



ISSN: 2456-0057  
IJPNPE 2018; 3(1): 174-176  
© 2018 IJPNPE  
www.journalofsports.com  
Received: 01-11-2017  
Accepted: 02-12-2017

**Reena Rani**  
Research Scholar (M.D.U  
Rohtak, Haryana, India

## Comparison of selected coordinative ability between male and female hockey players at university level

**Reena Rani**

### Abstract

A study was conducted at M.D.U Rohtak aiming to achieve the main objective of comparing the coordinative ability male and female hockey interuniversity players. It also includes the rhythmic ability, differentiation ability and orientation ability between male and female hockey interuniversity players. The study conclude that male interuniversity players possessed better rhythmic ability. It also concludes that there was no difference in terms of differentiation and orientation ability between male and female interuniversity hockey players.

**Keywords:** Rhythmic ability, differentiation ability, orientation ability, sportsperson, hockey

### 1. Introduction

A high level of physical fitness is desirable for a healthful, productive life. Sedentary living habit and poor physical fitness have a negative impact on both health and daily living (Uppal, 1996) [1] (Bernard (1966) reported that physical fitness improves in those who take regular physical exercises. Regular participation in games significantly contributes to higher level of performance and greater degree of physical fitness amongst the players.

Coordination is the ability to integrate separate motor system with varying sensory modalities into efficient movements. Co-ordination means working of a specific muscles group of the body in union for a particular movement. It is of utmost importance in executing any movement with a predetermined objective, between the muscle groups.

### 2. Statement of the problem

“Comparison of selected Co-coordinative abilities between Male and Female Hockey players at University Level”

### 3. Objectives of the study

This study is aimed to achieve the main objectives to compare the co-ordinative ability variable of Hockey players. The main objectives of the study and sub objectives which are listed below:

1. The objective of the study is to compare the rhythmic ability of male and female Hockey inter-university players.
2. The objective of the study is to compare the differentiation ability of male and female Hockey inter-university players.
3. The objective of the study is to compare the orientation ability of male and female Hockey inter-university players.

### 4. Hypothesis

The main hypothesis of the study states that there will not be significant difference between the co-ordinative ability variables of male and female hockey players. This main hypothesis of the study is further divided and stated as below:

1. There would be no significant difference between male and female hockey inter university players in their rhythmic ability
2. There would be no significant difference between male and female hockey inter university players in their differentiation ability.

**Correspondence**  
**Reena Rani**  
Research Scholar (M.D.U  
Rohtak, Haryana, India

3. There would be no significance difference between male and female hockey inter-university players in their orientation ability.

**5. Limitation of the study**

Due to non-availability of sophisticated instruments for the collection of data was considered as the limitation of the study.

**6. Delimitations of the study**

The present study is persuading in the following constraints:

1. The present study is persuading to be conducted on 15 male and 15 female inter university hockey players.
2. The study is confirmed on the subjects of interuniversity hockey players.
3. Only three co-ordinative ability variables such as rhythmic ability, differentiation ability and orientation ability are taken into account.
4. The study confined on the subjects of M.D. University Rohtak.

**7. Definition of the term used**

The terms which of tenly occur in the study are defined as follows to make the nomenclature of these terms simple to understand.

**8. CO-Coordinative Ability**

The ability of the body of maintain the balance of the body to differentiate the various movements of various body parts to do a given activity economically and with lesser efforts is the defined as the co-coordinative ability.

**9. Significance of the study**

1. The study may help physical education teachers and coaches to scan prospective of male and female hockey players.
2. A comparative analysis about the selected co-ordinative abilities of interuniversity male and female and state level male and female hockey players from this study.
3. This Study may also in further comparing the co-ordinative abilities required in other sports and games for maximum performance.
4. Result of the study may give the knowledge about particular type of co-ordinative ability needed in hockey.

**10. Method and Procedure**

As per objectives of the study, the investigator has to plan the entire process of research work in terms of research design suited to the present study. The design is systematically presented under four heads:

- Sample
- Tools & Techniques used
- Collection of Data

**Sample**

A sample is a miniature picture of the entire group or aggregate from which it has been taken. A sample in other works is a small representation of larger whole. The sample of the study was 15 male hockey player and 15 female hockey interuniversity players of M.D.U.

**Tools & Techniques Used**

Test No.1: Sprint at the given rhythm test  
 Purpose: To measure Rhythmic Ability.  
 Test No.2 - Backward Medicine ball throw test.

