

A COMPARATIVE STUDY OF CARDIOVASCULAR EFFICIENCY AND KIN ANTHROPOMETRIC VARIABLES OF FEMALE HOCKEY AND CRICKET PLAYERS

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ABSTRACT

The motivation behind this study was to know the distinction in mental variables i.e. nervousness, inspiration, conformity and chose kinfolk anthropometric variables, Body creation estimations amongst Hockey and Cricket female players. The information was gathered from 100 female Hockey and Cricket female players [50 in each group] of age reach between 18 to 25 years by utilizing anthropometry, skin fold caliper, Vanier caliper, steel tape and mental variables by games rivalry Anxiety Test, Sports Achievement inspiration Test, Adjustment Inventory . The 't-proportion' was utilized to examination the information of the subjects. The female Hockey & Cricket players forces less uneasiness, more modification and more games accomplishment inspiration furthermore groups more kinfolk anthropometrical variables i.e. leg length , thigh length, hand length, hand width, size estimation i.e. shoulder, hip, thigh, calf, arm, wrist, body distance across i.e. shoulder, wrist, knee and skin fold estimations i.e. biceps, triceps, sub-scapular, suprailliac, thigh, calf, body arrangement i.e. fat rate have discovered noteworthy than those of the Cricket female players. Different variables have comparative qualities at both the s of interest. It is inferred that Hockey female players have more in mental variables and kinanthropometric estimations than those Cricket female players. Since superior gatherings forces more comp.

Key words: Motivation, Mental, Nervousness and Inspiration.

INTRODUCTION:

Human height gets the opportunity to be more huge and advancement happens more rapidly, distinctive things animals earn back the original investment with, in degree as the country is wealthier, comfort more wide, houses, pieces of clothing and nourishment better, and works, fatigue and privation in the midst of start and youth less; toward the day's end, the circumstances which run with desperation concede the age at which complete stature is come to and stunt grown-up stature. We are particularly stressed with the execution and status of the players at

different s. Regardless, the execution is last result and the status fuses alternate points of view despite the execution. In the domain of recreations, every taking an interest individual and spectator all things considered eye to the arranged players and they in like manner end up being part in the rule lime-light in the field of diversions. The selectors at various s all things considered consider the execution in the trial and qualifying competitions, while, the Cardio-vascular capability and Anthropometrical reason is neglected variably at usually.

Indian ladies were not genuinely and effectively inspired by games and amusements until the early decade of twentieth century club life, which was brought into India by the British. These clubs empowered ladies of the leisured and authority class to enjoy a little elegant activities to use their extend periods of time of recreation. Be that as it may, the normal Indian ladies, all things considered, stayed unaffected by this mellow type of donning movement. This, notwithstanding, goes to the credit of club life that it fortified adequate enthusiasm for games and recreations on the parts of mother to make them consent to give their little girls a chance to partake in diversions and comparative physical activities when presented as a piece of educational programs in the cutting edge dynamic schools. Other than this, the guardians saw that their girl's wellbeing and also their characteristics of administration and balance expanded as an aftereffect of their interest in games and recreations. As a consequence of this positive thinking about the general public all in all, games and diversions were no more saw bold or that an outside existence of a ladies can have trademark impact on their composition or female physical make-up. Numerous neighborhood ventures have been propelled particularly planning to advance ladies in games.

METHODOLOGY:

100 female Hockey and Cricket players (50 in each group) in the age group of 18 to 25 years were taken as subjects for the present study. The subjects were measured for Cardiovascular Efficiency i.e. Blood Volume, Stroke Volume and Blood Flow. For Blood Volume Test, Sports competition Blood Volume Test developed by S.Sharma and M.Singh (1973) was used. For Stroke Volume sports Blood Flow Test developed by Kamlesh (1990) and for Adjustment,

Adjustment Inventory Developed by Prof. A.K.P.Sinha and R.P.Singh (19100) were used. To determine the kinanthropometric measurements i.e. linear, grith, diameters and skinfold measurement after or before one hour of the activity on the left side of the body. The linear measurements i.e. height, Trunk length, leg length, thigh length, lower leg length, Total arm length, Fore arm length, upper arm length, hand length, hand width, foot length etc. were taken with the help of steel tape and vernier calliper respectively to nearest of a millimeter, Skinfold thickness i.e. biceps, triceps, subscapular, suprailiac, thigh and calf etc. were taken using lange's skinfold callipers. Standards technique as given by Weiner and Lourie (1969) was followed while taking the different measurements on the subjects by a trained female personal. The body composition variables i.e. body density, fat percentage, fat weight and lean body mass were determined by using the Durinn and Rehaman's equation (1967). The statstical design for calculation the difference t-ratio was applied.

TABLE-1 COMPARISON OF CARDIOVASCULAR EFFICIENCY VARIABLES OF FEMALE HOCKEY AND CRICKET PLAYERS (N-100)

Grouping		Hockey		Cricket		t-ratio
Sr. No.	Variables	M1	SD1	M2	SD2	
1	Blood Volume	20.4	2.601	15.986	4.107	6.406**
2	Stroke Volume	19.314	3.474	30.8	3.346	20.535**
3	Blood Flow	17.371	6.79	35.857	4.687	20.038**

** Significant at 5% Table 1 indicates the difference in mean scores of Blood Volume,

Stroke Volume and Adjustment of female Hockey players and Cricket players and is significant at 5%. It suggests that Blood Volume of female players at Cricket is more than those of Hockey. However, Hockey players are more blood flow than those of Cricket players.

