

A STUDY ON FITNESS SCORE OF DIFFERENT GAMES

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ABSTRACT

The present study was undertaken with the objective to study Physical Profile of Indoor games and Outdoor games players. The sample comprised of 120 players (60 Outdoor and Indoor game players of Inter Collegiate level and 60 Outdoor and Indoor game players of Inter University level). Height was found almost similar at both levels and among both the groups. It was concluded that the endurance of outdoor players at Inter University level was found to be better as compared to other group and Sports competition anxiety of players was found to be unaffected by group and level of players.

Keywords: Fitness, Scores and Games.

INTRODUCTION:

Every individual is concerned with profile from the cradle to the grave. The life span can be lengthened if we acquire a little knowledge of how we can maintain it. So it is important to understand the meaning of profile. The word 'Health' first appeared in English language approximately the year 1000 A.D. as a means of referring to the quality of soundness and wholeness of body in a very broad sense.

OBJECTIVES:

- (1) To study psychological profile of Inter Collegiate Outdoor games players
- (2) To study psychological profile of Inter University Indoor games players.

METHODOLOGY:

It consisted of 120 Players (60 outdoor and 60 Indoor players) Outdoor and Indoor players were selected from University and the Colleges Rajasthan. Players participated at inter college level

and inter University level were included the sample. All the subjects were contacted by the investigator at their college. Adequate rapport was established with each subject before initiating the administration of Psychological and Physical tests. The data was collected in accordance with convenience and interest of the subjects in order to maintain the level of motivation.

Scoring of Psychological test was done as per the instructions provided in the manual.

INSTRUMENTS USED

The present investigation included the following tests/tools.

S.No.	PSYCHOLOGICAL TESTS/TOOLS	DEVELOPED BY	YEAR
1.	Achievement motive test (ACMT)	Bhargave, V.P.	1994
2.	Self-concept Questionnaire (SCQ)	Saraswat, R.K.	1984
3.	P.G.I. Profile Questionnaire (N-1)	Verma, S.K. & Wig, N.N. Pershad, D.	1985
4.	Hindi version of H.J. Eysenck's (MPI)	Jolota, S. and Kapoor S.D.	1959
5.	Sports competition Anxiety test (SCAT Questionnaire)	Martens, R. Adapted by Singh, A	1977

Showing Experimental Design (Factorial Design 2x2)

SAMPLE	INTER COLLEGE	INTER UNIVERSITY	TOTAL
I.D.G.P.	30	30	60
O.D.G.P.	30	30	60
TOTAL	60	60	120

Experimental Design:- 2X2 Factorial design was used in the present study. The variables selected for the study were as under:-

I.C.L.P. :- Inter College Level Players.

I.U.L.P. :- Inter University Level Players.

I.D.G.P. :- Indoor Games Players.

O.D.G.P. :- Outdoor Games Players.

Physical Profiles

- Pulse Rate:-..
- :- Weight.
- :- Height.
- :- Endurance.

Mental Profiles

- :- Achievement motive
- :- Self-concept.
- :- Psycho-Physical Profiles
- :- Neuroticism
- :- Sports competition Anxiety

FINDINGS AND INTERPRETATION:

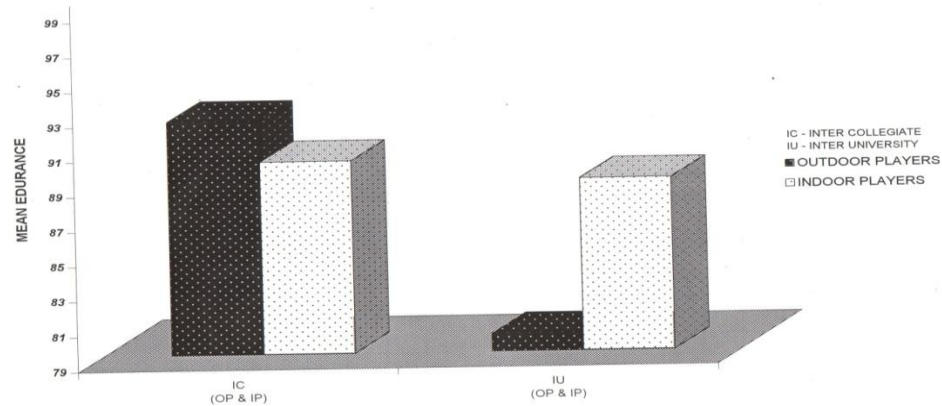
TABLE OF MEANS

INDOOR/OUTDOOR PLAYERS AND MEAN ENDURANCE

Group	Range	Mean	S.D.	S.E.	C.V. %
ICOP	80-100	92.333	4.866	0.888	5.270
ICIP	80-100	90.000	4.734	0.864	5.260
IUIP	65-95	80.000	9.377	1.712	11.721
IUOP	30-100	88.833	13.938	2.545	15.691

It is clear from above table that the mean difference in the case of inter collegiate players was not found significant between indoor and outdoor players. similarly the difference was not found significant in the case of inter university level players. (Fig.A4)

FIG. 4: ENDURANCE OF INDOR / OUT DOOR GAMES PLAYERS



B:

PSYCHOLOGICAL PROFILE:

TABLE-B-1

SPORTS COMPETITION ANXIETY OF
INDOOR AND OUTDOOR GAMES PLAYERS

SOURCE	S.S.	D.F.	M.S.	F Cal
Groups	151.09	3	50.364	4.957**
Error	1178.50	116	10.159	
Total	1329.59	119		

ANOVA was found significant at.01 level. (Table B1)

TABLE OF MEANS

INDOOR/OUTDOOR

PLAYERS

AND

MEAN SPORTS COMPETITION ANXIETY.