Purpose: To measure differentiation ability.  
 Test 3: Numbered medicine ball run test  
 Purpose: To measure the orientation Ability.

**11. Administration and data collection**

The data was collected on the subjects cited above by the investigator by personality approaching the student when interuniversity tournament held in mdu.

The test battery selected was used to collect the data. The investigator took the help of Coaches to collect the data. Clear instructions were imparted to the subjects before the implementation of tests.

A trial chance was also given to each and every subject before the start of every event. The subjects were also motivated to do the proper warming up before the start of these tests. After the implementation of the test the data was recorded in a tabulated from.

**12. Statistical Procedure**

For analysis of the data ‘t-test’ was used.

**13. Findings of the study**

**Table 1:** Comparison of rhythmic ability between male and female inter-university hockey players

Respondents	N	Mean	S.D.	t-value
male	15	8.99	.71	6.88*
female	15	10.63	.59	

level of significance 0.05 df =28 Tabulated value 2.04

\*Significant

In relation to rhythm ability significant difference was found between interuniversity male and female hockey players. Interuniversity male hockey players are far better in respect of rhythmic ability as compared to female hockey players

**Table 2:** Significance Difference between Differentiation ability of interuniversity male and female hockey payers

Respondents	N	Mean	S.D.	t-value
male	15	11.60	1.24	.39**
female	15	11.40	1.54	

level of significance 0.05 df =28 Tabulated value 2.04

\*\*Not Significant

Significant difference was not found between interuniversity male and female hockey players with regard to differentiation ability. It indicates that there is not much difference between male and female interuniversity hockey players in their differentiation ability.

**Table 3:** Significance Difference between Mean orientation ability of interuniversity male and female hockey players

Respondents	N	Mean	S.D.	t-value
male	15	7.95	.52	.82**
female	15	8.21	1.07	

level of significance 0.05 df =28 Tabulated value 2.04

\*\*Not Significant

Orientation ability showed significant difference was not found between interuniversity male and female hockey players. It indicates that there is not much difference between male and female interuniversity hockey players in their orientation ability.

#### 14. References

1. Uppal AK. Physical fitness how to develop. Friend publication, New Delhi. 1996, 4.
2. Amandeep, Vishaw. A purposive study was to examine Physical Status and Coordinative ability among university level female football players. International Journal of Physical Education, Fitness and Sports 2014; 3(3):5. Issn: 2277: 5447.
3. Amit Kumar, Uppal Ak. Coordinative abilities intercollegiate and inter-university level girl basketball players comparative study. International journal of physical education, health & sports sciences. 2013; 02(1).
4. Bhavna Rawal. Comparison of selected co-ordinative abilities of Basketball and handball players. Unpublished Master's. Thesis, L.N.I.P.E Gwalior, 1999.
5. Dictrich Harre. Principles of Sports Training (Berlin Sportswear).1986, 152.
6. Raju GP, Johnson P. Comparison of Coordinative Abilities among 11-14 Year School Boys. International Journal of Health, Physical Education and Computer Science in Sports. 2013; 12(1):14-16.
7. Gaber Hamid. To identify the effect of the Coordination ability exercises on muscular power for Youth Athlete, 2012.
8. Gautam Ghosh. A Comparative Study of Co-ordinative Abilities between the Athletes of Track Events and Field Events. Unpublished M.P.E Thesis, LNIPE Gwalior, 2002.
9. Hardayal Singh. Sports Training-General Theory and Technique (Patiala: NSNIS Publication. 1984, 222.
10. Hardayal Singh. Science of Sport Training (New Delhi: D.V.S Publication. 1991, 163-165.
11. Kavita verma, Biswajit sardar. A study conducted on selected coordinative abilities on 80 school level girls from Gujrat state. International Journal of Behavioral Social and Movement Sciences. 2012; 4(1). Issn: 2277-7547.
12. Kamlesh ML, Sangral MS. Principal and History of Physical Education (Ludhiana: Parkash Brothers. 1981, 108.
13. Mukesh, Mahesh Kumar. A comparative study of co-ordinate abilities of kabaddi and kho-kho female players at college level. International journal of new innovations in engineering and technology. 2013; 2(1):29.
14. Neeraj Pratap. Comparison of co-ordinative abilities of judokas of different weight categories. Unpublished Master's Thesis, 2005.
15. Parbash Chander Puri, Parveen Mishra. Characterize Elite Gujrat Volleyball players to standard human performance measures by their selected coordinative ability. International journal of behavioral social and movement sciences. 2014; 03(3).