



The effect of korf ball game on the playing ability of college level basketball players

Suneeta Devi^{1*}, Bandhana Devi²

¹ Associate Professor, GHG Khalsa College Gurusar Sadhar, Ludhiana, Punjab, India

² Bhagwant University Ajmer, Rajasthan, India

Abstract

Objectives of the was to find effect of Korfball Game on Shooting Ability of Basketball Players. For that purpose 40 Basketball players were selected form Jammu district of Union Territory of Jammu and Kashmir. 8 weeks training program was given to the selected subject at Jammu University Campus ground. Researcher used single experimental design. So total 40 students were divided into two homogenous group i.e. experimental and control group. Gradual increase in training load after second week and 6th week of training. Mean Median, SD, SEM, t-test was used as tool of analysis. Hypothesis was tested at 0.05 level of significance and results shows significant effect on shooting ability of Basketball players.

Keywords: motor ability, physical fitness, shooting ability, performance

Introduction

Teaching sports provides a great opportunity to integrate academic concepts from other subjects as well which may now be required of many Physical Education teachers. There are four aspects of Physical Education (P.E.) which is physical, mental, social, and emotional Play is normally to a child as leaves are to a tree. Human life, especially childhood sans play is a drab as dust. Play involves activity both physical and mental. Running holding, pulling, pushing, handling and manipulating toys and other projects from household articles to balls and bats are all essential ingredients of man's play activities. From infancy through adolescence or even childhood. Play assume various forms. From its individualistic nature in infancy to the team play in later childhood and formal games and sports in adolescence, play activities change like the kaleidoscopic spectrum. Through play the child strengthens and develop the motor mechanism which is so important for the acquisition of skills not only for sports but also for life. Team playing encourages co-operation leadership follower-ship and team spirits. Participation in sports, individually or as a member of a team help in preparation in sports individually or as a member of a team help in preparation for life. The athletes prepare for a contest by training and conditioning just as we prepare ourselves for a profession or a trade there are many occasions in sports where speed of reaction and speed of movement are very vital factors. In general fast reactions are characteristics of great athletes in the sports performance at the higher competitive level. The results of sports competitions have revealed that the champion sprinters win races and set world records by small fractions of seconds. In a contest where races and events are won by a fraction of seconds, the role or reaction time becomes very significant. The sprinter who can react to the sound of the starter's pistol slightly faster than his opponent, has a considerable advantage. In an event which may last less than ten seconds reaction time becomes even more important. It may be stated that quick or fast reactions distinguish the average from the superior performer in many motor skills. Individuals who react quicker and move faster have an obvious advantage

Statement of the Problem

"The Effect of Korf ball game on the Playing Ability of college level Basketball players".

Objective of the Study:

Following was the objectives of study:

1. To find out the effect of Korf ball game on the performance of the Basketball players.
2. To find out the physical fitness of Korf ball and Basketball players.
3. To evaluate the performance of Korf ball and Basketball players.
4. To compare the significant difference in Korf ball and Basketball players.

Hypothesis

The researcher had made the following Hypothesis for this study.

1. It was Hypothesized that there will be no significant effect of Korf ball games on the shooting ability of the Basketball Player.
2. It was Hypotheses the performance of the Basketball players may be remained un- effected.

Scope of the study**Delimitations**

1. The study was delimited in the following aspects:
2. The preset study was delimited to shooting ability of the Basketball players.
3. The study was delimited to Jammu District only.
4. The age group of selected subjects was ranging from 18 – 25 years only.
5. Only female subject was taken for the present study.
6. The present study was delimited only up to shooting ability of the Basketball players

Limitations

The following aspects were not under the control of the researcher.

1. There was no control on diet and environment factor of the subjects some of them used to take supplementary food in the form of milk, fruits, eggs, etc.
2. Researcher has no control over the leisure time activities of the subjects.
3. The weight and height of the subjects had not considered.
4. All the subjects were the students of different colleges of Jammu District. So the subjects were involved in different type of activities in their colleges according to the schedule other than the experiment for which they were being tested, not be controlled by researcher.

Design of the Study**Sources of Data**

Required data for this study was collected from age group 18 to 25 Years intercollegiate level players of Korf ball and Basketball games from Jammu district of Jammu and Kashmir

Selection of Subject

The researcher will selected 40 Basketball player from Jammu district of Jammu and Kashmir by random method aged between 18 to 24 years who used to participate Basketball game.

