



STRENGTH: A COMPARATIVE STUDY AMONG BOXING AND JUDO PLAYERS.

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Abstract-

In the present study, an attempt has been made to compare strength component among Boxing and Judo players. The study was carried out on 40 male players in the age group of 18-25 years, from Boxing (N=20) and Judo (N=20). The subjects were under graduate students of M.D.University, Rohtak. The data was collected by use of AAHPER Youth Fitness Test. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. Boxing and Judo players speed was found significantly boxers whereas judo players showed significantly lower values in strength.

Keywords- strength, judo player, boxer

Introduction

Physical fitness is a state of well being that comprises skill and health related components. Fitness is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life. According to Mathews (1973) Muscular strength is the force that a muscle or group of muscles can exert against a resistance in one maximum effort. Fitness is the term, which is widely used in the present day health conscious society. Muscular strength is the amount of force your muscles can produce in one effort. People good strength can perform daily tasks efficiently. Strength is a skill related component of physical fitness. Strength can be measured by record the number of completed pull-ups to the nearest whole number.

Prem Kumar (2013) studied the effect of abdominal strength training on selected strength endurance and explosive power of women players. To achieve these purpose thirty women players from various games and sports were selected as subjects at random. The age of the subjects were ranged between 17 to 25 years. They were divided into two equal groups and

each group consisted of 15 subjects. Group-I underwent abdominal strength training for three days per week for twelve weeks and Group-II acted as control who did not participate any special training apart from the regular curricular activities. The existence of statistically difference on selected fitness component strength among Boxers and Judokas were determined and significant difference in all the selected physical fitness component among Boxers and Judokas were found.

The Boxers showed a better capability in strength, while the judokas were better in endurance with greater flexibility (Prem Kumar 2013).The purpose of the study was to compare the Speed among Boxing and Judo players.

Method

For the purpose of the investigation, the sample for the study were 40 male players in the age group of 18-25 years, from Boxing (N=20) and Judo (N=20). The subjects were under graduate students of M.D.University, Rohtak. To test the Speed of the subjects, they were divided into two groups i.e. Boxing and Judo players to perform according to AAHPER Youth Fitness Test to increase their physical fitness variables. The pre test and post test data had been collected. Strength was measured of every individual with the help of AAHPER Youth Fitness test i.e. pull ups.

To examine the hypothesis of the study that there will be no significant difference in the Strength of Boxing and Judo male players, descriptive statistics and t-test analysis was employed for the present data.

Result and Discussion

For the present study, the mean value, Standard deviations and T-test was applied to analyze the data. This data is processed by the applicants of a relevant statistical tool called Mean, S.D., S.E.D. and t-test.

Table 1 Showing Mean difference of Strength (pull ups) of boxing and judo male players.

Players	No.	Mean(M)	S.D.	SED	T-ratio
Boxing	20	18.30	5.08	0.38	9.31
Judo	20	14.70	4.37		

*significant at 0.01 level of the confidence.

Table 1 illustrates the 't' ratio of mean scores on pull ups test. It is implied that there is a significant difference between the mean score 18.30, S.D. 5.08 For boxing male players and mean score 14.70 and S.D. 4.37 for judo male players. The 't' ratio 9.31 was significant at 0.01 level. The mean score of boxing male players is higher than the judo male players. It is further implied that the boxing male players is higher strength as compared to the judo male players.

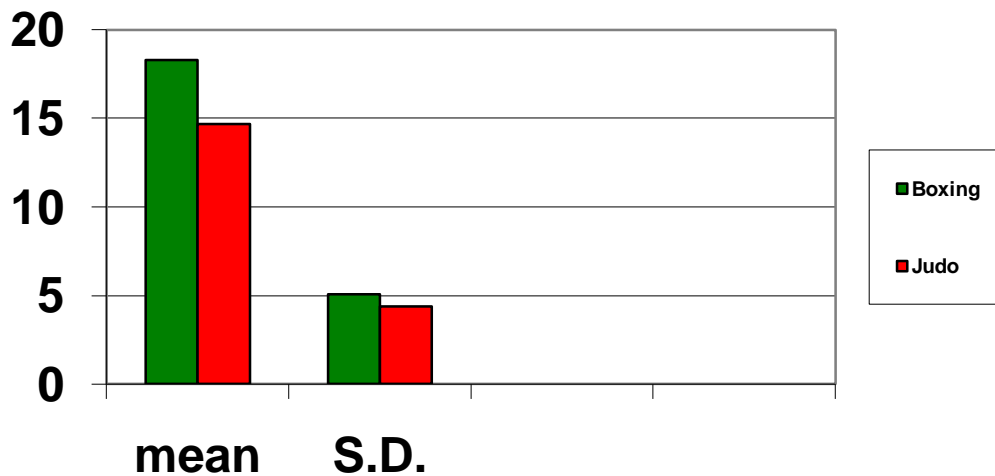


Figure I: -

Showing Mean comparison of strength of Boxing and Judo male players Pull ups.

Conclusion

In the present study it was concluded that Boxing male players have more strength as compared to the Judo male players.

References

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