Random Comparative Study on Motor Ability between Male Siddi Students and other Male Students

Sunil Ankolekar[a], Sandeepa[b]

[ab]Lecturer, Department of Physical Education, Mangalore University, Konaje, Karnataka, India

Abstract

The study was to conduct Random comparative study on motor ability between male siddi students and other male students. The study was limited to school boys between the ages of 14-16 years. Data collected from 50 siddi students and 50 other students by conducting Oregon motor ability test. Students choose from uttarakannada district of Karnataka state. Significance of the study is siddi students have more motor ability than other students and are considered strong. This study can be very analyze the assumption and test various other skills of these students.

KEYWORDS: Motor ability, High school students, T-Value.

INTRODUCTION

Fitness can be described as a condition that helps us look feel and our best.Fitness in corporate physical and mental health as well as emotional satisfaction and self-awareness. It also includes nutrition education for maintaining healthy body composition. Physical education program should be foundation for fitness education, on which influence in students lives can build i,e. promotion of healthful habits in students.

Muscular strength is the greatest amount of force a muscle or muscle group can exert in a single effort. Speed and force must in this instance be combined for effective performance. Muscular endurance is the ability of a muscle or muscle group to perform repeated movements with a sub maximal force for extended periods of time. Flexibility is the ability to move the joints(for example elbow, knee) or motion to bend, stretch, twist and turn. Body composition is the amount of body fat an athlete has in comparison to their total body mass or it is the ration of body fat to learn body tissue. Excessive body fat is dangerous.

Balance is the ability to maintain equilibrium and body position whether moving or stationary some of the activities like gymnastics, tumbling etc require high degree of balance.

Power is the ability to generate maximum force quickly. Power is the product of strength and speed and shot putting, standing broad jump requires power.

Speed is the ability to perform a movement in the shortest possible time. It is essential in most sports related movement.

Strengthening abdominal and lower back muscles can help to prevent low back pain and it can also reduce discomfort and also be able to avoid back surgery.

Regular exercise improves brain function, which helps prevent dementia and Alzheimer's disease. Both aerobic exercise and weight lifting strengthen the immune system. People who exercise regularly fall asleep faster and wake up less often during the night than people who are sedentary. Many common health problems are the result of a sedentary lifestyle and they can be minimized or prevented by improving physical fitness.

Studies examining the relationship between physical activity abdominal fat suggest that those who are more active are less likely to deposit fat in the abdominal area. Physical activity is thus a key element in the prevention and treatment of both chronic disease and obesity. Current recommendation state that adults should strive for at least 30 minutes daily of moderate intensity physical activity. Walking briskly or biking for pleasure or transportation, swimming, engaging in sports and games, participating in physical education, and doing tasks in the home and garden may all contribute to accumulated physical activity.

Siddies are people of African Negroes stock who settled in India from ancient times.

Concentrated settlements of the Siddies are found mainly in the Western Ghats of the North Canada district and also in some parts of Belgaum and Dharwad district of Karnataka state. Siddies in Karnataka are mostly found in Ankola, haliyal, mundgod sirsi, is respectively simple type, based usually upon sex, age and such occupational differences. Men and women are kept apart from each other in domestic, agricultural, religious and political spheres of life. Similarly children cannot participate in adults group and therefore age divisions are recognized.

The siddies are generally well built, sturdy, tall or short with a medium to strong physique.

STATEMENT OF THE PROBLEM

Purpose of the study was to conduct comparative study on motor ability between male siddies and other students.

LIMITATION OF THE STUDY

- Study was limited to boys only.
- Study was limited to those who get into school.
- Study was limited to students of selected school.
-

HYPOTHIESIS OF TEH STUDY

It was hypothesized that motor ability of other students may be higher than siddies students.

SIGNIFICANCE OF THE STUDY

Siddies students have more motor ability than other students and are considered strong. This study can be very useful to analyze the assumption and test various other skills of these students.

METHODOLOGY

The purpose of the present study was to find out the motor ability of the siddies and other students, age ranging from13-16 years.

SELECTION OF SUBJECT:

For the concerned study the research has taken each 50 siddies and other students of UttarKannada district.

