



# A COMPARATIVE STUDY ON PHYSICAL FITNESS OF COLLEGE LEVEL TRIBAL AND NON-TRIBAL FOOTBALL PLAYERS

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## Abstract

In the present study, an attempt has been made to compare physical fitness among Tribal and Non-tribal male Football players at College level football players. The main purpose of this study was to find out the differences between college level Tribal and Non-tribal Football Players of Physical Fitness. A total of 20 male tribal football player and 20 non-tribal football players were selected from Bagula Sri Krishna college and Kalyani Mahavidyalaya in Nadia districts. To conduct the study at first two groups were selected randomly. Then following variables were measured Such as – Age, Height, and Weight for Personal data, and JCR Test (J= Vertical Jump for Explosive Strength, C= Chin Up for Arm Strength, R= 10X10yds Shuttle run for Agility) were taken as a Physical fitness parameters. The data were collected in morning session. To find out differences between Tribal and Non-tribal group 't' test was computed and on the basis of result the following Conclusion were drawn: -

1. Tribal football player were batter in Leg Explosive Strength than Other football players.
2. In Arm Strength Endurance Tribal Football players also batter then Non-Tribal Football players.
3. In Shuttle run there were no difference between Tribal and Non-tribal Football Players.

**Keyword:** - Football, Fitness, JCR Test, Tribal, Non-tribal.

## INTRODUCTION:

Physical fitness is the prime requisite to lead the optimum life and to live most and serve best in this modern world. According to Nixon and Cozens the ability to carry out daily tasks with vigor and alertness, without undue fatigue, with ample energy to enjoy leisure pursuits. Hence, this concept of physical fitness directly conveys a meaning of healthful living performance in sport and games depends mainly on Muscular Strength, Muscular Endurance Cardiovascular Endurance, Flexibility, Muscular Power, Speed, Agility Balance Reaction time and Neuro-Muscular Co-Ordination is the Speed and Accuracy with which the Nervous system acts with correct Muscular response to produce desire movement.

There are different types of fitness tests:

1. PHYSICAL FITNESS TEST
2. MOTOR FITNESS TEST
3. GENERAL MOTOR ABILITY TEST

The physical fitness of human beings is the main objective of Physical Education and Sport Program. The main purpose of the study of to find out whether the participation in Football game will develop the motor ability of every individual. The vigorous participation in Football game of Tribal and Non-tribal will develop (physical fitness) motor ability. Apperson physically fit he can do anything through his mere participation in Football game. A person can improve the physical fitness through related test batteries for development better performance in sports activities, but also meaning of healthful living. So the Football will develop the Physical fitness to the individuals which is of immense use in his living. The study was conducted on 20 college level Tribal Football players and 20 college level Non-tribal Football players at Bagula S.K. College, and Kalyani Mahavidyalaya.

This age laming from 19years to 21 years, this Vertical Jump, Chin-up, Shuttle Run, were considered. The boys who are studying in college in different areas in Nadia District. The present study under report studied the physical fitness components such as Vertical Jump, Chin-up, Shuttle run, of the individual who regularly participate in Football game. Good physique depends upon certain amount of physical strength along with the Mental Strength while Physical Strength determines one's abilities and capacities potentialities, Agility, of and individuals on the other had the mental strength determines the Neuromuscular co-ordination of the individual. From the obtained results it is very clear that the individuals who participate in Football game will develop better Vertical Jump, Chin-Up, and Shuttle Run.

### **PURPOSE OF THE STUDY**

It was believed that the findings of the present study would be helpful for the field of physical education and sports in the following ways:

To measure the leg explosive strength of the college level Tribal and Non-Tribal Football players as their difference.

To measure the Agility of the college level Tribal and Non-tribal Football players as compare.

To measure the Arm & Shoulder strength of college level Tribal and Non-tribal football players as difference.

### **METHODOLOGY**

#### **THE SUBJECT**

The subject of the present study were 20 college level Tribal Football players and 20 college level Non-tribal Football players at at Bagula S.K. College, and Kalyani Maha Vidyalaya.

The age of the students ranged between 18-21 years. The subject was administrated and collected following variables were measured, such as – Age, Height, and Weight for Personal data, For physical Fitness use J.C.R test. J=vertical jump, Measured by leg explosive strength. C= Chine up, Measured by Hand & Shoulder strength and endurance. R=Shuttle Run (10x10 yds) Measured by agility.

