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A comparative study of physical fitness components between badminton and lawn-tennis female players of Rohtak district in Haryana

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Abstract
The purpose of the study was to compare the Physical fitness components between Badminton and Lawn-Tennis female players of Rohtak district in Haryana. To fulfill the objective of the study total 30 male player (15 each) was selected for the study. The age of the selected subjects ranged from 19 to 25 years. Only **60 yard dash test for speed and Zig –Zag test for Agility** were used to measure the selected physical fitness components of the players. In order to analyze the data**'t'**-test was used.

Keywords: Badminton, Lawn-Tennis, Rohtak, Physical fitness.

1. Introduction

Physical Fitness is an important as the man himself. By physical fitness, we mean fitness is terms of health and skill based performance. A person can be said to be physically fit if he has the ability to perform physical activities which required strength, flexibility or Endurance. In this fast pacing life, everyone has a very hectic schedule. A person does not get much time for himself. But if one wants to stay health and fit, he must make regular exercise a part of his life. One must schedule at least 30 minute for physical activity, physical fitness can be achieved through the need of exercise, correct nutrition and proper amount of rest. People that does not get enough of physical activity or exercise will quickly put on weight and became fat vary soon. Thus results in joining weight loss program later on exercise helps in a very healthy way to make a person stay healthy way to make a person stay healthy and happy line longer. It also helps in chances of various kind of disease. One can include practice like dancing, swimming, walking, gardening, playing etc. Fitness is a key of quality of life. It is a need of modern age to prevent pollution and unhealthy lifestyle. It plays vital role to maintain and development of child it means all round development (affective, cognitive, psychomotor, social, ethical etc. Fitness gives the value of the life of growing child. It is not only for physical fitness but also is based for motor fitness other activities to enhance the athlete performance. The term fitness is defined in a various manner ofter it is considered in terms of physical aspect of living.

Fitness is today's world is not a matter of more muscular or physical capacity. A true concept of physical fitness mental, emotional, social positive fitness must mean the optimum development of each of these aspects and emphasize the ability of person to line more effective with in his potentialities. The word 'Fitness' has been discussed and explained by physical educators, coaches and medical professional in numerous ways in relation to performed in games and sports and organic health. The literature on 'fitness' is most confusing. Each one of the professional stated above keeps in mind his own expectations from a human body and defines fitness in his own way and therefore, different termino-logiest like physical fitness, motor fitness, motor-physical fitness, general fitness, total fitness, athletic fitness, organic fitness and health-related physical fitness are in practice. In todays fast –passed world, people deal with stress on a daily basis between the pressure of work and family. Life can often become quite overwhelming. Mental and physical demands may leave you feeling totally exhausted at the end of the day. As a result, keeping your fitness important among all the stresses of everyday life may not be a top priority. Many individual simply take fitness for granted. They have no desire to work at keeping fit others know they should exercise regularly yet they tend to push fitness aside indefinitely. They have good intentions of greeting around to it someday, when they have more time and energy yet, as days and weeks pass by, fitness continues to be for gotten and left out of their daily

schedules. The purpose of this investigation was to identify the physical fitness components between 19-27 years Badminton and Lawn-Tennis female players of Rohtak district in Haryana.

2. Objectives of the Study:-

The proposed objectives of the present research were follows.

- To measure the present level of Speed between Badminton and Lawn-Tennis female players of Rohtak district in Haryana.
- To measure the present level of Agility between Badminton and Lawn-Tennis female players of Rohtak district in Haryana.
- To compare the Speed and Agility between Badminton and Lawn-Tennis female players of Rohtak district in Haryana.

3. Hypothesis of the study

Having a view of objectives of the study, null hypothesis is framed for the present investigation.

4. Delimitation of the study

- The physical fitness components i.e. – Speed and Agility considered for the present study.
- Only Rohtak district was selected for the study.

5. Method and Procedure

6.1 Selection of the Subjects

The subjects were selected in following basis:

a) Only 30 female players (15 Badminton and 15 Lawn-Tennis) were considered for the study. The age of the subjects were ranged from 19 to 27 years.

