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## Comparative study of physical fitness between rural and urban cricketers of Patiala

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### Abstract

The purpose of the study was to determine comparison between urban and rural cricketers of Patiala. 200 cricketers were selected as a sample for the study. 100 cricketers were selected from the urban areas of Patiala and 100 cricketers from the rural areas of Patiala were selected. AAHPER Youth Physical Fitness Test Battery was applied to assess the physical fitness level of the cricketers. In order to analyze the scores of the selected dimensions of urban and rural cricketers the decrypted analysis technique was used. Further to find out significant comparison between the scores of subjects on selected dimension of urban and rural cricketers the 't' test was employed for testing of the hypothesis the level of significance was set at 0.05 level.

**Keywords:** physical fitness, rural and urban cricketers

### Introduction

Human body is a gift by nature beings are designed for the physical activity, primitive humans had to be able to run, climb, jump and throw to provide for their needs and to escape constant threats to their lives. Throughout the history of mankind physical fitness has been considered an essential element of everyday life. The ancient people were mainly dependent upon their individual strength, vigour, and vitality for physical survival. This involved the mastery of some basic skills like strength, speed, endurance, and agility for balance, running, jumping, climbing and other skills employed in hunting for food, fighting animals and other groups of humans and to escape from constant threats to their lives. Fitness is all things to all people, a precious commodity which enables us to live our lives to the full yet is really cherished only when it begins to fade away. To an older person, it might be the feeling of youthful vigour to an athlete the capacity to run a mile in four minutes to a stenographer the ability to type for eight hours at a stretch without developing aching shoulder muscles. To a coach it is something which comes with training, to a physician a functional state of the body defines in technical terms. It is strength, flexibility, agility, power, speed and muscular and cardiovascular endurance, according to Percival (1999).

Cricket is one of the most popular and exciting outdoor sport. Few get the opportunity to play first class Cricket, but there are millions who enjoy seeing it being played. It gives us moments of leisure & pleasure and fills us with a competitive spirit. The second most popular sport in the world is also a team sport. It is popular in Asia, Australia, England and few selected countries, but is slowly expanding its reach to other countries. Cricket is a sport in which fitness is traditionally not thought of as very important. The importance of fitness in any sport cannot be underlined. The fitter you are the better you'll play. But Cricket is one such sport which tests your game skills, mental strength, stamina and physical endurance as well. Since Cricket is a team sport, all of the players are required to be in action. It takes lots of stamina for bowlers to throw the ball fast, accurate and without overstepping. The fielders must be alert and at vigil all the time. They must sprint, chase the leather and make a dive to stop the ball before it crosses the boundary line. The batsman must require the stamina to run continuously between the wickets and the power needed to execute big shots. The umpires too require lots of endurance and flexibility to perform their duties. But the most 'fittest' player in a cricket game is undoubtedly the wicket-keeper. Chirping and hoping behind the stumps, a wicket-keeper has to continuously stand on his toes. A wicket-keeper displays phenomenal level of

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Physicality.

**Explanation of the Terms**

**Physical fitness**

Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition physical activity exercise and rest.

**Cricketer**

A game played by two teams of eleven players on a field with wickets at the ends of a 22 yard pitch, the object being for one side to score runs by hitting hard leather covered ball with a bat while the other side tries to dismiss them by bowling, catching, running them out etc. Cricketer is an athlete who plays cricket.

**Method and procedure**

In order to select a suitable and easily administered physical fitness test to assess the general physical fitness level of students the investigators had gone through the literature, had discussions with the experts and finally through own long association and experience in profession selected AAHPER YOUTH PHYSICAL FITNESS TEST (1976). Test battery covering all the aspects of physical fitness like speed, endurance, strength, agility explosive power etc. The test includes the following items given below:

1. PULL-UPS
2. SIT-UPS
3. SHUTTLE RUN
4. STANDING BROAD JUMP
5. 50 YARDS DASH
6. 600 YARDS RUN/WALK

**Selection of Sample**

A total of 200 cricketers were selected for the purpose of the study *i.e.* 100 cricketers from the rural area and 100 cricketers from the urban area. Four schools were selected from the rural area of Patiala and four schools were selected for the urban area of Patiala. Further 25 cricketers were selected from each institute.

**Test Administration**

The tests were administered during school hours without disturbing their studies *i.e.*, during regular physical education classes. Sufficient time for warming up was given to the subjects before administering the test. Each test was demonstrated and instructions were given as per manuals of the test for giving the best results.

**Result and Findings**

After the successful administration of the tests the following findings were found.

