



International Journal of Multidisciplinary Research and Development



IJMIRD 2014; 1(6): 64-66
www.allsubjectjournal.com
Received: 14-09-2014
Accepted: 11-10-2014
e-ISSN: 2349-4182
p-ISSN: 2349-5979
Impact Factor: 3.762

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Comparative study of flexibility and leg strength between korfball and softball women players of Delhi

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Abstract

In the present study, an attempt has been made to compare the Korfball and Softball women Players of Delhi. The study was carried out on 60 players (30 Korfball and 30Softball) women players of Delhi. The age of the selected subjects ranged from 17 to 27 years. Flexibility was measured by (Bent and Reach test) and Leg-Strength was measured by Standing Broad Jump test. The data was used to analyze by t-test. The investigator observed that there was no significant different between Korfball and Softball women players of Delhi. Korfball women Players having more Flexibility and Leg-Strength than the Softball women Players. Korfball women players performed better than the Softball women players of Delhi.

Keywords: Flexibility, Leg-strength, Korfball, Softball, Women, Delhi.

1. Introduction

The benefits of physical fitness are numerous. The person who is physically fit will have greater amount of strength energy and stamina an improved sense of well being better protection from injury because strong well developed muscle safe guard the bone, interval organs and joint and keep moving parts limber and improve cardio – respiratory function for a good performance in any sport or athletic event, the high standard of fitness is the basic requirement more participation in sport activity is not enough to improve fitness. The fitness must be gained through conditioning programme. Physical fitness is the basic requirement for most of the task to be undertaken by individual in his sports. Many scientific studies over the past twenty year support the value of regular exercise part of a healthy life style and bright career in sport world.

2. Purpose of the Study

Comparative study of flexibility and leg-strength between korfball and softball women players of Delhi.

3. Methodology

In the present study, an attempt has been made to compare the Korfball and Softball women Players of Delhi. The study was carried out on 60 players (30 Korfball and 30Softball) women players of Delhi. The age of the selected subjects ranged from 17 to 27 years. Flexibility was measured by (Bent and Reach test) and Leg-Strength was measured by Standing Broad Jump test. The data was used to analyze by t-test. The investigator observed that there was no significant different between Korfball and Softball women players of Delhi. Korfball women Players having more Flexibility and Leg-Strength than the Softball women Players. Korfball women players performed better than the Softball women players of Delhi

4. Result and Discussion

Table 1: Comparison of Flexibility between Korfball and Softball women players of Delhi

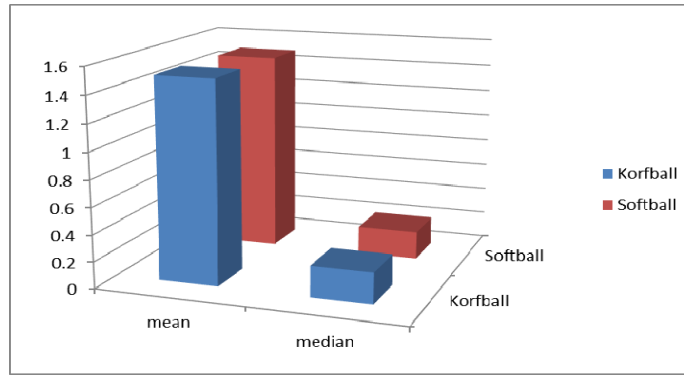
Game	N	Mean	S.D.	S.E.D.	t-value
Korfball(W)	30	4.98	2.927	0.82	.618
Softball(W)	30	4.46	2.901		

Significance at 0.05 level

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As shows in the table – 1 the Mean score of Flexibility for Bent and Knee test of Korfball and Softball women players were 4.98 and 4.46 respectively and S.D were 2.927 and 2.901 respectively S.E.D was 0.82 and t-value was .618

significant at 0.05 level. It means that Korfball women players having more Flexibility than the Softball women Players.



Comparison of Flexibility between Korfball and Softball women players of Delhi

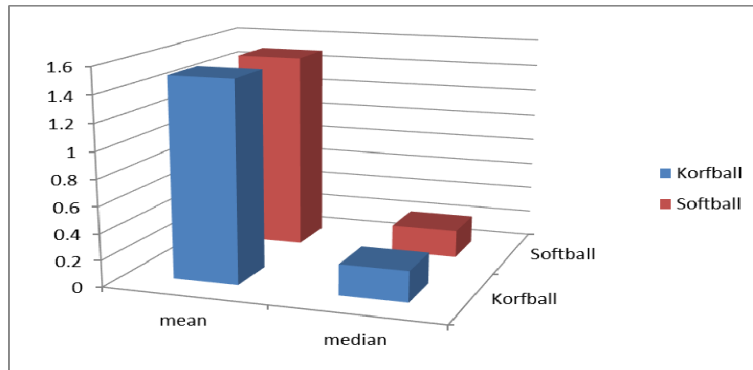
Table 2: Comparison of Leg-Strength between Korfball and Softball Women Players of Delhi

Game	N	Mean	S.D.	S.E.D.	t-value
Korfball	30	1.507	.233	5.53	0.59
Softball	30	1.492	.211		

Significance at 0.05 level

As shows in the table – 1 Mean score of Standing Broad jump test for Leg-Strength test of Korfball and Softball women players of Delhi were 1.507 and 1.492 respectively S.D was .233 and .211 S.E.D was 5.53 and t-value was 0.59

significant at 0.05 level. It means that Korfball women Players having more Leg strength than the Softball women Players. Delhi.



Graph 2: Graphical Presentation of Leg-Strength between Korfball and Softball Women Players of Delhi

5. Conclusion

It is evident from the study that Korfball women players having more leg-Strength than the Softball women players. Korfball women players performed better than the Softball women players of Delhi.

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