perception variable.

Discussion

The result of the study showed that there was significant difference between M.P. Ed students and Yoga male students from, Punjabi university Patiala for their Strength, Flexibility and Depth perception variable. Depth perception can be affected by some factors such as:-visual distance, visual ability On the basis of analysis of the data, investigator found that the earlier study of Surendran & Sudheer (2013) [3], Rathore and Singh (2014) [1] and Singh (2011) [2] supported the present study.

Discussion of hypothesis

“It is hypothesized that, there was insignificant difference for selected Strength, Flexibility and Depth perception variable between M.P. Ed and P.G. Diploma in Yoga male students from Punjabi university Patiala”. This hypothesis is rejected because significance differences were found these three parameters.

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