



ISSN: 2456-0057

IJPNPE 2021; 6(2): 369-372

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Received: 08-10-2021

Accepted: 17-12-2021

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## Fitness of rural handball players compared with urban handball players in Amravati district

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### Abstract

The purpose of this study was to compare the fitness of urban and rural handball players in Amravati district. For the current research work, the researcher had selected handball players from Sant Gadge Baba Amravati Inter-University as the subject. A total of 30 subjects were selected for this study, the selected subjects were in the age group of 20 to 25 years. In the subjects, 15 were rural players, while 15 were urban players. The subjects were selected in a simple random sampling method. Some of the selected factors of physical fitness, namely speed, agility, strength of hands and shoulder, and abdominal endurance, were selected to test the ability of the selected subjects. A 50-yard dash for speed, a shuttle run for agility, pull-ups for hands and shoulder strength, and sit-ups for abdominal endurance. In arrange to examination to evaluate the fitness of urban and rural handball players, the collected information from all the two groups were statistically analyzed by using descriptive statistics and students 't' test. In all the cases the level of confidence is fixed at 0.05 to test the significance. It was concluded that the rural handball players of Amravati district have less physical fitness than the urban handball players. Rural handball players have higher arm and shoulder strength and abdominal endurance than urban handball players, but there is a difference in the median of agility and speed, but not a significant difference at a significant level.

**Keywords:** Fitness, rural and urban handball players

### Introduction

Sports is not for a limited people or for young person's only, it's for all, everyone can participate in sports now, whether small kids, young persons or old ages. We can reshape of sports as per age groups as per their recreation purpose. Some sports need big ground to play and some need small area to play, it depends upon kinds of game / sports. If anyone joins any sports or doing regular exercise, he feels more energetic, joyful, and strong by body, have a good digestive system as well as other body functions and people observe you and compare with others. Benefits of regularly playing sports or physical exercise are helpful for improve our mental strength and skills, improve thinking or psychology of person, make a good shape our body and improve our way of living style, improve courage and concentration, inspiration and discipline. Physical exercise keeps you away from the various diseases and we can cure diseases also with the help of various exercises, to help strengthening of muscle, and develop brain. Its proven that we can keep our self physically and mentally fit and strong through sports activity or physical exercises. Specially students must play or exercise a hours daily, it beneficial for their skills and technique to enhance their performance level and in study also improve concentration through exercise and meditation.

Physical exercise are divided into two types for the athletes or players, one which is done to increase physical ability, strength, speed in and secondly it is related to the game of the players in which practice is done to increase the skills and technique used in that game. In order to increase the physical capacity, exercise of running, jumping, sprinting, pushups, pull ups etc. are done in the field as well as gym is also used to increase the strength and on the other hand keep focus on the fundamental skills related to that game like dribble, passing, receiving, shooting etc. along with physical exercise, it is very important for the players to pay attention to the mental skills or psychological skills as well.

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**Methodology**

For the current research work, the researcher had selected handball players from Sant Gadge Baba Amravati Inter-University as the subject. A total of 30 subjects were selected for this study, the selected subjects were in the age group of 20 to 25 years. In the subjects, 15 were rural players, while 15 were urban players. The subjects were selected in a simple random sampling method. Some of the selected factors of physical fitness, namely speed, agility, strength of hands and shoulder, and abdominal endurance, were selected to test the

ability of the selected subjects. A 50-yard dash for speed, a shuttle run for agility, pull-ups for hands and shoulder strength, and sit-ups for abdominal endurance.

**Statistical Analysis**

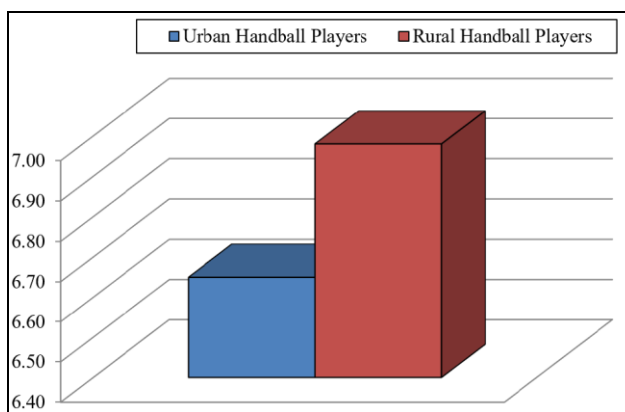
In arrange to examination the evaluate the fitness of urban and rural handball players, the collected information from all the two groups were statistically analyzed by using descriptive statistics and students ‘t’ test. In all the cases the level of confidence is fixed at 0.05 to test the significance.

**Table 1:** Comparison of speed between urban and rural handball players

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Urban Handball Players	15	6.65	0.41	0.20	0.33	1.66	28	2.04
Rural Handball Players	15	6.98	0.65					

Table No. 1 evidently exposed that variation was establish among the means of urban and rural handball players of speed because mean of urban handball players is (6.65) which is less than rural handball players (6.98) and ‘t’ test shows insignificant difference between urban and rural handball players of speed because the value of calculated ‘t’ (1.66)

which is less than tabulated ‘t’ (2.04) at 0.05 level of significance. From the table clearly indict that more mean value having poor speed and low mean value have good speed. The speed of urban handball players is comparatively more than rural handball players.



