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## A prospective measured study of agility of Indian free style wrestlers under 74 weight category

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### Abstract

The purpose of this investigation was to determine the difference of Agility between Punjab and Haryana free style wrestlers. For the purpose of the present study, Sixty (N=60) subjects between the age group of 19-25 years were selected. The subjects were purposively assigned into two groups: Group-A: Punjab wrestlers under 74 weight category (N1=30) and Group-B: Haryana wrestlers under 74 weight category (N2=30). All the subjects were informed about the objective and protocol of the study. This is an exploratory study that has employed method of data collection and analysis quantitatively. The purpose of the study was to find out the difference of Physical fitness Characteristics of Punjab and Haryana wrestlers. The purposive sampling technique was used to attain the objectives of the study. The Statistical Package for the Social Sciences (SPSS) version 14.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by t-test. In all the analyses, the 5% critical level ( $p < 0.05$ ) was considered to indicate statistical significance.

**Keywords:** Indian free style wrestlers, weight category, agility, Punjab & Haryana

### Introduction

Freestyle wrestling is an international discipline and an Olympic sport, for both men and women. This style allows the use of the wrestler's or his opponent's legs in offense and defense. Freestyle wrestling has its origins in catch-as-catch-can wrestling and the prime victory condition in this style involves the wrestler winning by throwing and pinning his opponent on the mat. In modern times, there has been increasing recognition of the role of Sports in Development. The International Charter of Physical Education and Sport, UNESCO, 1978 states that "Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life."

### Procedure and methodology

**Selection of Subjects** For the purpose of the present study, Sixty (N=60) subjects between the age group of 19-25 years were selected. The subjects were purposively assigned into two groups: Group-A: Punjab free style Wrestlers under 74 weight category (N1=30) and Group-B: Haryana free style Wrestlers under 74 weight category (N2=30). All the subjects were informed about the objective and protocol of the study.

### Selection of Variables and test

The subsequent variable was selected for the present study: Agility: Illinois Agility Test

### Statistical Technique Employed

The Statistical Package for the Social Sciences (SPSS) version 14.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by t-test. In all the analyses, the 5% critical level ( $p < 0.05$ ) was considered to indicate statistical significance.

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## Results

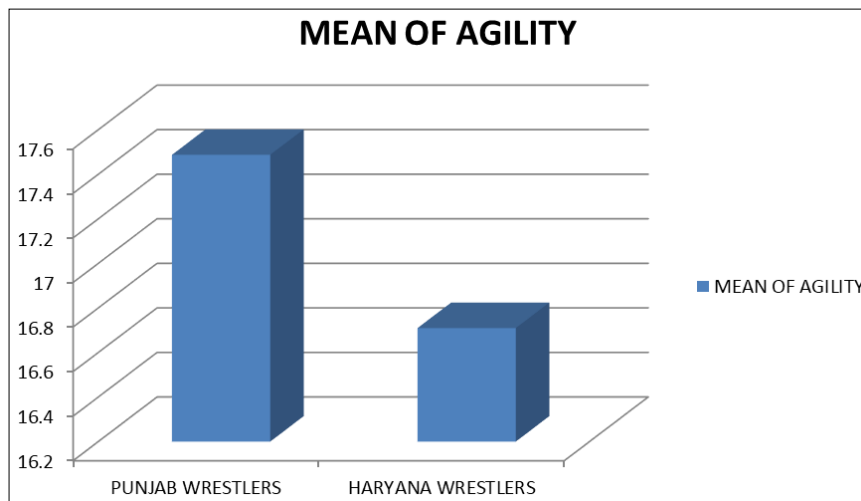
**Table 1:** Mean Values ( $\pm$ SD), Standard Error of the Mean and Test Statistic t of Agility in Punjab Wrestlers (N = 30) and Haryana Wrestlers (N = 30). Punjab Wrestlers Haryana Wrestlers Sample size 30

	Punjab free style Wrestlers under 74 weight category	Haryana free style Wrestlers under 74 weight category
Sample size	30	30
Arithmetic mean	17.4873	16.7097
Standard deviation	0.7400	0.5663
Standard error of the mean	0.1351	0.1034
Mean Difference	0.77767	
Standard Error	0.170	
95% CI of difference	0.4371 to 1.1182	
Test statistic t	4.5708	
Degrees of Freedom (DF)	58	
Two-tailed probability	0.0001	

\*Significant at 0.05 level

Table-1 presents the results of Punjab wrestlers and Haryana wrestlers with regard to the variable Agility. The descriptive statistics shows the Mean and SD values of Punjab wrestlers on the variable Agility as 17.4873 and 0.7400 respectively. However, Haryana wrestlers had Mean and SD values as 16.7097 and 0.5663 respectively. The Mean Difference and Standard Error Difference of Mean were 0.77767 and 0.170 respectively.

The 't'-value 4.5708 as shown in the table above was found extremely statistically significant ( $P > .05$ ). But while comparing the mean values of both the groups, it has been observed that Haryana wrestlers have demonstrated better Agility than the Punjab wrestlers. The comparison of mean scores of both the groups has been presented graphically in figure-1.



**Fig 1:** Graphical representation of mean scores Punjab Wrestlers and Haryana Wrestlers with regard to Physical Fitness Components on the sub-variable Agility.

## Conclusion

The Mean and SD values of Punjab wrestlers on the variable Agility as 17.4873 and 0.7400 respectively. However, Haryana wrestlers had Mean and SD values as 16.7097 and 0.5663 respectively. The Mean Difference and Standard Error Difference of Mean were 0.77767 and 0.170 respectively. The 't'-value 4.5708 as shown in the table above was found extremely statistically significant ( $P > .05$ ). But while comparing the mean values of both the groups, it has been observed that Haryana wrestlers have demonstrated better Agility than the Punjab wrestlers.

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