Group	Range	Mean	S.D.	S.E.	C.V. %
ICOP	7.23	16.967	3.275	0.598	19.300
ICIP	14.25	18.833	2.666	0.487	14.157
IUIP	2.24	18.333	4.318	0.788	23.552
IUOP	16.25	20.100	2.040	0.372	10.150

It is clear from above table that the mean difference in the case of inter collegiate players was not found significant between indoor and outdoor players. similarly the difference was not found significant in the case of inter university level players. (Fig.B1)

FIG. B1: SPORTS COMPETITION ANXIETY OF INDOR / OUT DOOR GAMES PLAYERS

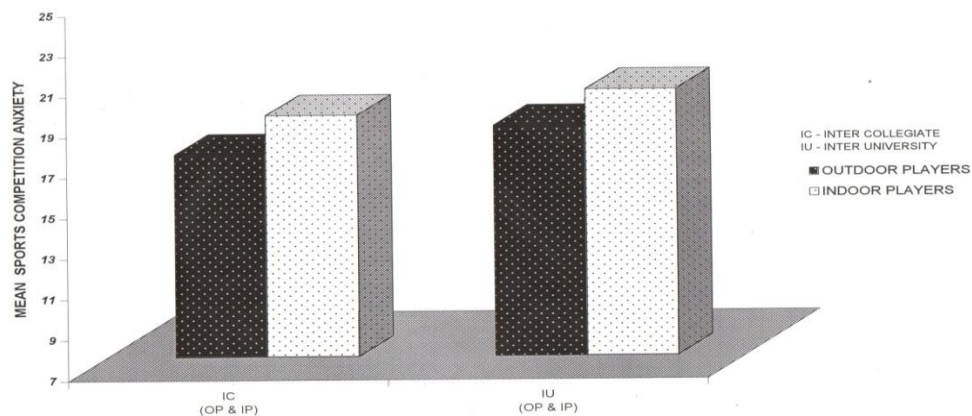


TABLE-B-2

SELF CONCEPT OF INDOOR AND OUTDOOR GAMES PLAYERS

SOURCE	S.S.	D.F.	M.S.	F Cal
Groups	506.29	3	168.764	0.946 (NS)
Error	20699.70	116	178.446	
Total	21205.99	119		

The perusal of above table indicates that analysis of was not found significant variance.

TABLE OF MEANS

OUTDOOR AND INDOOR PLAYERS AND MEAN SELF CONCEPT

Group	Range	Mean	S.D.	S.E.	C.V. %
ICOP	120-195	158.233	20.581	3.798	13.007
ICIP	142-170	157.167	7.042	1.286	4.481
IUIP	15-175	162.600	7.054	1.288	4.339
IUOP	129-188	159.967	13.815	2.522	8.639

It is clear from above table that the mean difference in the case of inter collegiate players was not found significant between indoor and outdoor players. However the difference was not found significant in the case of inter university level players. (Fig.B2)

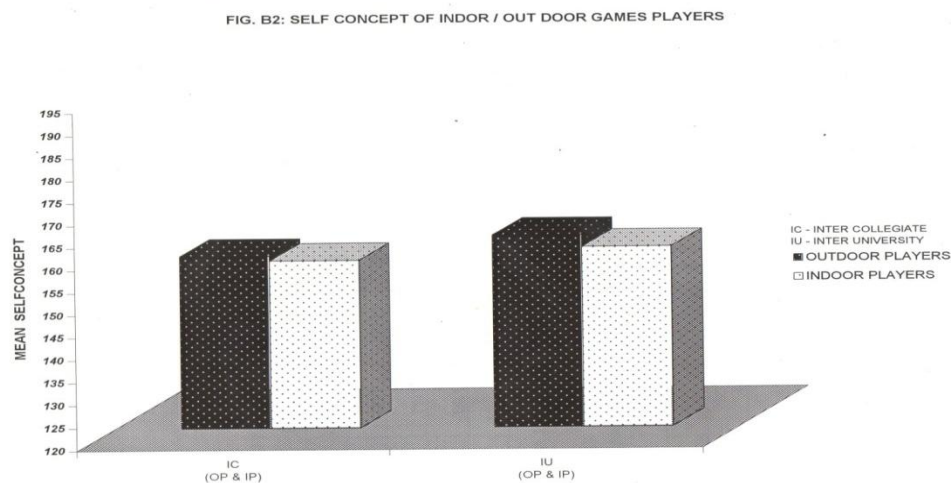


TABLE-B-3

ACHIEVEMENT MOTIVE OF INDOOR AND OUTDOOR GAMES PLAYERS

SOURCE	S.S.	D.F.	M.S.	F Cal
Groups	619.49	3	206.497	8.220
Error	2914.10	116	25.122	**
Total	3533.59	119		

That ANOVA was in the case of achievement motive, ANOVA was found significant at 0.1 level

CONCLUSIONS:

1. Sports competition anxiety of players was found to be unaffected by group and level of players.
2. Self-concept of Indoor Inter University players was found to be better as compared to the players of other group.
3. Indoor players at Inter Collegiate level were found to have more Achievement motive than Outdoor players. However such difference was not observed at the Inter University level players.
4. Psycho-Physical Profile of players was found to be unaffected by the nature or level the game.
5. Personality (Neuroticism) of players was found to be unaffected by group or level of the players.

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