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## Comparative Study of Abdominal Strength and Aggression Level among Basketball and Handball Male Players

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### Abstract

In the present study, an attempt has been made to compare the Abdominal Strength and Aggression level between Basketball and Handball male players. The study was carried out on 60 players (30 Basketball and 30 Handball male players). The age of the selected subjects ranged from 18 to 28 years. (Abdominal Strength) was tested by Sit-up test and Aggression Level was measured by (Dr. G.C.Pati Questionnaire). The data was used to analyze by t-test. The investigator observed that there was no significant different between Basketball and Handball male players. Basketball male players having more abdominal strength and Anxiety level than the Handball male players of Basketball male players performed better than the Handball male players.

**Keywords:** Aggression, Abdominal Strength, Basketball, Handball, Male.

### 1. Introduction

Today competition in each field is so intense that nobody can escape from the hectic schedule of life. Earlier, a few decades ago, people used to work differently enjoying the different color of life but it is noticed now that people are working under stressful condition and without satisfaction, which is detrimental to their physical fitness. As a result they are suffering from many diseases. Physical fitness is very necessary for a healthy and tension free. Physical fitness includes diet, exercise and sleep. These three basic things have their own importance in each individual's life and everyone should be sensible with regards to these for a healthy life. Physical education is most important part to earn strong fitness in today's life. All types of sports are playing role in to the development of physical fitness. Badminton is one of the most famous sports in world that used to play professional on international level. Since some earlier years Badminton is a court sport game men and women can be participating the same. Badminton player have strong physical fitness filled with necessary component i.e. Speed, Strength, Power, Endurance, Accuracy etc. Physical Fitness is an important as the man himself. By physical fitness, we mean fitness is terms of health and skill based performance. A person can be said to be physically fit if he has the ability to perform physical activities which required strength, flexibility or Endurance. In this fast pacing life, everyone has a very hectic schedule. A person does not get much time for himself. But if one wants to stay health and fit, he must make regular exercise a part of his life. One must schedule at least 30 minute for physical activity, physical fitness can be achieved through the need of exercise, correct nutrition and proper amount of rest. People that does not get enough of physical activity or exercise will quickly put on weight and became fat vary soon. Thus results in joining weight loss programme later on exercise helps in a very healthy way to make a person stay healthy way to make a person stay healthy and happy line longer. It also helps in chances of various kind of disease. One can include practice like dancing, swimming, walking, gardening, playing etc. Fitness is a key of quality of life. It is a need of modern age to prevent pollutions and unhealthy lifestyle. It plays vital role to maintain and development of child it means all round development (affective, cognitive, psychomotor, social, ethical etc. Fitness gives the value of the life of growing child. It is not only for physical fitness but also is based for motor fitness other activities to enhance the athlete performance. The term fitness is defined in a various manner after it is considered in terms of physical aspect of living. Fitness is today's world is not a matter of more muscular or physical capacity.

A true concept of physical fitness mental, emotional, social positive fitness must mean the optimum development of each of these aspects and emphasize the ability of person to line more effective with in his potentialities.

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The word ‘Fitness’ has been discussed and explained by physical educators, coaches and medical professional in numerous ways in relation to performed in games and sports and organic health. The literature on ‘fitness’ is most confusing. Each one of the professional stated above keeps in mind his own expectations from a human body and defines fitness in his own way and therefore, different terminologies like physical fitness, motor fitness, motor-physical fitness, general fitness, total fitness, athletic fitness, organic fitness and health-related physical fitness are in practice. In today's fast – passed world, people deal with stress on a daily basis between the pressure of work and family. Life can often become quite overwhelming. Mental and physical demands may leave you feeling totally exhausted at the end of the day. As a result, keeping your fitness important among all the stresses of everyday life may not be a top priority. Many individual simply take fitness for granted. They have no desire to work at keeping fit others know they should exercise regularly yet they tend to push fitness aside indefinitely. They have good intentions of greeting around to it someday, when they have more time and energy yet, as days and weeks pass by, fitness continues to be forgotten and left out of their daily schedules. “Fitness is the state which characterizes the degree to which a person is able to function. Fitness is an individual matter. It implies the ability of each person to live most effectively with his potential. Ability to function depends upon the physical, mental, social and spiritual components of fitness all of which are related to each other and are mutually interdependent. ”In this definition the reference is to total fitness and is related to an individual capacity to survive and live effectively in his environment. Much has been said concerning total fitness, where the whole person or whom person is involved. There are spiritual, mental, emotional, social and cultural as well as the physical aspects of total fitness. When viewed in this light physical fitness appears to be only one of and a limited aspect of total fitness. However, it is the one that is indispensable to other forms of fitness. Physical fitness as one aspect of total fitness is a means to an end, the end being the development of individual personality as a whole. Physical fitness include an adequate degree of health, posture, physique proper functioning of vital organs, nutrition and good health habits along with an adequate amount of endurance strength, stamina and flexibility. Development of physical stamina, organic stimulation, over all muscular efficiency and efficient functioning of the entire body in physical Endeavour and four term objectives almost universally accepted. The terminology has changed from one decade to another. The specific concepts of efficiency have varied. Physical fitness terms. Leads to the idea of “total fitness” and refers to the individual’s capacity to survive and live effectively in his environment.

