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**Dr. Deepak Paswan**

Assistant Professor, Belda  
College, West Bengal, India

## Comparison of selected motor ability components between Vidyasagar University and Bankura University football players

**Dr. Deepak Paswan**

### Abstract

In the game of football motor abilities plays a very vital role in enhancing the performance of a football player, so for the purpose of the study 22 football players were taken from Vidyasagar University and Bankura University, West Bengal, for the purpose of comparison different variables of motor abilities were taken the study thus reveals that the significant difference was found only in speed variables and no significant differences were found in other three Vidyasagar university football players and Bankura university football players. Football players of Vidyasagar University were having an upper edge due to the training they have gone through.

**Keywords:** Motor ability, football players, West Bengal

### Introduction

Sports has become an inseparable part of our lives now a days for the better development of the society. Almost each and every individuals are involved in some kind of sports of their likings, it may be for enjoyment or even for professionalism, many opt sport to maintain their physical fitness and the rise of physical fitness has also raise the bar of sports performance. Football is considered to be one of the most popular games played across the globe, and the game of football is being played in almost all the countries. The professionalism and commercialization has definitely increased the craze and demand of football in manifolds, not only in senior level but also in the lower levels of the game played.

There were good old days when the footballers with good shooting skills, passing skills and kicking skills were considered to be the best, but to be very honest nowadays best is not enough, you have to master each and every skill set mentioned above to be a good football player. Motor abilities definitely play a major role in the game of football, the motor abilities like speed, agility, strength and coordination. If you have a good set of these motor abilities then you can surely perform better from your opponent with same level of experience.

All the above mentioned motor abilities plays a very vital role and considered to be very important in the modern game of football, as the motor ability like speed can be significantly used to dribble past the opponent, if you have good agility then you can easily dodge the opponent and come out from the narrow and tight spaces, having some good strength can surely increase your shooting abilities as the shoots would be more powerful and also impactful.

So it is very much clear that motor skills are very much important in making the performance of a footballer more effective.

### Method

The footballers from both the universities were chosen by random sampling technique, all the footballers were male. A total of 22 football players were selected from Vidyasagar University, West Bengal and Bankura University, West Bengal, 11 players each from the respective universities. The age group of the football players were from 19 to 25 years. Two groups were formed consisting of 11 players from each of the mentioned universities.

The purpose of this study was to compare the selected general motor ability between the football players of Vidyasagar University and Bankura University.

**Corresponding Author:**

**Dr. Deepak Paswan**

Assistant Professor, Belda  
College, West Bengal, India

The variables taken for the purpose were speed, agility, and strength (arms & shoulders strength and leg explosive strength).

Speed was measured with the help of 50-meter dash. Time taken by the subject to cover the distance was recorded to the nearest of one-tenth of a second. Only one trial was permitted, but was given second chance for a foul start.

### Agility

It was measured through 4\*10 meters shuttle run test. Two trials were allowing to each subject with rest in between. Time was recorded to the nearest of one tenth of a second and

the best time from the two trials was recorded.

### Strength

1. **Leg Explosive Strength:** was measured by standing broad jump. Three trials were given and the best one was used. The distance covered by the subjects was counted in centimeters.

2. **Arms & Shoulders Strength:** pull up test was used to calculate the numbers of correct pull up counts.

Independent t test was used and the level of significance was set at 0.005 levels.

### Results of the study

**Table 1:** Independent t test for speed variable

Speed	Levene's test for equality of variances		t-test for equality of means						
	F	Sig.	T	df	Sig. (2-tailed)	Mean difference	Standard error difference	95%confidence interval of the difference	
Equal variances assumed	2.2	.15	-2.563	20	.019	-.29545	.11529	<b>Lower</b> -.53596	<b>upper</b> -.05495
Equal variances not assumed	29	1	-2.563	16.157	.021	-.29545	.11529	-.53968	-.05123

Table 1 indicates that a significant difference in Levene's test for equality of variances is more than 0.05 level of significance so equal variance assumption is accepted for the t-test. And in the t-test, we can see that a significant difference is less than 0.05, so the null hypothesis is rejected

and the alternate hypothesis is accepted. This means a significant difference can be found in the Speed variable between Vidyasagar university football players and Bankura university football players.

**Table 2:** Independent t test for agility variables

agility	Levene's test for equality of variances		t-test for equality of means						
	F	Sig.	T	df	Sig.(2-tailed)	Mean difference	Standard error difference	95%confidence interval of the difference	
Equal variances assumed	.20	.6	-1.719	20	.101	-.23000	.13379	<b>Lower</b> -.50909	<b>upper</b> .04909
Equal variances not assumed	8	53	-1.719	18.532	.102	-.23000	.13379	-.51051	.05051

Table 2 indicates that a significant difference in Levene's test for equality of variances is more than 0.05 level of significance so equal variance assumption is accepted for the t-test. And in the t-test, we can see that the significant difference is more than 0.05 level, so the null hypothesis is

accepted and the alternate hypothesis is rejected. This means, a significant difference was not found in the agility variable between Vidyasagar university football players and Bankura university football players.

**Table 3:** Independent t test for leg explosive strength

Leg explosive strength	Levene's test for equality of variances		t-test for equality of means						
	F	Sig.	t	df	Sig.(2-tailed)	Mean difference	Standard error difference	95%confidence interval of the difference	
Equal variances assumed	.00	.92	1.806	20	.086	.12455	.06896	<b>Lower</b> -.01931	<b>upper</b> .26840
Equal variances not assumed	8	8	1.806	19.766	.086	.12455	.06896	-.01942	.26851

Table 3 indicates that a significant difference in Levene's test for equality of variances is more than 0.05 level of significance so equal variance assumption is accepted for the t-test. And in the t-test, we can see that a significant difference is more than 0.05 level, so the null hypothesis is

accepted and the alternate hypothesis is rejected. This means, a significant difference was not found in the agility variable Vidyasagar university football players and Bankura university football players.

**Table 4:** Independent t test for arms & shoulders strength

Arms & shoulders strength	Levene's test for equality of variances		t-test for equality of means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean difference	Standard error difference	95%confidence interval of the difference	
Equal variances assumed	.00	.93	1.773	20	.091	2.72727	1.53795	<b>Lower</b>	<b>upper</b>
								-.48083	5.93538
Equal variances not assumed	7	5	1.773	19.829	.092	2.72727	1.53795	-.48261	5.93716

Table 4 Indicates that a significant difference in Levene's test for equality of variances is more than 0.05 level of significance so equal variance assumption is accepted for the t-test. And in the t-test, we can see that the significant difference is more than 0.05 level, so the null hypothesis is accepted and the alternate hypothesis is rejected. This means, a significant difference was not found in the agility variable Vidyasagar university football players and Bankura university football players.

### Discussion of finding

The outcome of the study revealed that there was a significant difference in speed variable between Vidyasagar university football players and Bankura university football players. But no significant differences were found in the other three variables (agility, leg strength). Mean difference was found in the descriptive results, but there was no significant difference in the final result as, more variance can be found in the arms and shoulders variable. Further it is revealed that in the variable of Speed, players of Vidyasagar University are having an upper edge in comparison to the players of Bankura University. The difference was found Vidyasagar university football players and Bankura university football players in comparison to speed ability.

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