ISSN: 2349 - 4891

International
Journal of Recent Research and Applied Studies
(Multidisciplinary Open Access Refereed e-Journal)

Comparison of Agility and Speed between Volleyball and Basketball Players of School Boys

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Received 18th May 2016, Accepted 25th June 2016

Abstract

The purpose of this study was to compare the agility and speed between volleyball and basketball players of school boys. The investigator selected 30 School boys from Kannur district were selected as subjects for this study. As per their school record their age was from 13 to 15 years. Each group consisted of 15 students. The investigator selected 15 Volleyball players and 15 Basketball players for this study. 50 yards dash and shuttle run were administered to collect the data. Means, standard deviations and standard error of the difference between means were calculated from the score obtained. The required data of agility and speed between Volleyball and Basketball players were statistically analyzed by 't' ratio. The obtained 't' value was tested at the 0.05 level of confidence for significant difference. The school basketball players were having more agility and speed than the school volleyball players.

Keywords: Agility, Speed, Volleyball, Basketball.

Introduction

Sports is "carrying away from work", suggesting an absolute freedom of activity. The major aim of sports is recreation. Having become highly competitive, sports today are seen in a much broader perspective than ever before. Sport, in fact, is an attitude of mind. For most people, a sport is recreation, for the 'genetically endowed' ones it is competition – the means to excel and achieve high standards in performance. Sports are largely individual events such as athletics, archery, swimming, shooting etc. wherein the participant tries to compete against his own previous standards as well as those of others. Today, sports are highly organized. They are institutionalized. Rules of organization and competition are well-defined for each sport discipline. With research and scientific inputs, there is constant effort by athletes to improve standard in performance and achieve perfection in skill. Several sports have carry-over value. They can be played even in old age depending upon the physical condition of the person. Today a sport for all has become a very popular slogan all over the world. Sport is one of the Physical activities played at a level; for in conditioning fitness and recreation. The proper study of Physical education is "Sport". The object of training for competitive sport is preparing athletes for the achievement of outstanding performance in competition.

The basketball is a ball game played by two teams of 5 players, plus 7 substitutes in each team. The players may pass, throw, roll bat or dribble the ball. The main aim of a basketball player is to obtain points by putting the ball into the basket of the opponent team's court. A goal is considered when the ball enters into the basket from above and passes through or remain in the net. Now a days, the tactics of the modern game of basketball comprises a large number of means, methods and elements. Its effective application is only possible if all factors that are characteristic of the particular match are taken into account. Volleyball is played in more than sixty countries and more than sixty million people. In Eastern Europe, Asia and South America top games draws crowds, the size of which rival those at soccer matches. Volleyball is considered as a top level competitive sport in more than twenty countries.

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Methodology

The purpose of this study was to compare the agility and speed between volleyball and basketball players of school boys. The investigator selected 30 School boys from Kannur district were selected as subjects for this study. As per their school record their age was from 13 to 15 years. Each group consisted of 15 students. The investigator selected 15 Volleyball players and 15 Basketball players for this study. 50 yards dash and shuttle run were administered to collect the data. Means, standard deviations and standard error of the difference between means were calculated from the score obtained. The required data of agility and speed between Volleyball and Basketball players were statistically analyzed by 't' ratio. The obtained 't' value was tested at the 0.05 level of confidence for significant difference.

Results

Table I. Computation 't' ratio of agility for Volleyball and Basketball players of School boys

Group	Mean $\overline{X}$	Standard Deviation σ	DM	σ DM	't' ratio
Basketball	9.73	0.62	1.84	0.27	6.82*
Vs					
Volleyball	11.57	0.81			

Significant at 0.05 level of confidence

The analysis of data in table I revealed that the mean agility of School Volleyball and Basketball boys were 9.73 and 11.57 respectively. The standard deviation of two groups in agility were 0.62 and 0.81. The mean difference in agility of two groups was 1.84. The standard error of mean difference in agility of two groups were 0.27. The obtained 't' ratio in agility was 6.82. The obtained 't' value 6.82 is greater than the required value of 2.04 at 0.05 level of confidence. So it is found to be statistically significant and concluded that there is significant mean difference between Basketball and Volleyball players on agility.

Table II. Computation 't' ratios of speed for Volleyball and Basketball players of School boys

Group	Mean $\overline{X}$	Standard Deviation σ	DM	σ DM	't' ratio
Basketball	8.02	0.46	0.7	0.22	3.18
Vs					
Volleyball	8.72	0.71			

Significant at 0.05 level of confidence

The analysis of data in table II revealed that the mean speed of School Basketball and Volleyball boys were 8.02 and 8.72 respectively. The standard deviation of Basketball and Volleyball players in speed were 0.46 and 0.71 respectively. The mean difference in speed of two groups was 0.7. The standard error of mean difference is speed of two groups were 0.22. The obtained 't' ratio in speed was 3.18. Since the obtained 't' ratio value of 3.18 was greater than the required table value of 2.05 at 0.05 level of confidence. It was found to be statistically significant.

Conclusion

The school basketball players were having more agility and speed than the school volleyball players.

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