Method of Sampling

Researcher selected 40 Basketball players from the different college of Jammu district of Jammu and Kashmir and divided the subject in two homogenous groups of 20 players in each named 'A' (Experimental) and 'B' (Control) with simple random sampling method.

Selection of Test

The researcher used Johnson Basketball Playing Ability test. In the test the researcher will used Basketball in place of Korfball ball

Training Schedule

Researcher gave the training program in the ground of Jammu University Campus. In the first stage the time duration of the training program was one hour in the morning and one hour in the evening for first four weeks. In the second stage time duration one hours 15 minutes in the morning and one hour 15 minutes in the evening for next four weeks. Every Sunday was complete rest day during the whole 8 weeks training program.

Collection of Data

The researcher gave the training of 8 week to the experimental group. The data were collected initially before the conduct of the training program on the basis of their scores in Basketball playing ability of both the groups. After the 8th weeks same test was conducted and data were collected.

By administrating Johnson Basketball Playing ability test researcher recorded all the scores of test.

1st Test:

Pre test scoring before starting the training.

2rd Test:

Finally it was taken after the 8th week of training.

The raw scores of all the tests were recorded and processed statically and accordingly conclusion were drawn by comparing the initial data with the final data.

Analysis and Interpretation of Data

Table 1: The table showing the effect of training on Field goal speed test of experimental group among the Basketball Players.

Test	Mean	SD	SEm	't' Cal.	't' Table
Pre	24.7	1.11	0.25	12.17*	2.021
Post	31.15	1.25	0.28	8	

* Significant * 38 df at 0.05 level of Significant

From the above table it can be revealed that the mean score of Pre and Post test experimental groups are 24.07 and 31.15. where as calculated value 't' 12.17 was greater than the table value of 't' i.e. 2.021 at 0.05 level of significance which shows that highly significant difference found in pre – test shooting ability of experimental groups of Basketball players. It was also found that mean value of post test for experimental group was found high which can be clearly seen the figure.

Table 2: The table showing the effect of training on Field goal speed test of control group among the Basketball Players.

Test	Mean	SD	Sem	't' Cal.	't' Table
Pre	24.2	1.1	0.25	3.63*	2.021
Post	26.05	1.14	0.26		

* Significant

* 38 df at 0.05 level of Significant

Above table shows that the mean score of Pre and Post test for the control group were 24.2 and 26.05 where as calculated value 't' 3.63 was greater than the table value of 't' i.e. 2.021 at 0.05 level of significance which shows that there was highly significant difference found in Pre and Post test of control groups among the Basketball players.

Table 3: The table showing the effect of training on Field goal speed test among the Basketball Players.

Test	Group	Mean	SD	SEm	't' Cal.	't' Value
Pre	Experimental Control	24.7	1.11	0.25	1.00@	2.021
	Control	24.2	1.1	0.25		
Post	Experimental	31.15	1.25	0.28	9.44*	
	control	26.05	1.14	0.26		

@ Insignificant

* Significant

* 38 df at 0.05 level of Significant

The above table shows that the mean score of Pre test of experimental group and control group were 24.7 and 24.2 where as calculated value of 't' i.e. 1.00 at 0.05 level of significance which shows that there was no significant difference found in Pre test of experimental and control group among the Basketball players. It can also be revealed from the above table that there was highly significant difference founded between the mean score of final test of experimental group and control groups was 31.15 and 26.05. obtained 't' value of 9.44 was greater than the table value of 't' i.e. 2.021 at 0.05 level of significance, which shows that there was highly significant difference found in Post test of experimental and control group. It can also be revealed that the found difference in post test of experimental and control group was due to effect of training program given to them for eight week. It was also found that the mean value of post test for experimental group was 31.15 where as for control it was 26.05, which shows high mean value for experimental groups which is clearly shown in figure I.

