

A Comparative study of Physical Fitness between Inter School Level Boxing and Taekwondo players of Chandigarh

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Abstract

Physical fitness is the capacity of heart, blood vessels, lungs and muscles to function at optimum efficiency. The purpose of this study was to compare the physical fitness of Inter School Level Boxing and Taekwondo players of Chandigarh. The research was a descriptive comparative method. A total of 70 samples (35 Boxing players & 35 Taekwondo players) were selected randomly from the Secondary Schools of Chandigarh. The criterion measures adopted for this study were Flexibility, muscular strength and Endurance, and speed. The data collection tools used in the study were sit& reach, Sit Ups, 50 yard dash. Data of Physical Fitness Components between Boxing and Tawkawando players waere compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis. The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 yard dash there was significant difference between boxing and taekawando players. The results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed Boxing Players were found to be better than Taekwondo Players. Finally the researcher concluded that the Boxing Players were more fit as compare to taekwondo players.

KEYWORDS: Physical fitness, boxing players, taekwondo Players.

Introduction

Fitness concepts in elementary physical education center on children's understanding of fitness as good health, and a working knowledge of activities that promote a healthy level of fitness. However, with increased leisure time, and changes in life styles wrought by the industrial revolution, which took a large proportion of the population away from farm life and into more urban areas, this definition is no longer considered comprehensive enough. The definition for physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, not only at a set point in time, but at various ages and stages within a person's life cycle. The key is in finding optimum health within the limits of one's lifestyle, in order to be able to resist hypo kinetic diseases. The purpose of this study was to compare the physical fitness of Boxing and Taekwondo Players of Chandigarh.

Material and Methods

The research was a descriptive comparative method. A total of 70 samples (35 Boxing players & 35 Taekwondo players) were selected randomly from the Secondary Schools of Chandigarh. The criterion measures adopted for this study were Flexibility, muscular strength and Endurance, and speed. The data collection tools used in the study were sit & reach, Sit Ups, 50 yard dash. Data of Physical Fitness Components between Boxing and Taekwondo players was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis.

Results

Table No.1
Descriptive statistics of Sit-ups, Sit & reach and Speed between Boxing and Taekwondo Players

Variables	Boxing Players				Taekwondo Players			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Sit-ups	35	37.34	2.80	0.47	35	36.23	1.47	0.25
Sit & reach	35	15.37	1.47	0.25	35	14.91	1.47	0.25
Speed	35	9.526	0.41	0.07	35	9.834	0.63	0.11

Table no 1 shows the descriptive statistics of Sit-ups, Sit & reach and Speed between Boxing and Taekwondo players (In the table N means number of subjects)

Table No. 2
Independent sample 't' test of Sit-ups, Sit & reach and speed

Physical fitness variables	't' value	df	Sig. (2-tailed)	Mean Difference
Sit-ups	2.09	68	0.042	1.11400
Sit & reach	1.32	68	0.005	.46500
Speed	2.41	68	0.019	0.308300

From the table no. 2, the results of this study revealed that in all the selected physical fitness components such as Sit-ups, Sit & reach and Speed there is significant difference between boxing and Taekwondo players of Secondary Schools of Chandigarh.

Discussion of Findings

The researcher analyzed the collected data as per the objectives set for the research study. The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 m dash there was significant difference between boxing and taekwondo players of Secondary Schools of Chandigarh. The results of descriptive statistics have indicated that the mean scores in sit-ups, sit and reach and speed in case of boxing Players were found (37.34 ± 2.80 , 15.37 ± 1.47 , 9.52 ± 0.41) respectively while in case of taekwondo Players the mean were found (36.22 ± 0.383 , 9.83 ± 0.17 , 14.90 ± 0.24) respectively.

Conclusion

In the present the results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed boxing players were found to be better than to taekwondo players. Finally the researcher concluded that the Boxing players were more fit as compare to taekwondo players. This clearly shows that Boxing players are more fit as compare to taekwondo players.

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