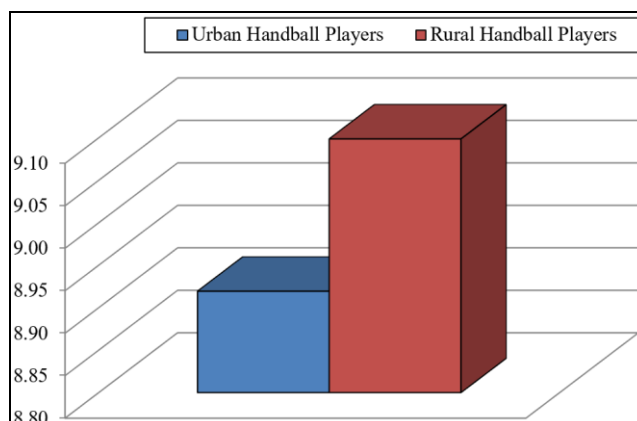
**Graph 1:** Mean difference of Speed between urban and rural handball players

**Table 2:** Comparison of agility between urban and rural handball players

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Urban Handball Players	15	8.92	0.51	0.17	0.18	1.04	28	2.04
Rural Handball Players	15	9.10	0.42					

Table No. 2 evidently exposed that variation was establish among the means of urban and rural handball players of agility because mean of urban handball players is (8.92) which is less than rural handball players (9.10) and ‘t’ test shows insignificant difference between urban and rural handball players of agility because the value of calculated ‘t’

(1.04) which is less than tabulated ‘t’ (2.04) at 0.05 level of significance. From the table clearly indict that more mean value having poor agility and low mean value have good agility. The agility of urban handball players is comparatively more than rural handball players.



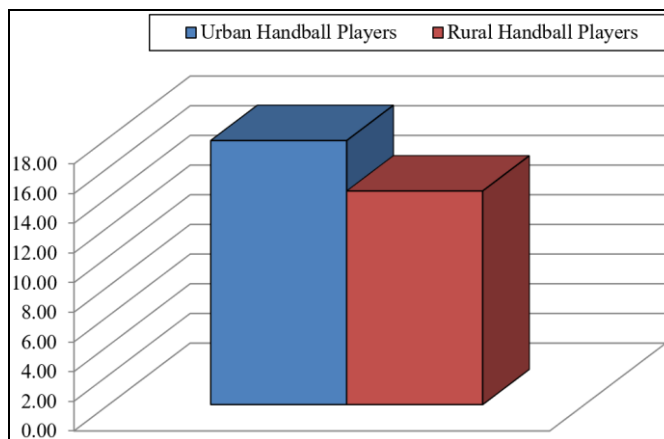
**Graph 2:** Mean difference of Agility between urban and rural handball players

**Table 3:** Comparison of hands and shoulder strength between urban and rural handball players

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Urban Handball Players	15	17.80	4.59	1.58	3.40	2.16	28	2.04
Rural Handball Players	15	14.40	4.03					

Table No. 3 evidently exposed that variation was establish among the means of urban and rural handball players of hands and shoulder strength because mean of urban handball players is (17.80) which is more than rural handball players (14.40) and ‘t’ test shows significant difference between urban and rural handball players of hands and shoulder strength because

the value of calculated ‘t’ (2.16) which is more than tabulated ‘t’ (2.04) at 0.05 level of significance. From the table clearly indict that more mean value having good hands and shoulder strength and low mean value have poor hands and shoulder strength. The hands and shoulder strength of urban handball players is comparatively more than rural handball players.



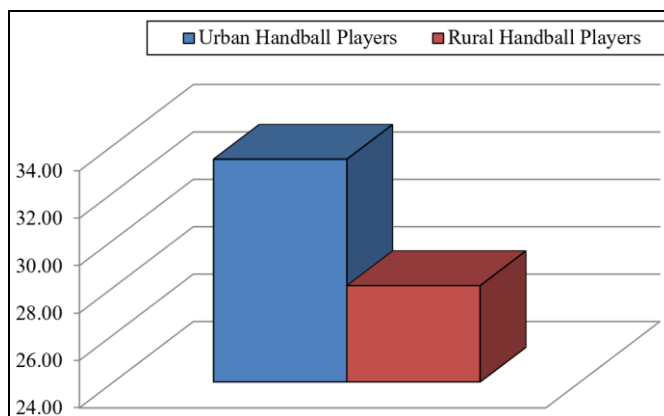
**Graph 3:** Mean difference of Hands and shoulder strength between urban and rural handball players

**Table 4:** Comparison of abdominal endurance between urban and rural handball players

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Urban Handball Players	15	33.40	6.88	2.25	5.33	2.37	28	2.04
Rural Handball Players	15	28.07	5.35					

Table No. 4 evidently exposed that variation was establish among the means of urban and rural handball players of abdominal endurance because mean of urban handball players is (33.40) which is more than rural handball players (28.07) and ‘t’ test shows significant difference between urban and rural handball players of abdominal endurance because the

value of calculated ‘t’ (2.37) which is more than tabulated ‘t’ (2.04) at 0.05 level of significance. From the table clearly indict that more mean value having good abdominal endurance and low mean value have poor abdominal endurance. The abdominal endurance of urban handball players is comparatively more than rural handball players.



**Graph 4:** Mean difference of abdominal endurance between urban and rural handball players

**Conclusion**

Based on the results obtained, it was concluded that the rural handball players of Amravati district have less physical fitness than the urban handball players. Rural handball players have higher arm and shoulder strength and abdominal endurance than urban handball players, but there is a difference in the median of agility and speed, but not a significant difference at a significant level. If this

modification is done on a large scale, then a significant difference can be found in speed and agility of urban and rural handball palyers as well. To increase the physical capacity of the rural handball players, they need qualified training so that the game can be brought forward at the rural school.

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