SELECTION OF VARIABLES

Data collected from the siddies boys and other boys by conducting motor ability test by using Oregon motor ability test. The variables are selected for the concerned study was based on the Oregon motor ability test.

1. Shuttle run
2. Standing broad jump
3. Sit and reach
4. Push up

TEST ADMINISTRATION:

The following variables have been selected from Oregon motor ability test.

1. SHUTTLE RUN:

Two blocks of wood 2 by 2 by 4 inches are used. The pupils wear sneakers or run barefooted. Two race paroled lines are marked on the floor 30 feet apart. The blocks are placed behind one of the lines.

The subjects start from behind the other, or starting line. The consist of running to the blocks and bringing them back to the starting line one at a time and placing them behind the starting line. Two trills are allowed, with some rest between records. The time of the two trills to the nearest tenth of a second. Closest heel position if the pupils falls back he should retake the test. The best of three is recorded.

2. Standing broad jump

A tale of line is drawn on the floor,ground or mat. At a distance all can jump but at an even number of feet for convenience, a second line is drawn additional parallel lines two inches apart are drawn to a point. Exceeding the farthest jump anticipated. The boy takes a position with toes just touching the takeoff line, feet slightly apart, talking off from both feet simultaneously, he jumps as far as possible ,landing on both feet in jumping the crouches slightly and swing the arms to aid the jump. Score is the distance to the nearest inch from takeoff line to the closest heel positions if the pupil falls back he should retake the test. The best of three trails is recorded.

3. PUSHUPS:

The boy takes a front learning rest position with body supported on hands balls of feet the arms straight and at right angles to the body he then dips or lowers the body so that the chest touches or nearly touches the floor, then touches back to the starting position by straightening the arms and repeats the procedure as many times as possible. In performing floor pushups only the chest should touch the floor the arms must be straight with each push up the body must be held straight throughout scoring consist of the number of correct pushups.

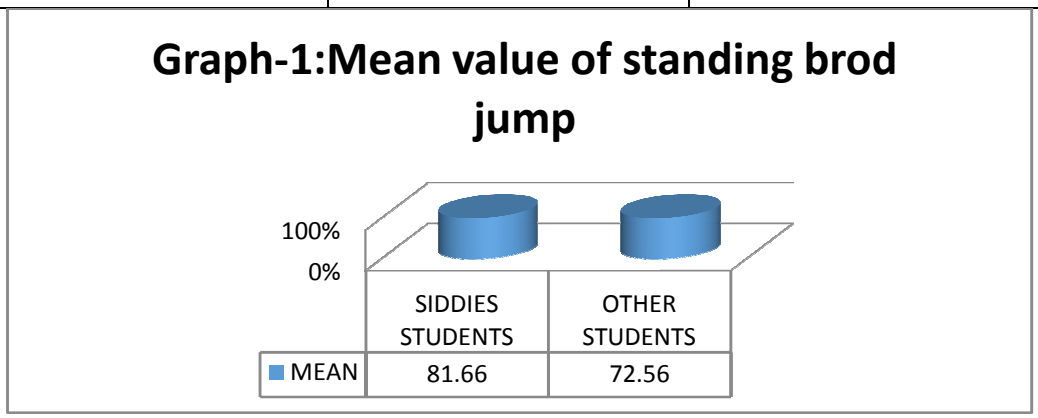
4. SIT AND REACH:

This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the bow. Both knees

should be locked and pressed flat to the floor-the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at one-two seconds while the distance is recorded.

