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Comparison status of speed and strength between lawn-tennis and table-tennis Girls players of Punjab

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Abstract

The purpose of the study was to compare the physical fitness components of Lawn-Tennis and Table-Tennis Girls players of Punjab. To fulfil the objective of the study, 25 Lawn-Tennis girls players and 25 Table-Tennis Girls players were selected from Punjab State. Who was attending State camps. The data were collected in different coaching camps. The age of the selected subjects ranged from 14 to 18 years. 50 mts. dash meter and Standing Broad Jump test were used to measure the selected physical fitness components of the players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant difference between Lawn-Tennis and Table-Tennis Girls players of their differences in selected physical fitness components tests.

Keywords: Strength, Speed, Girls, Lawn-Tennis, Table-Tennis, Punjab.

1. Introduction

Fitness is the term, which is widely used in the present day wealth conscious society. The people have realized the importance of fitness in day to day routines and also in achieving sports excellence. Sports form an important aspect of life. They play a vital role in bringing about physical, mental and social growth of individual. In few decades, many innovations in this area. More young people are taking part in sports as daily features of their life. The participation in sports and physical fitness increases an individual's productivity. It also promotes social harmony and discipline. Various latest techniques and tactics based on scientific principles are introduced for coaching of various sports and games. The degree to which the cardio – vascular fitness contributes to a particular game or sport depends upon the type and variety of movements involved in them. The complex nature of physical fitness includes muscular strength, muscular endurance, cardio-vascular endurance and the most important of them is the cardio-vascular endurance.

Purpose of the study

Comparison Status of Speed and Strength between Lawn-Tennis and Table-Tennis Girls Players of Punjab.

Methodology

The purpose of the study was to compare the Speed and strength components between Lawn-Tennis and Table-Tennis Girls players. To achieve the desired objective of the study, only those players were selected from Punjab state who were attending State camps. Only two physical fitness components were tested to collect the data i.e. 50 meter Dash test and standing board jump test. T-test was used to compare these components of Lawn-Tennis and Table-Tennis players of Punjab. The age of the selected subject ranged from 14 to 18 years.

Result and Discussion

Table 1: Comparison of Speed between Lawn-Tennis and Table-Tennis male players of Punjab

Game	N	Mean	S.D.	S.E.D.	t
L.T	25	9.52	0.59	0.11	3.44
T.T	25	10.01	0.78	0.15	

Significant at 0.05 level

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As shown in table – 1 that the mean score of 50 mts. Dash test of Lawn-Tennis and Table-Tennis male players were 9.52 and 10.01 respectively and SD were 0.59 and 0.78 s.e.d

was 0.11 and 0.15 and ‘t’ value was 3.44 for significant 0.05 level. It meant that Lawn-Tennis male players have better than Table-Tennis male players of Punjab.

Graphical Presentation of Lawn-Tennis and Table-Tennis Girls players on 50 Meter Dash Test

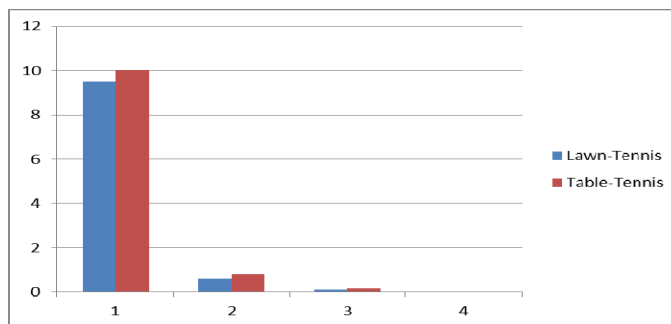


Table 2: Comparison of Strength between Lawn-Tennis and Table-Tennis Girls Players of Punjab

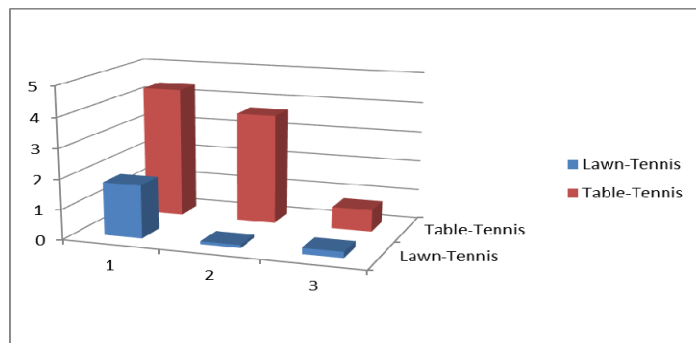
Game	N	Mean	S.D.	S.E.D.	t
L.T	50	1.77	0.10	0.20	3.49
T.T	50	4.35	3.67	0.73	

Significant at 0.05 level

As shown in table – 2 the Mean score at Standing broad jump test of Lawn-Tennis and Table-Tennis male players were 1.77 and 4.35 respectively and SD were 0.10 and

0.367 and ‘t’ value was 3.49 significant at 0.05 level. It means that Lawn-Tennis male players have better in Strength Broad jump test as compare to Table-Tennis players.

Graphical Presentation of Lawn-Tennis and Table-Tennis Girls players on Standing Broad jump Test



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Conclusion

It is evident that Lawn-Tennis male players have better than Table-Tennis players.

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