TABLE 2 COMPARISONS OF LINEAR MEASUREMENTS OF FEMALE HOCKEY
 AND CRICKET PLAYERS (N-100)

Grouping		Hockey		Cricket		t-ratio
Sr. No.	Variables	M1	SD1	M2	SD2	
1	Height	158.637	2.874	161.365	6.908	0.817
2	Trunk Length	47.583	1.436	49.599	1.642	0.059
3	Leg Length	80.831	1.1005	83.377	2.432	4.284**
4	Thigh Length	39.299	1.856	42.497	6.306	2.7*
5	Lower Leg Length	40.823	1.647	42.24	1.74	4.90
6	Total arm Length	68.213	5.701	71.259	2.813	2.685
7	Fore arm Length	25.281	1.421	25.623	1.159	6.212*

Significant at 5%

Table 2 clearly shows that means and standard deviations of female at Cricket and Hockey players. The difference in mean scores of leg length, thigh length, lower leg length, total arm length, fore arm length, hand length and hand width are found significant at 1 % . It shows that Hockey players are more in their measurements than those of Cricket players. Whereas other variables i.e. height, trunk, length, upper arm length and foot length are not found significant.

 TABLE 3 COMPARISONS OF GIRTH MEASUREMENTS OF FEMALE HOCKEY
 AND CRICKET PLAYERS (N-100)

Grouping		Hockey		Cricket		t-ratio
Sr.No.	Variables	M1	SD1	M2	SD2	
1	Shoulder girth	88.001	2.865	90.346	3.557	4.310*
2	Hip girth	100.217	7.351	84.101	4.623	3.745*
3	Thigh girth	41.279	2.436	50.389	13.321	5.587*
4	Calf girth	29.869	1.035	32.65	5.245	4.358*
5	Arm girth	22.231	0.691	23.646	2.646	4.295*
6	Wrist girth	12.631	0.455	14.507	2.827	5.517*

Significant at 5%

Table 3, it is clear that the mean scores of girth measurements i.e. shoulder, hip, thigh, calf, arm and wrist of female Hockey players are more than those of Cricket players. The differences in mean scores are significant at 1 % .

TABLE 4 COMPARISONS OF DIAMETERS MEASUREMENTS OF FEMALE
HOCKEY AND CRICKET PLAYERS (N-100)

Grouping		Hockey		Cricket		t-ratio
Sr.No.	Variables	M1	SD1	M2	SD2	
1	Shoulder	32.049	9.332	34.296	1.44	1.992
2	Wrist	6.12	0.507	6.494	0.396	5.342*
3	Hip	28.274	1.473	29.69	1	1.939
4	Knee	7.743	0.69	6.321	0.551	4.136*
5	Ankle	6.793	0.474	4.886	0.54	1.073

Significant at 5%

CONCLUSION:

The consequence of the study, it is watched that the Cardiovascular Efficiency variables i.e. nervousness is discovered more female Hockey and Cricket players and the distinction in means are Statistically critical. It recommends that elite gathering have less of tension than those of low execution bunch since they have more focused development and part of involvement in the field of amusements and games. The of inspiration and conformity is discovered more in Hockey players than those of Cricket female players and contrasts in their methods are factually huge. It is likewise seen from the study that tallness, trunk length, upper a safe distance and foot length of Hockey and Cricket players are equivalent and the distinctions in mean scores are statistically unimportant. The lower furthest point length of Hockey players i.e. leg length, thigh length, lower leg length are observed to be longer than those of Cricket female players and their disparities are Statistically centrality. The furthest point i.e. absolute a safe distance, for a safe distance, hand length and hand width of Hockey players are discovered more than those of Cricket female Hockey players and their disparities are measurably critical. The size estimations

i.e. shoulder, hip, thigh, calf, arm and wrist bigness of Hockey female players have been observed to be bigger than those of Cricket female players and their disparities in means are measurably huge. From the outcomes, obviously shoulder, wrist and knee distance across of Hockey female players are observed to be more than those of the Cricket female players and the distinctions in mean are measurably critical. Different variables i.e. hip and lower leg breadth of Hockey and Cricket female players are discovered comparative qualities and contrasts in their mean scores are irrelevant. The skinfold estimations i.e. biceps, ticeps, sub-scapular, suprailiac, thigh and calf skinfold of Cricket female players have more thickness than these Hockey players and the distinctions are measurably critical. More thickness of these variables at Cricket is because of absence of physical exercises and great nourishing eating routine. Additional calories taken by females collect as fat in body. Body structure i.e. Fat percent of Cricket female players are observed to be more than those of Hockey female players and distinction in mean scores are measurably critical. Different variables i.e. body thickness, fat weight and incline body mass of both gatherings are discovered comparative qualities and contrasts are measurably inconsequential.

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