Table 1:Shows the mean value of the siddies students and other students standing broad jump

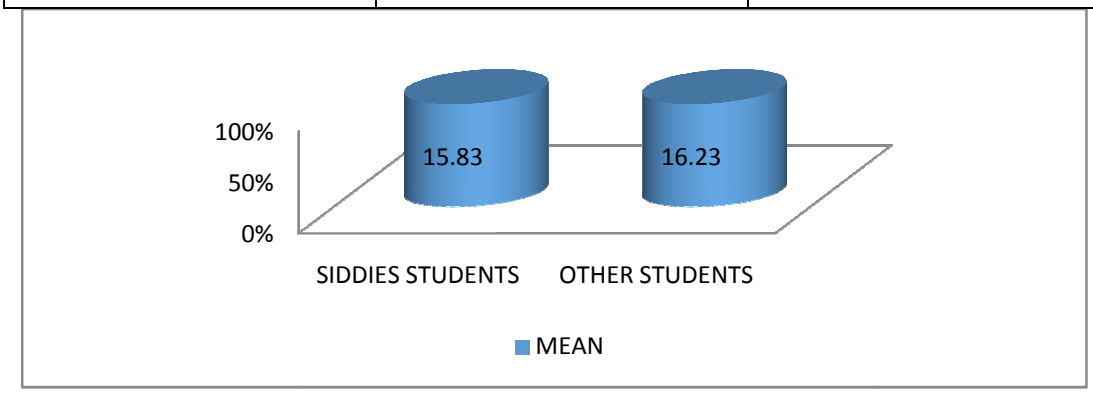
STANDING BROAD JUMP		
STATISTICAL VALUE	SIDDIES STUDENTS	OTHER STUDENTS
MEAN	81.66	72.56



Above the table shows that mean, standard deviation and t-value on standing broad jump performance of siddies and others groups.Mean value of siddies is 81.66cm is higher than the mean value of others is 72.56cm. Standard deviation of siddies is 7.639cm also lesser than the others is 10.080cm. The calculated t-value is 8.729cm is greater than the table value @0.05 level of significance for df 98 is 1,980. Hence null hypothesis is rejected. Hence we can conclude that there is significance difference on standing broad jump performance among siddies and others. Even we can conclude from the result siddies are having greater legs explosive performance than the others.

Table 2: Shows the mean value of the siddies students and other students shuttle run

SHUTTLE RUN		
STATISTICAL VALUE	SIDDIES STUDENTS	OTHER STUDENTS
MEAN	15.83	16.23

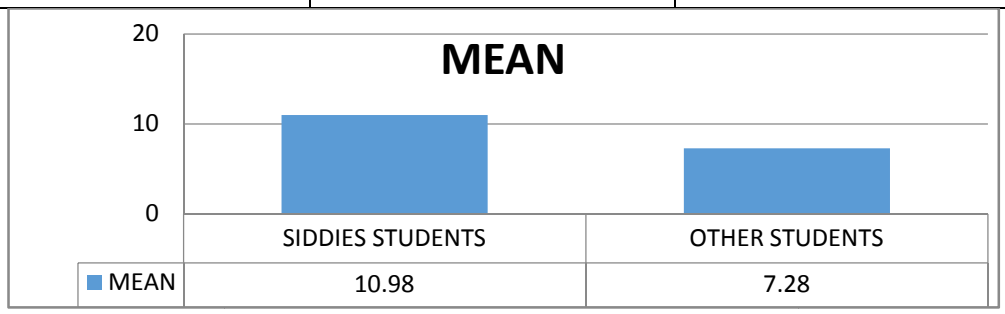


Above table shows that mean, standers deviation and t-value of shuttle run performance of siddies and other students. Mean value of siddies is 15.83 is less than the mean value of other students is 16.23. While standard deviation of siddies 0,751 is less than the other students that is 1.049. Calculated t-value 0.015 is less than the table value @0.05 level of significance for df 98. Hence null hypothesis is accepted.

Hence we can conclude that there is no significance difference on shuttle run performance among siddies and others.