For collection of data the following instruments were used Measuring Tape, Weighing machine, Stopwatch, Wooden block and other facilities of the Play field.

## RESULE AND DISCUSSION.

### PERSONAL DATA:-

The Mean Age, Height, and, Weight of the Tribal and Non-Tribal subjects were presented in Table-I

**TABLE-I**

Mean & S.D of Age, Height, and Weight of subjects.

Parameter		Age(Year)	Height(cm)	Weight(kg)
TRIBAL	Mean	19.20	168.2	54.67
	S.D	0.97	7.25	2.89
NON-TRIBAL	Mean	19.07	168.6	54.27
	S.D	2.79	8.32	3.53

From the table it appears that the Age, Height, and Weight of Tribal subjects were 19.20, 168.2 and 54.67, and Non-Tribal subject were 19.07,168.6 and 54.27 respectfully and the S.D of Tribal subject were 0.97, 7.25 and 2.89 and Non-Tribal subject were 2.79, 8.32 and 3.53 respectfully. Comparing the Mean value of Age, Height and Weight of Tribal group and Non-tribal group it was observed that a close proximity were observed in Tribal group and Non-tribal group in personal data. Both the groups were homogeneous.

**TABLE – II**

Mean, S.D, SEd, & ‘t’ value of Vertical jump of Tribal & Non-Tribal Footballer.

	MEAN	SD	SEd	‘t’
TRIBAL	20.00	0.89	0.15	2.31*
Non-Tribal	19.20	1.27		

df = 38\*Level of significant at 0.05.

It appears from the table that the Mean value of Vertical Jump for Tribal and Non-Tribal football players was found 20.00 and 19.20 respectively and the S.D were 0.89 and 1.27 respectively. It also appears from the mean value that the Tribal appears from the mean value that the Tribal football player were found slightly high then Non-tribal Football players.

To observe the significant difference between group in Football playing ability SEdand ‘t’ value was calculated and found to be 0.15 and 2.31 respectively comparing the ‘t’ value with the table value it was found that the difference was significant.

So, Explosive Leg Strength the Tribal subject were batter then Non-Tribal subject.

**TABLE – III****Mean, S.D, SEd, & ‘t’ value of Chin Up of Tribal & Non-Tribal Footballer.**

	MEAN	SD	SEd	‘t’
Tribal	12.80	2.66	0.94	3.27*
Non-Tribal	9.53	2.40		

df = 38

\*Level of significant at 0.05

Table-III Shows that the Mean value of chin up for Tribal and Non-Tribal Football players was found 12.80 and 9.53 respectively and the S.D were 2.66 and 2.40 respectively. It was appears from the Mean value that the Football players were found slightly high then Non-Tribal Football players.

To observe the significant difference between group in football playing ability SEd and ‘t’ value was calculated and found to be 0.94 and 3.27 respectively comparing the ‘t’ value with the table value it was comparing the ‘t’ value with the table value was found that the difference was significant.

So, Arm & Shoulder Strength Endurance the Tribal subject were batter then Non-Tribal subject.

**TABLE – IV****Mean, S.D, SEd, & ‘t’ value of Shuttle Run of Tribal & Non-Tribal Footballer.**

	MEAN	SD	SEd	‘t’
TRIBAL	23.21	0.54	0.17	0.47
Non-Tribal	23.13	0.36		

df = 38 Level significant at 0.05

Table-IV shows that the Mean value of shuttle run for Tribal and Non-Tribal Football players was found 23.21 and 23.13 respectively and the S.D were 0.54 and 0.36 respectively. It was appears from the Mean value that the Tribal football players were found slightly high then Non-Tribal Football players.

To observe the significant difference between group in football playing ability SEd and ‘t’ value calculated and found to be 0.17 and 0.47 respectively comparing the ‘t’ value with the table value it was found that the difference was not significant.

So, In Shuttle Run i.e., in Agility there were no difference between Tribal and Non-tribal Football Player.

**CONCLUSION**

On the basis of the Result and discussion the following conclusion were drawn.

- Tribal football player were batter in Leg Explosive Strength than Other football players.
- In Arm Strength Endurance Tribal Football players also batter than Non-Tribal Football players.
- In Shuttle run there were no difference between Tribal and Non-tribal Football Players.

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