



## Comparison of Explosive Power among Students of Telangana Tribal Welfare Residential School and Telangana Social Welfare Residential Schools in Karimnagar District

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### Abstract

*Participation in sports will yield optimum physical fitness and positive health for all. In the hurry scenario of modern life people need more exercise to keep their body and mind fit to execute the day-to-day activities effectively. The Purpose of the study is to find out the Explosive Power among Students of Telangana Tribal Welfare Residential School and Telangana Social Welfare Residential Schools in Karimnagar District of age group of 14 Years The study was formulated based on the simple random sampling. The samples were collected from the 50 students i.e. Tribal Welfare 25 students and Social Welfare 25 Students. The Results of the study shows that Tribal Welfare Students are having better explosive power compare to social welfare students.*

*Key words : Sports, Explosive power, physical fitness etc.*

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### INTRODUCTION

‘Sports’ is a popular spectacle and a mass social movement of contemporary times. In the process of historical development sports has occupied a prominent place both in the moral culture of a society. Its social significance continues to soar. In the modern days ‘sports for all’ become a very popular slogan. Participation in sports will yield optimum physical fitness and positive health for all. In the hurry scenario of modern life people need more exercise to keep their body and mind fit to execute the day-to-day activities effectively. Human being is an active creature. He possesses capacities for movement.

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He has all the necessary neuromuscular mechanisms that make movement possible and encourage gross motor activity of the entire being. Without this basis there is not life physiologically, while man is alive, he must move in some way.

P. Lakshman Naik (2017) studied the Effect of Physical Activities Programmes on selected physical fitness variables among Tribal School Boys of Kurnool District of Andhra Pradesh. To achieve the purpose of the study, sixty Tribal school boys were selected as subjects at random from ST Ashram High School, Alur, Kurnool District (A.P.). Their age ranged from 13 to 15 years. The subjects were divided into two equal groups namely experimental group and control group, each group consist of 30 subjects. Experimental group underwent Physical Activities programmes for the period of twelve weeks. Whereas Control group did not

participate any specific physical activities programme other than their regular activities programme as per their school curriculum. The data were collected before and after the experimental period on Explosive Power, Speed, and Cardio Respiratory Endurance. The obtained data from experimental and control group were statistically analyzed with analysis of covariance (Ancova). The experimental group had achieved a significant improvement on Explosive Power, Speed and Cardio Respiratory Endurance when compared to the control group.

Liu, J, Liu, X and Zhang, Q (2020) studied A new training method for leg explosive power in taekwondo and its data-driven predictive models.

Mahmut Alp1 & Bahar Gorur (2019) studied Comparison of Explosive Strength and Anaerobic Power Performance of Taekwondo and Karate Athletes.

### Purpose of the Study:

The Purpose of the study is to find out the Explosive Power among Students of Telangana Tribal Welfare Residential School and Telangana Social Welfare Residential Schools in Karimnagar District of age group of 14 Years.

### Methodology:

### Result and Discussion:

**Table 1:**

**Showing the Mean, Standard Deviation, degrees of freedom and t-value between TTWRS students and TSWRS students of Karimnagar District (14 years age group) in relation to their explosive power test (standing broad jump)**

Variable (Power)	N	Mean	SD	Degrees of freedom (df)	t-value	Sig.
TTWRS	25	2.52	0.055	48	3.491**	0.001 (S)
TSWRS	25	2.46	0.064			

Level of Significance at 0.01 = 2.660 and at 0.05 = 2.000

Table 1 shows the Mean values, Standard Deviation values and t-value between TTWRS students and TSWRS students of Karimnagar

**Table Showing the Sample of the study**

Sl. No.	Name of the category	Number of subjects
1.	Telangana Tribal Welfare Residential School	25
2.	Telangana Social Welfare Residential School	25
	Total Players	50

### Standing Broad Jump:

The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power.

- **purpose:** to measure the explosive power of the legs
- **equipment required:** tape measure to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. Commercial Long Jump Landing Mats are also available. The take off line should be clearly marked.
- **procedure:** The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.

District (14 years age group) in relation to their power test (standing broad jump). The mean value endurance test of TTWRS students is 2.52

and Standard Deviation value is 0.055, correspondingly the mean value of power test of TSWRS students is 2.46 and Standard Deviation value is 0.064. The calculated t value (3.491) is higher than the table t value (2.000) at (p=0.001) for 48 degrees of freedom. On the basis of this evidence it is concluded that there is a significant difference in the power of two groups (TTWRS & TSWRS) in Karimnagar district.

#### **Conclusions:**

It is concluded that Tribal Welfare Students are having better explosive power compare to social welfare students. Fitness is important to both Students for promote of Health, fitness and to participate in the sports related activities.

#### **Recommendations:**

Similar Studies can be conducted among females and in other Sports and games. This study is useful to the Coaches to prepare the conditioning program among the residential Schools, Govt. and Private Schools.

#### **References:**

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