6.2 Selection of the variables

- Speed
- Agility

6.3Tool used to measure the Motor fitness level

The criterion measures were used to collect the data in a deal and systematic way to record in a correct unit and style for each test item.

- Speed was measured by 60 Yards Dash test.
- Agility was measured by Zig-Zag test.

7. Statistical Techniques Used:

For the present study, the mean value, standard deviation,'t' test were applied to analyze the data.

8. Results and Discussion

Table 1: Comparison of Speed Component between Badminton and Lawn-Tennis Female players of Rohtak district in Haryana

Variable	Badminton		Lawn-Tennis		t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.		
Speed	4.63	0.14	4.61	0.17	0.336	Non-Significant

*Significant at .05 level

It is evident from the table that the Mean score of Badminton female players was 4.63 and 4.61 respectively. The S.D of Badminton female players was 0.14 and 0.17 respectively and't' value was 0.336, which was significant at 0.05 level.

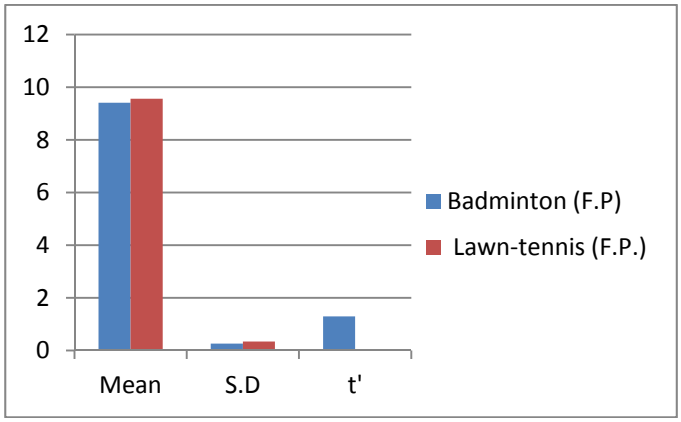

Fig 1: Graphical presentation of Speed Component between Badminton and Lawn- tennis female players of Rohtak district in Haryana

*Significant at0.05 level

Table 2: Comparison of Agility Component between Badminton and lawn-tennis female players of Rohtak district in Haryana

Variable	Badminton		Lawn-Tennis		't'-ratio	Level of significant
	Mean	S.D.	Mean	S.D.		
Agility	9.41	0.26	9.56	0.34	1.296	Non-Significant

*Significant at 0.05 level

It is evident from the table that the Mean score of Badminton female players was 9.41 and 9.56 respectively. The S.D of Badminton female players was 0.26 and 0.34 respectively and't' value was 1.296, which was significant at 0.05 level.

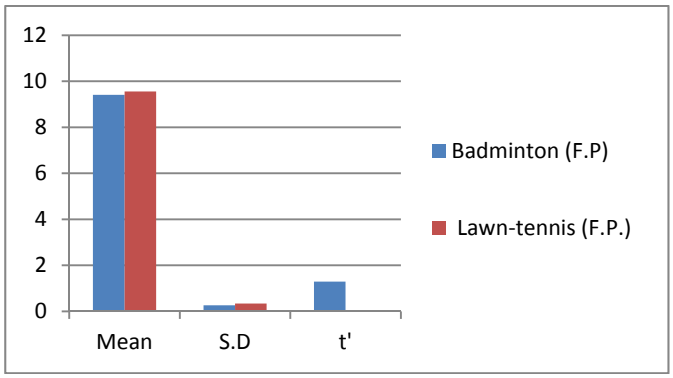

Fig 2: Graphical presentation of Agility Component between Badminton and Lawn-tennis female players of Rohtak district in Haryana

*Significant at 0.05 level

9. Conclusion

- Lawn-tennis Female players were having better mean values than badminton female players in Zig- Zag test test for Agility.
- Lawn – tennis Female players were having better mean values than badminton female players in 60 yard dash test for speed.

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