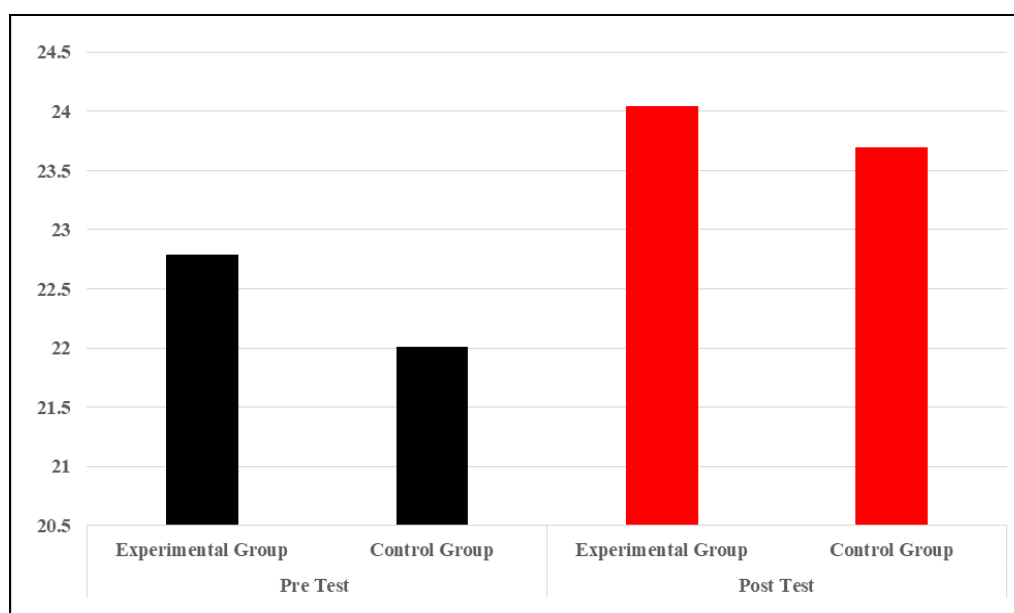


Fig 1: Showing Difference in Mean Value on Field goal speed test among the Basketball Players.

Table 4: The table showing the effect of training on Throw for Accuracy test of experimental group among the Basketball Players.

Test	Mean	SD	SEm	't' Cal.	't' Table
Pre	25.1	2.5	0.25	5.78	2.021
Post	28.05	2.7	0.26		

* Significant

* 38 df at 0.05 level of Significant

From the above table it can be revealed that the mean score of pre and post test of experimental group are 25.1 and 28.05, whereas calculated t 5.78 was greater than the table value of t i.e. 2.021 at 0.05 level of significance which shows highly significant difference in pre and post test of throw for accuracy test ability of experimental group of basketball players. It was also found that mean value of post test for experimental group was found high.

Table 5: The table showing the effect of training on Throw for Accuracy test of control group among the Basketball Players.

Test	Mean	SD	Sem	't' Cal.	't' Table
Pre	24.9	2.93	0.27	2.22	2.021
Post	26.1	2.98	0.27		

* Significant

* 38 df at 0.05 level of Significant

From the above table it can be revealed that the mean score of pre and post test of control group are 24.9 and 26.1, whereas calculated 't' 2.22 was greater than the table value of t i.e. 2.021 at 0.05 level of significance which shows significant difference in pre and post test of throw for accuracy test ability of control group of basketball players. It was also found that mean value of pre and post test for control group was almost same.

Table 6: The table showing the effect of training on Throw for Accuracy test among the Basketball Players.

Test	Group	Mean	SD	SEm	't' Cal.	't' Value
Pre	Experimental control	25.1	2.5	0.25	0.38	2.021
	Control	24.9	2.93	0.27		
Post	Experimental	28.5	2.7	0.26	3.68	
	Control	26.1	2.98	0.27		

@ Insignificant

* Significant

* 38 df at 0.05 level of Significant

The above table shows that the mean score of Pre test of experimental group and control group were 25.1 and 24.9 where as calculated value of 't' i.e. 0.38 at 0.05 level of significance which shows that there was no significant difference found in Pre test of experimental and control group among the Basketball players.

It can also be revealed from the above table that there was highly significant difference founded between the mean score of final test of experimental group and control groups as. obtained 't' value of 3.68 was greater than the table value of 't' i.e. 2.021 at 0.05 level of significance, which shows that there was highly significant difference found in Post test of experimental and control group. It can also be revealed that the found difference in post test of experimental and control group was due to effect of training program given to them for eight week. It was also found that the mean value of post test for experimental group was 28.05 where as for control it was 26.1, which shows high mean value for experimental groups which is clearly shown in figure II

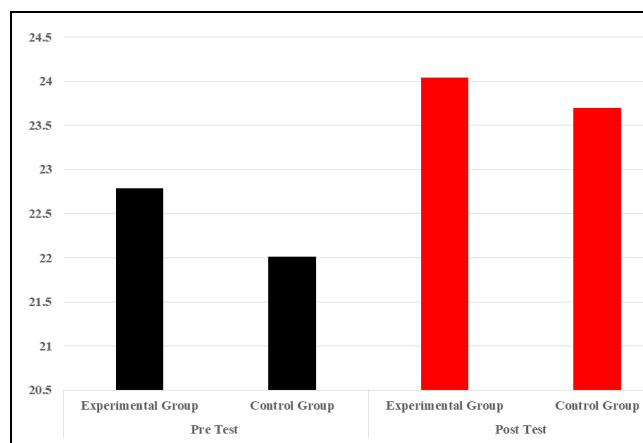
**Fig 2:** Showing Difference in Mean Value on Throw for Accuracy test among the Basketball Players

Table 7: The table showing the effect of training on Dribbling test of experimental group among the Basketball Players.

