



ISSN: 2456-0057  
IJPNE 2018; 3(1): 846-847  
© 2018 IJPNE  
www.journalofsports.com  
Received: 16-11-2017  
Accepted: 18-12-2017

**Anurag**  
Research Scholar, Department of  
Physical Education,  
Kurukshetra University,  
Kurukshetra, Haryana, India

**Dr. Rakam Singh Sandhu**  
Professor, Department of  
Physical Education Kurukshetra  
University, Kurukshetra,  
Haryana, India

## Comparison of shoulder strength between cricket players of technical and non-technical universities of Haryana state

**Anurag and Dr. Rakam Singh Sandhu**

### Abstract

The present research was designed to compare the shoulder strength between Cricket players of technical and non-technical universities of Haryana state. The data was collected from total six technical and non-technical universities (3-3 each) of Haryana state. Only the male players were selected as subjects. Total forty eight (N=48) Cricket players were selected as subjects from these technical and non technical universities in equal proportion. To check the shoulder strength ability of cricket players, Pull ups (AAHPER-YFT) was used as data collection tool. After the collection of relevant data, to know the difference between shoulder strength ability of cricket players, unpaired t-test was employed on mean values with the help of Statistical Package for the Social Sciences (SPSS) 17.0. The level of significance was set at 0.05 percent ( $p < 0.05$ ). After the analysis of data it was found that the cricket players of non technical universities had better shoulder strength ability than cricket players of technical universities of Haryana.

**Keywords:** Shoulder strength, cricket players, technical, non-technical universities

### Introduction

To win a medal in the Olympics or to clinch world cup championship is not an easy task in the tough globalized world of sports competitions. A long term plan is required to achieve this target. Coaches, sports scientists and associates those who are concerned with the development of sports must pick up talented children at an early age in order to train them in long term planning for optimum results. This is a very challenging task to the physical educationist, coaches, and sports scientists to find out the methods for the selection of potential sportsman at very early age (Brar, 1991) [2].

Strength is the ability of the athlete to overcome the resistance and to act against it In present study an attempt has been made to compare the shoulder strength ability between cricket players of technical and non-technical universities of Haryana. To achieve this purpose of present study following methodology and procedure was adopted by the researcher.

### Methodology and Procedure

The data was collected from total six technical and non-technical universities (3-3 each) of Haryana state. Only the male players were selected as subjects. Total forty eight (N=48) Cricket players were selected as subjects from these technical and non technical universities in equal proportion. To check the shoulder strength ability of cricket players, Pull ups (AAHPER-YFT) was used as data collection tool. After the collection of relevant data, to know the difference between shoulder strength ability of cricket players, unpaired t-test was employed on mean values with the help of Statistical Package for the Social Sciences (SPSS) 17.0. The level of significance was set at 0.05 percent ( $p < 0.05$ ).

### Correspondence

**Anurag**  
Research Scholar, Department of  
Physical Education,  
Kurukshetra University,  
Kurukshetra, Haryana, India

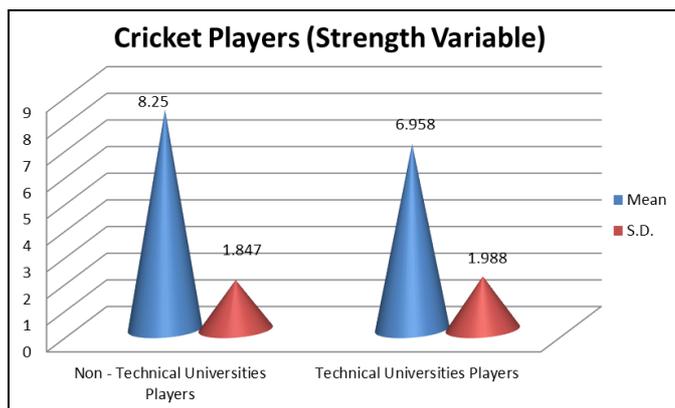
## Data Analysis and Results of the Study

**Table 1:** Comparison of Mean and SD Values of Shoulder Strength Ability Between Cricket Players of Technical And Non Technical Universities Of Haryana

|                             | Mean  | S.D   | t value |
|-----------------------------|-------|-------|---------|
| Technical Universities      | 6.958 | 1.988 | 2.331*  |
| Non- Technical Universities | 8.250 | 1.847 |         |

\* $t_{0.05}(46) = 2.013$

Table & figure 1 illustrate that the Mean and SD values of shoulder Strength of Technical and Non- Technical Universities male Cricket Players were  $6.958 \pm 1.988$  and  $8.250 \pm 1.847$  respectively. The obtained “t” value 2.331 (2.013) was found statistically significant at .05 level of significance.



**Fig 1:** Shows Mean and S.D. of Strength Variable between Cricket Players of Technical and Non- Technical Universities

## Conclusion of the Study

After the analysis of data it was concluded that the cricket players of non technical universities had better shoulder strength ability than cricket players of technical universities of Haryana.

## Reference

1. Aahper, Youth Fitness Test Manual American Alliance for Health Physical Education and Recreation Washington, D.C, USA, 1958.
2. Brar DK. Development of a model for talent search in selected sports based on motor physiologic and structural factors. Unpublished Doctoral Thesis, Jiwaji University, Gwalior, India, 1991, 3-4.
3. Das P, Mishra P. The relationship between skill and fitness of rural soccer players of West Bengal. International Journal of Multidisciplinary Research and Development. 2015; 2(5):409-411.
4. Fleishman AA. The structure and measurement of physical fitness. Englewood cliffs: N.J. Prentice Hall Inc, 1964, 133.
5. Frank FD. Soccer Illustrated New York: A.S. Berner and Company. 1955, 15-17.
6. Frybort P, Kokstejn J, Musalek M, Suss V. Does Physical Loading Affect The Speed and Accuracy of Tactical Decision-Making in Elite Junior Soccer Players? Journal of Sports Science and Medicine. 2016; 15(2):320-326.
7. Kerr AB. Relationship between Speed of Reaction time and movement in knee extension movement. Research Quarterly. 1966; 37:55-56.
8. Khetmalis, Mahesh S. Comparison between Selected Coordinative Abilities and Motor Abilities of Female