

# **A COMPARATIVE STUDY OF AGILITY AMONG STATE LEVEL HANDBALL PLAYERS AND NATIONAL LEVEL HANDBALL PLAYERS.**

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## **Abstract-**

In the present study would assess the physical fitness variable differences such as agility among state level handball players and national level handball players in Haryana. The total number of subjects for this study were 200 Handball Players. (100 state level handball players and 100 national level handball players). The data for this proposed study were collected from coaching camps and various training centers in Haryana. 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. State level handball players and national level handball players agility was found significantly Difference.

**Keywords-** Agility, state level handball players, national level handball players.

## **Introduction**

The sports play a vital role in contemporary society in terms of awareness about health and fitness, entertainment, profession, money etc. The values of physical fitness and health awareness programmes are becoming noticeable as more and more peoples are participating in these events and the scientific proofs revealed that the benefits of these activities are accumulated. The participation in daily physical exercises results in perfect growth and development of health of an individual. Physical activities improve cardiovascular endurance, muscular strength, speed, coordination and agility, which are the basis for all physical works which can be performed by an individual. The Department of Health and Human Services of

America defines physical fitness as “a set of attributes that people have or achieve that relates to the ability to perform physical activity.” The present scenario of competitive sports is being portrayed by professionalism at the different levels of competitions. The desires of the athletes for earning fame and wealth is the contributing factor of the professionalism. Scientific preparations of the sportspersons for the competitions play a vital role in the enhancement of the performances. To display the upper hand against the opponent the researchers and coaches develop their techniques and strategies. The frequent breaking of national and international records was possible by these technological and tactical advancements in the sports field. The scientific examinations in the performance by the athletes are playing an imperative role in evaluating the success. The popularity and the place of prominence of sports and games are in fastest pace which it has gained from past decades by the hard works of sportspersons, coaches, researchers, media, organizers etc.

## Method

For the purpose of the investigation, the sample for the total number of subjects for this study were 200 Handball Players. (100 state level handball players and 100 national level handball players). The data for this proposed study were collected from coaching camps and various training centers in Haryana. To test the agility of the subjects, they were divided into two groups i.e. State level handball players and National level handball players to perform according to AAHPER Youth Fitness Test to increase their physical fitness variables. Agility was measured of every individual with the help of AAHPER Youth Fitness test i.e. Shuttle Run.

To examine the hypothesis of the study that there will be significant difference in the agility of national level handball players and state level handball players, descriptive statistics and t-test analysis was employed for the present data.

## DESCRIPTIVE STATISTICS OF AGILITY

Table no.1 indicates the values of descriptive statistics of the national level handball players and state level handball players for agility, which shows that the mean and S.D. values of national level handball players and state level handball players were 9.89 & 0.36 and 10.02 &

0.39 respectively. S.E.M values of the national level handball players and state level handball players were found to be 0.026 and 0.027 respectively.

**Table No. 1**

**Descriptive statistics of national level handball players and state level handball players (in seconds)**

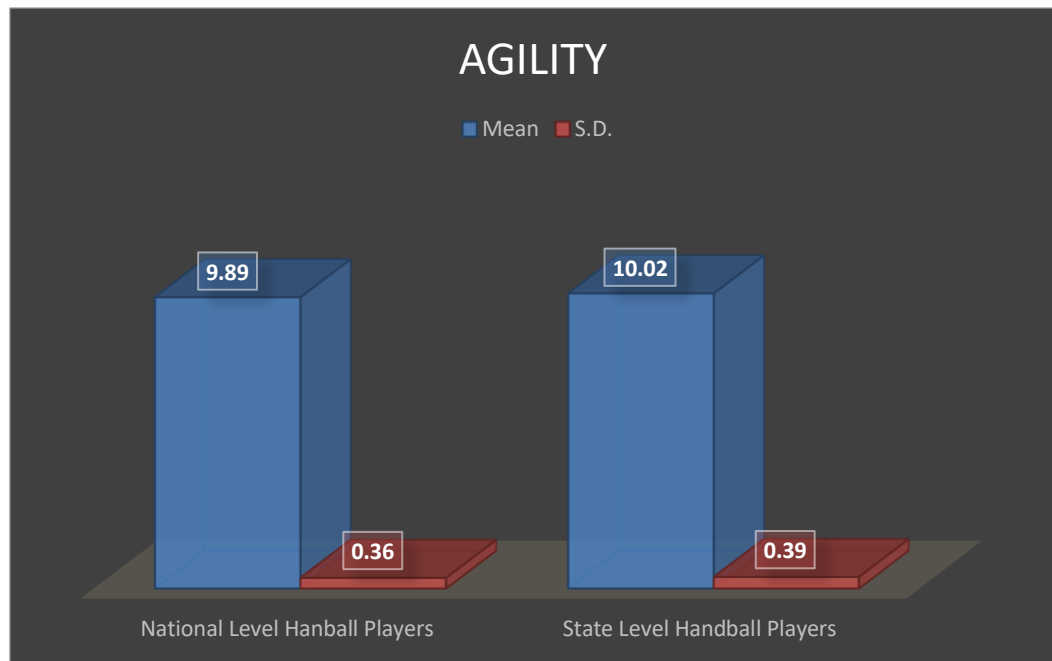
Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
Agility	National Level Handball Players	100	9.89	0.36	.026
	State Level Handball Players	100	10.02	0.39	.027

**Table No. 2**

**T-test description of national level handball players and state level handball players Agility**

Variable	Groups	df	t-value	Sig.
Agility	national level handball players -state level handball players	198	1.84	0.03

The t-test value of agility of national level handball players and state level handball players is shown in table no. 2 As shown in the table the national level handball players were significantly difference of agility ( $t=1.84$ ,  $p<0.05$ ) than the state level handball players. There was significant difference in physical fitness variable agility between national level handball players and state level handball players.



**Figure No. 1: Bar diagram showing the mean value of agility between national level handball players and state level handball players**

## Conclusion

In the present study it was concluded that national level handball players were significantly higher agility than the state level handball players

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