Table 3:Shows the mean value of the siddies students and other students push ups

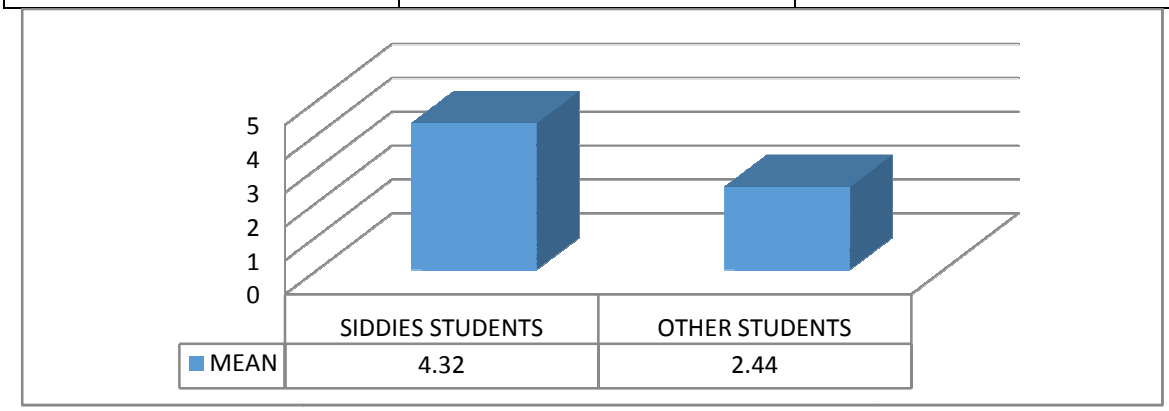
PUSH UPS		
STATISTICAL VALUE	SIDDIES STUDENTS	OTHER STUDENTS
MEAN	10.98	7.28



Above table shows that mean, standard deviation ans t-value on pushups performance of siddies and others groups. Mean value of siddies is 10.98 is higher than the mean value of others is 7.28. Standard deviation of siddies is 6.374 also greater than the others is 5.019. The calculated t-value is 0.001 is less when compared to the table value is 1.980@0.05 level of significance for df 98. Hence null hypothesis is accepted. Hence we can conclude that there is no significance difference on pushups performance among siddies and others. It says that siddies and others are equal in respect to push ups performance.

Table 4:Shows the mean value of the siddies students and other students shuttle run

SIT AND REACH		
STATISTICAL VALUE	SIDDIES STUDENTS	OTHER STUDENTS
MEAN	4.32	2.44



Above the table shows that mean, standard deviation and t-value on push up performance of siddies and others groups. Mean value of siddies 4.32 is higher than the

mean value of others is 2.44. Standard deviation of siddies 1.984 is also less when compared to the others is 2.011. The calculated t-value is 4.171 is high when compared to the table value is1.980@0.05 level of significance for df 98. Hence null hypothesis is rejected. Hence we can conclude that there is significance difference on sit and reach performance among siddies and others. It says that siddies are having greater flexibility than the others in respect to shuttle and reach performance.

The data analysis of Oregon motor ability performance shows that siddies students have a good motor ability - strength, speed, co-ordination, explosive power, flexibility compare to other students.

CONCLUSION

Motor and physiological test are analyses are discussed hear it was considered that through the siddies and others students showed superior performance in many motor ability and physiological components they still needed regular practice hard work and professional determination and deviation to improve strength, flexibility, co-ordination, speed, explosive power in order to attain the perfect level.

On the basis of the data analysis the researcher in confident of arriving at certain conclusion based on the result of the studies, they are:

- The strength of siddies high school students is better than other high school students.
- The flexibility of siddies high school students was good compare to other high school students.
- Speed and agility of siddies students also batter than other high school students.
- The other students should be improve the motor ability performance by regular practice and seriously.
- The teacher can conduct the fitness test for the development of motor ability performance of the high school students.

Similarly this study can be conducted to identify the motor ability of high school students for the selection of students for sports and games. There was no significance mean difference in siddies and other students of high school.

BIBLIOGRAPHY

1. Ali.S.S(1988)”India and Mozambique-Past and Present” Puranhilekhpuratatva, 6(1),pp6
2. Bhattacharya.D.K(1970)”Indians of African Origin” Chiers D’Etudes Africanines Mounton and Co,pp 579-582
3. Population of north canara;6(1),pp 53-66
4. Enthoven.R.E(1922) “The tribes and castes of Bombay, Macmillan and co.Ltd,Government of Bombay,Vol.3,pp332-336
5. Madras Government Press pp236-245
6. Shirodkar.P.D(1985) “Slavery in Costal India”Purabhilekhpuratatva,3(1),pp27-43