



Descriptive study of physical fitness components among female wrestlers

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Abstract

Physical fitness is the ability to carry out daily tasks with vigor and alertness without undue fatigue. The purpose of this study was to compare the physical fitness among female wrestlers of Punjab. The research was a descriptive comparative method. A total of 70 female wrestlers of Punjab were selected purposively from the inter-college and inter-university level wrestlers of Punjab three universities such as Punjabi University Patiala, Guru Nanak Dev University Amritsar and Punjab University Chandigarh. The criterion measures adopted for this study were Flexibility and muscular strength and Endurance. The data collection tools used in the study was on variable sit & reach, Sit Ups. Data of Physical Fitness Components among wrestling players was compared by using independent sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis. The statistical analysis of physical components revealed that in the parameters such as sit-ups and sit and reach, there was significant difference between wrestling players of inter-college and inter-university wrestlers. The results also showed that all the physical fitness components the Muscular strength/Endurance and Flexibility wrestling players were found to be better among inter-university wrestlers. Finally the researcher concluded that the inter-university wrestlers were more fit as compare to inter- college female wrestlers.

Keywords: Physical fitness, wrestlers, muscular strength and endurance

Introduction

Physical fitness is the capacity of heart, blood vessels, lungs and muscles to function at optimum efficiency. In previous years, fitness was defined as the capacity to carry out the day's activities undue fatigue. Physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, to resist hypo kinetic diseases, and to meet the emergency situations (Corbin and Lindsey, 1994). Fitness concepts in elementary physical education center on children's understanding of fitness as good health, and a working knowledge of activities that promote a healthy level of fitness. However, with increased leisure time, and changes in life styles wrought by the industrial revolution, which took a large proportion of the population away from farm life and into more urban areas, this definition is no longer considered comprehensive enough. The definition for physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, not only at a set point in time, but at various ages and stages within a person's life cycle. The key is in finding optimum health within the limits of one's lifestyle, in order to be able to resist hypo kinetic diseases. The purpose of this study was

to compare the physical fitness of inter-college and inter-university female wrestlers of Punjab three universities such as Punjabi University Patiala, Guru Nanak Dev University Amritsar and Punjab University Chandigarh.

Procedure and Methodology

Sample: A total of 70 female wrestlers of Punjab were selected purposively from the inter-college and inter-university level wrestlers of Punjab three universities such as Punjabi University Patiala, Guru Nanak Dev University Amritsar and Punjab University Chandigarh.

Methodology: The research was a descriptive comparative method the criterion measures adopted for this study were Flexibility and muscular strength and Endurance. The data collection tools used in the study was sit & reach, Sit Ups.

Analysis of Data: Data of Physical Fitness Components between boxing and wrestling players was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis.

Results

Table 1: Descriptive statistics of Sit-ups and Sit & reach among female Wrestlers

variables	Inter-college female wrestlers of Punjab				Inter-university female wrestlers of Punjab			
	N	Mean	S.D	SEM	N	Mean	S.D	SEM
Sit-ups	35	22.19	2.31	0.51	35	26.44	6.05	0.87
Sit & reach	35	12.98	3.70	0.55	35	17.65	2.66	0.45

Table 2: Independent sample 't' test of Sit-ups, Sit & reach and speed

Physical fitness variables	't' value	Df	Sig. (2tailed)	Mean Differene	Std. Error Difference
Sit-ups	1.453	68	0.005	4.25000	1.1100
Sit & reach	3.664	68	0.003	4.63000	0.65744

From the table no 1.2, the results of this study revealed that in all the selected physical fitness components such as Sit-ups, Sit & reach and Speed there is significant difference between inter-college and inter-university female wrestlers of Punjab.

Findings and Conclusion

The researcher analyzed the collected data as per the objectives set for the research study. The statistical analysis of physical components revealed that in the parameters such as sit-ups and sit and reach there was significant difference inter-college and inter-university female wrestlers of Punjab. Thus the research hypothesis was accepted. The results of descriptive statistics have indicated that the mean scores in sit-ups, and sit and reach in case of inter-college female wrestlers were found (22.19+2.31, 12.98+3.70) respectively while in case of inter-university female wrestlers the mean were found (26.44+6.05, 17.65+2.66) respectively. The results also showed that all the physical fitness components the Muscular strength/Endurance and Flexibility wrestling players were found to be better than - college female wrestlers. The statistical analysis of physical components revealed that in the parameters such as sit-ups and sit and reach there was significant difference between inter-college and inter-university female wrestlers of Punjab. In the present the results also showed that all the physical fitness components the Muscular strength and Endurance and Flexibility inter- university wrestlers were found to be better than inter-college wrestlers. Finally the researcher concluded that the inter- university wrestlers were more fit as compare to inter-college wrestlers. This clearly shows that players of inter- university wrestlers are more fit as compare to inter-college wrestlers.

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