Test	Mean	SD	SEm	't' Cal.	't' Table
Pre	22.79	1.9	0.22	2.86	2.021
Post	24.02	1.83	0.21		

* Significant

* 38 df at 0.05 level of Significant

From the above table it can be revealed that the mean score of pre and post test of experimental group are 22.79 and 24.02, whereas calculated t 2.86 was greater than the table value of t i.e. 2.021 at 0.05 level of significance which shows significant difference in pre and post test of dribbling test ability of experimental group of basketball players. It was also found that mean value of post test for experimental group was slightly high.

Table 8: The table showing the effect of training on Dribbling test of control group among the Basketball Players.

Test	Mean	SD	Sem	't' Cal.	't' Table
Pre	22.01	2.01	0.22	3.99	2.021
Post	23.7	1.65	0.20		

* Significant

* 38 df at 0.05 level of Significant

From the above table it can be revealed that the mean score of pre and post test of control group are 22.1 and 23.7, whereas calculated t 3.99 was greater than the table value of t i.e. 2.021 at 0.05 level of significance which shows highly significant difference in pre and post test of dribbling test ability of control group of basketball players.

Table 9: The table showing the effect of training on Dribbling test among the Basketball Players.

Test	Group	Mean	SD	SEm	't' Cal.	't' Value
Pre	Experimental	22.79	1.9	0.22	1.76	2.021
	Control	22.01	2.01	0.22		
Post	Experimental	24.04	1.83	0.2	0.83	
	Control	23.7	1.65	0.2		

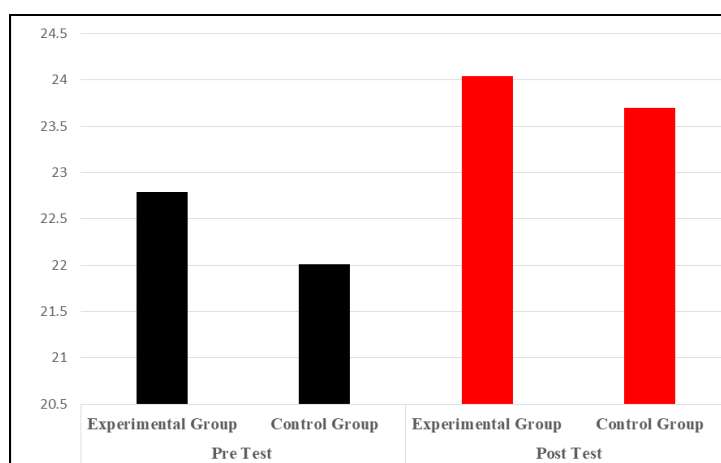
@ Insignificant

* Significant

* 38 df at 0.05 level of Significant

The above table shows that the mean score of Pre test of experimental group and control group were 22.79 and 22.01 where as calculated value of 't' i.e. 1.76 at 0.05 level of significance which shows that there was no significant difference found in Pre test of experimental and control group among the Basketball players.

It can also be revealed from the above table that there was highly significant difference founded between the mean score of final test of experimental group and control groups was 24.04 and 23.7. obtained 't' value of 0.083 was less than the table value of 't' i.e. 2.021 at 0.05 level of significance, which shows that there was no significant difference found in Post test of experimental and control group

**Fig 3:** Showing Difference in Mean Value on Dribbling test among the Basketball Players

Discussion on findings

During the 8 weeks training experiment, group 'A' was given practice with Korf ball and group 'B' was remained as control group. Mean performance of both the groups was almost equal, at the time of Pre testing, period to the commencement of training. Following training mean performance of group 'A' increased more significantly than that of group 'B' when tested statistically. Further the comparison of values of calculated 't' of the group 'A' (experimental) with calculated 't' of group 'B' (control), tables shown that level of improvement of group 'A' is higher than that of group 'B' at 0.05 level of significance.