**Table 1:** Mean and standard deviation of Urban and Rural Cricketers on the variable Pull-Ups

S. No.	Group	Number	Mean	S.D.	M. Diff	S.E.	't' Ratio
1	Urban	75	3.66	3.0625.	1.24	.3911	3.1705
2	Rural	75	4.90	2.6390			

Above Table shows that Urban Cricketers have a mean value 3.66 and S.D. 3.0625 while Rural Cricketers have mean value 4.09 and S.D. 2.6390. The mean difference of 1.24 was found in favour of Rural Cricketers and further which was found

significant at.05 level of confidence with t-value 3.1705. The above results show that Rural Cricketers were more superior to Urban Cricketers.

**Table 2:** Mean and standard deviation of Urban and Rural Cricketers on the variable Sit-Ups

S. No.	Group	Number	Mean	S.D.	M. Diff	S.E.	't' Ratio
1	Urban	75	- 21.41	9.8879	.45	1.2533	.4388
2	Rural	75	21.96	8.3548			

In this table the urban cricketers have a Mean value 21.41 and S.D. 9.8879, in other side the Mean of Rural Cricketers was found 21.96 and S.D. 8.3548. Mean Difference of 0.45 was

found with S.E. 1.2533 and t-value 0.4388. Insignificant difference was found between both Urban and Rural Cricketers.

**Table 3:** Mean and standard deviation of Urban and Rural Cricketers on the variable Shuttle Run

S. No.	Group	Number	Mean	S.D.	M. Diff	S.E.	't' Ratio
1	Urban	75	11.1	.7599	.2	.0964	2.0747
2	Rural	75	11.3	.6406			

Above Table shows that in Shuttle Run Urban Cricketers have mean value of 11.1 and S.D. 7599. In other side Rural Cricketers have mean value 11.3 and S.D. 6406. Mean Difference of 0.2 was found with S.E. 0.0964 and t-value

2.0747. The following conclusions were drawn from above table on Shuttle Run that urban Cricketers were superior to rural Cricketers.

**Table 4:** Mean and standard deviation of Urban and Rural Cricketers on the variable Standing Broad Jump

S. No.	Group	Number	Mean	S.D.	M. Diff	S.E.	't' Ratio
1	Urban	75	1.81	.1969	.0264	.0264	.7575
2	Rural	75	1.79	.1931			

Above table shows that Urban Cricketers have a Mean value 1.81 and S.D., 1969 and Rural Cricketers have mean value of 1.79 And S.D. 1969. A difference of 0.02 in mean values was found in the favour of urban male students, yet the difference

were statistically insignificant. Hence, the performance in standing broad jump was identical of both the urban and rural population.

**Table 5:** Mean and standard deviation of Urban and Rural Cricketers on the variable 50 Yards Dash

S. No.	Group	Number	Mean	S.D.	M. Diff	S.E.	't' Ratio
1	Urban	75	7.7	.6146	.20	.086	2.3256
2	Rural	75	7.5	.6477			

The above table shows that urban cricketers have Mean = 7.7 and S.D. 0.6146 while Rural cricketers have mean value 7.5 and S.D. 0.6477. There was a difference of 0.20 in mean

values. Which shows that in 50 yards dash Rural Male Cricketers were more fit than urban male Cricketers.

**Table 6:** Mean and standard deviation of Urban and Rural Cricketers on the variable 600 Hundred Yards Run/Walk

S. No.	Group	Number	Mean	S.D.	M. Diff	S.E.	't' Ratio
1	Urban	75	2.46	.2858	.22	.0447	4.9217
2	Rural	75	2.24	.3703			

On the variable 600 Yards run/Walk the above table shows that Urban Cricketers and Rural Cricketers. Mean value of Urban Cricketers is 2.46 and S.D. is. 2858 while mean value of Rural Cricketers is 2.24 or S.D. 3703. Mean Difference of 0.22 was found statistically significant with 't'-Ratio 4.9217. The above table shows that Rural Cricketers are superior to Urban Male Cricketers.

### Results and Findings

From the analysis of data the investigator found that there was significant difference is favour of Urban Cricketers in shuttle run and they performed better than the Rural Cricketers. The Rural Cricketers performed significantly better than urban Cricketers in the test items of Pull-Ups, 50 Yards Dash and 600 Yard Run/Walk. There was insignificant difference in the performance of Rural and Urban Cricketers in the test items of Sit-Ups and Standing Broad Jump.

The overall picture which emerges from the analysis of data reveals that neither rural boys nor urban boys were categorically superior to their counterparts. There was a mixed response regarding their physical fitness. These findings are in line with the results of earlier studies conducted with the help of different books, unpublished thesis etc. All the research works find out that rural male cricket players are superior in physical fitness, but some urban male cricket players are also superior in fitness.

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