



A Comparative Study of Speed Among Batsmen and Bowlers of Haryana

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Abstract-

In the present study, an attempt has been made to compare speed of physical fitness component among batsmen and bowlers. The study was carried out on 200 male cricket players in the age group of 18-25 years, from batsmen (N=100) and bowlers (N=100). The subjects were selected from different cricket academy of Haryana, India. The data was collected by use of 50 meter dash. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. Batsmen and bowlers speed was found no significantly difference.

Keywords- Speed, batsmen, bowlers.

Introduction

Physical fitness has always been a concern of man from pre historic time. Indeed it was survival for the fittest. Throughout human evolution, man has been nomad, a hunter and a farmer. His body has a high degree of adaptability for walking, running, jumping and throwing etc. In today's world due to industrialization, automatisation and motorization the physical activities have been reduced to a great extent, as a result of which a number of so called Hypokinetic diseases have lowered the degree of physical fitness of the people. Therefore, there is an utmost need to develop the physical fitness of the people through different scientific training means such as weight training, circuit training, interval training, fartlek training etc. along with actual participation in games and sports.

Speed

For batsmen and bowlers the primary energy system utilized during competition is the anaerobic lactic and a lactic processes. In the acts of bowling, batting, and wicket keeping, the intervals of activity requiring energy generation to power the cricketer's muscles will almost certainly be fewer than 40 seconds.

Speed is required to take a quick single, doubles and three runs to stop a ball before it crosses the boundary line. A fast bowler is required to run up faster.

Objective-

The purpose of the study was to compare the speed among Batsmen and Bowlers.



Method

For the purpose of the investigation, the sample for the study were 200 male cricket players in the age group of 18-25 years, batsmen (N=100) and bowlers (N=100). The subjects were selected from different cricket academies at Haryana. To test the speed of the subjects, they were divided into two groups i.e. to find the speed of Batsmen and bowlers researcher used the 50 meter dash. The test data had been collected, speed was measured of every individual with the help of 50 meter dash.

To examine the hypothesis of the study that there will be no significant difference in the speed of batsmen and bowlers, descriptive statistics and t-test analysis was employed for the present data.

DESCRIPTIVE STATISTICS OF SPEED

Table no. 1 indicates the values of descriptive statistics of the batsmen and bowlers for speed, which shows that the mean and S.D. values of batsman and bowlers were 7.32 & 0.71 and 7.24 & 0.68 respectively. S.E.M values of the batsman and bowlers were found to be 0.69 and 0.67 respectively.

Table No. 1

Descriptive statistics of speed of batsman and bowlers (in second)

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
Speed	Batsmen	100	7.32	0.71	.069
	Bowlers	100	7.24	0.68	.067

Table No. 2

T-test description of batsmen and bowlers of speed

Variable	Groups	Df	t-value	Sig.
Speed	Batsmen-bowlers	198	0.92	0.07

The t-test value of speed of batsmen and bowlers is shown in table 2. As shown in the table the batsmen were significantly similar speed ($t=0.92$, $p>0.05$) than the bowlers. There was no significant difference in motor- fitness variable speed between batsmen and bowlers. This leads to accepted of hypothesis H_{10} .



Figure No. 1- Bar diagram showing the mean value of speed between Batsmen and Bowlers

Conclusion

In the present study it was concluded that batsmen were similar speed as compared to the bowlers. So that, There were no significant difference in physical fitness variable speed between batsmen and bowlers.

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