The findings of this study shows that there is significant difference among the two group viz. experimental and control group of Basketball players Finding shows high significant difference in the Pre and Post -test among the experimental group of Basketball players calculated value of 't' was greater than the table value of 't' at 0.05 level of confidence as shown in table No.1

The finding also revealed that there is significant difference in Pre and Post -test of respective control group calculated value of 't' was greater than the table value of 't' at 0.05 level of confidence as shown in table No. II

The finding reveals that there is no significant difference in Pre- test of experimental and control groups calculated value of 't' is less than the table value of 't' at 0.05 level of confidence.

The finding also revealed that there is a high significant difference in post- test of control group and experimental group calculated value of greater than the table value of 't' at 0.05 level of confidence as shown in table III.

Conclusion

Following conclusion are given on the base of findings:

1. It can be concluded that significant difference was found in Pre and Post- test of experimental group in shooting ability of the players. It was also concluded from the table that positive effect of training can be seen on experimental group.
2. It can also be concluded from table II that significant difference was found in Pre and Post -test of control group also.
3. It can be concluded from the table III that significant that was found between Post -test of experimental and control group, which may be the result of eight week training program given to experimental group whereas no significant difference was found in Pre- test of experimental and control group of Basketball players. Which shows the authenticity of homogenous group made before the providing training to the experimental group of subject.

It is therefore concluded that, as the practice with Korf ball game effective significant on the improvement of shooting ability of Basketball players, it would be used by the coaches to evaluate and classify their players and athletes.

References

1. Anug W Htin. "Importance of Qualified Trainees and Their Pre-Requisites" snipes journal, 1982.
2. Anil V Dhande. "Effect of Skipping Exercises on the Foot Work of Female Basketball Player." (Original in Marathi on Ppublished Master Dissertation.)
3. Bucher and West, "Foundation of Physical Education and Supports" (Santa Clara: Times Mirror, 1987.
4. Bucher and west, " Foundation of physical Education aand Sports" (Santa Clara:
5. Agyajit Singh. "Sports Psychology A Study of Indian Sportsmen" (friends Publications, India: 6, mukerji Tower, commercial Complex Dr. Murkerji Nagar, Delhi 110 009, 1992.
6. Dingle Umakant. "Effect of Certain Selected Mulkham Exercise on Physical Fitness," (Unpublished Master Dissertation, 1989.
7. ML Kamallesh, "Book of Games" (New Delhi: metropoition Book Co. Pvt. Ltd, 1991-2004.
8. Ramesh Singh, "Physiology of Coaching" (Friends Publication 2005)
9. Dintiman Gorge Blough, "Effect of Various Training Program on Running Speed," Research Quarterly Oct. 1964.
10. Gyan Prakash Sinaha. "Effect of Selected Malkhamb Exercise on the Pole vaulting Performance. " (Un published Master's Dissertation, 1985.
11. Harold M. Barrow Man and Movements, "Principles of Physical Education" (Philadelphia Lea and Febiger 1983) 3rd Edition
12. Hemam Amuba Singh. " Effect of Practicing With Varied Sizes of Ball on Shooting Ability in Basket Ball" (Unpublished Master's Dissertation)
13. Joshi Narendra D. "Effect of Selected Yogic Asana on the Flexibility of School Girls," (Unpublished Master Dissertation Amravati University, 1990.
14. Kansal DK. "Test and Measurement in Sports and Physical Education" (First Published in, 1996.
15. Mathew Joseph, "Effect of Sit up and Skipping Exercise on Trunk Flexibility and Leg Strength," (Unpublished Master Dissertation, 1985.
16. Sharma OP. "Physical Education History and its Development" (New Delhi: Khel Sahitya Kendra, 2001.
17. Reet HM, Uppal AK. "Foundation of Physical Education", (Barada : Friend Publication, 1984.

18. Shreeti Singh. "Effect of Some Selected Exercises on Dribbling Ability in Soccer" (Unpublished Master's Dissertation, 1985).
19. Sanatana Sahu. "Effect of over Weight Short Put Training on the Performance on Short Putters" (Unpublished Master's Dissertation, 1986).
20. Shenbagavali A. "Effect of Various Training Program on the Performance of Athlete of Physical Education Graduate Students." (H.V. Prasarak Mandal Amravati, 2001).
21. Somorendra Singh T. "Study of Some Selected Exercises on Lsy-up- Shet In Basket Ball," (Unpublished Master's Dissertation), 1985.
22. Tirumarayan, Hari Haran S. "An Analytical History of Physical Education" (Karaikudi,the South Indian Press, 1967).
23. Thosare Maink. "Comparative Effect of Exercise on the Certain Exercise on the Development of the arms Muscles" (Unpublished Master Dissertation Amravati University, 1989).