**Objective of the study**

1. To Analyze and compare the Abdominal Strength levels of Basketball and Handball male Players.
2. To analyze and compare aggression levels of Basketball and Handball male Players.
3. To find out whether difference in abdominal strength and Aggression levels of Basketball and Handball male players exist.

**Hypothesis of the study**

**The Research scholar, while going through the Literature related to the present study decided under listed hypothesis**

1. There will be no significant differences between Basketball and Handball male players on Abdominal Strength
2. There will be significant differences between Basketball and Handball male players on Aggression level.

**Delimitation of the study**

1. The present study was restricted to the study of male players in the age of 19-25 years.
2. The study was delimited to the 60 players (20 Players from Basketball and 20 Players from Handball).
3. Only those players have selected for the present study who have represented their colleges in inter- college competition.
4. The study was confined to abdominal strength and Aggression level.
5. The study was limited to Faridabad district male Basketball and Handball male players.

**Method and Procedure**

In the present study, an attempt has been made to compare the Abdominal Strength and Aggression level between Basketball and Handball male players. The study was delimited to the 40 players (20 Players from Basketball and 20 Players from Handball).

**Tool Used**

1. To measure abdominal strength of the players sit- up test was used.
2. To measure the aggression level Questionnaire by G.C Pati test was selected.

**Statistical procedure**

The data was subjected to statistical treatment on computer. Descriptive value such as mean, SD and t-value were worked out to find out the direction of differences between the Basketball and Volleyball players in selected physical fitness components. The level of confidence was set at 0.05 levels.

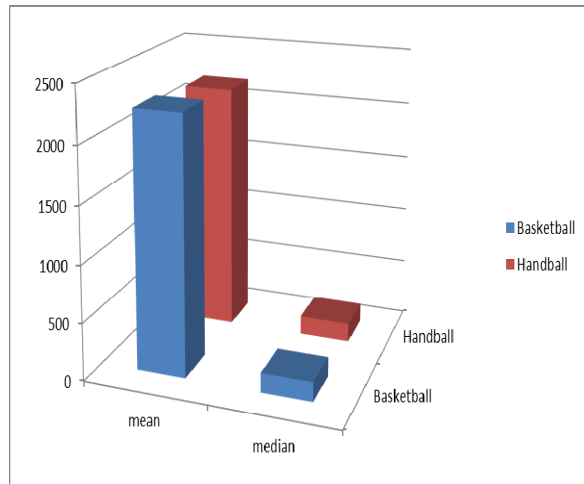
**Result and Discussion**

**Table 1:** Comparison of Abdominal Strength between Basketball and Handball male players

Game	N	Mean	S.D.	S.E.D.	t-value
Basketball	30	30.7	4.59	.56	1.39
Handball	30	25.1	3.79		

**Significance at 0.05 level**

As shows in the table – 1 the Mean score of Abdominal Strength for sit-up test of Basketball and Handball male players were 30.7 and 25.1 respectively and S.D was 4.59 and 3.79 S.E.D was .56 and t-value was 1.39 for significant at 0.05 level. It means that Basketball male players having more Abdominal Strength then Handball male players in Sit-up test for Abdominal Strength.



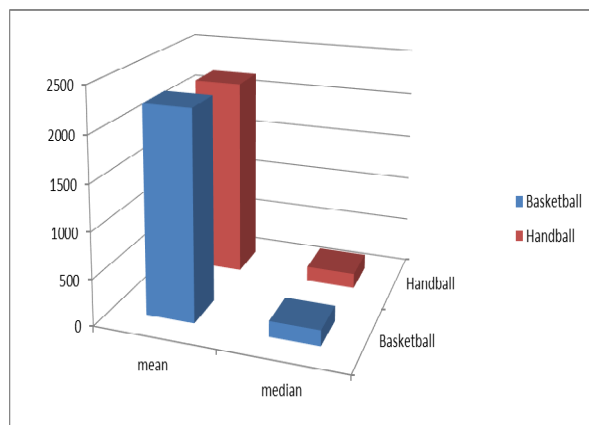
**Graph 1:** Graphical presentation of Basketball and Handball male players on Abdominal Strength

**Table 2:** Comparison of Aggression Level between Basketball and Handball male players

Game	N	Mean	S.D.	S.E.D.	t-value
Basketball	30	2252.66	168.23	2.83	1.46
Handball	30	2178.86	162.57		

**Significance at 0.05 level**

As shows in the table – 1 Mean score of Aggression Test Basketball and Handball male players were 2252.66 and 2178.86 respectively S.D was 168.23 and 162.57 S.E.D was 2.83 and t-Value was 1.46 for significant at 0.05 level. It means that Basketball male players having more aggression level than the Handball male players.



**Graph 2:** Graphical presentation of Basketball and Handball male players on Aggression level

**Conclusion**

It is evident that Basketball male players having more Abdominal Strength and Aggression level than Handball Male players. Basketball male players performed better than the Handball male players.

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