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Address
- Vikram Nagar, Boudhi Chouk, Latur.
- Tq. Latur, Dis. Latur 413512 (MS.)
- (+91) 9922455749, (+91) 8999250451

Email
- aiirjpramod@gmail.com
- aayushijournal@gmail.com

Website
- www.aiirjournal.com

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# A Compaarative Stydy on Psychomotor Abilities Between High School Basket Ball And Hand Ball Players Of Hyderabad Karnataka Region

**Dr.N.G.Kannur**
Principal,
University College of Physical Education
Gulbarga University Kalaburgi.

**Suresh B.Sangolgi**
Ph.D Research Scholar,
University College of Physical Education,
Gulbarga University Kalaburgi.

## Inroduction

Sports are conceived as a psycho – physical phenomenon in the modern times. When one analyses the sports – skills all most all motor movements are found to be backed by one or the other psychological factor. Since sport is so visible and influential, psycho motor abilities aerie receiving considerable attention with an incising number of individuals wishing to be involved in their exploration. Psychomotor abilities are skills such as hand – eye coordination, balance and recreation time that arise from a unity of cognitive and physical function. All healthy people develop some psychomotor abilities during the course of early development, and many people choose to develop those abilities further for work athletics or other activities.

Proficiency in any sport requires an ideal integration of numerous abilities developed to an ideal degree. However performance measures of these abilities do vary from activity to activity. Fleishman identified the dimensions underlying the human performance into their physical proficiency (fitness) area and the psychomotor area. The factors of strength, power, stamina, flexibility, coordination and balance constituted proficiency whereas reaction –time, speed of movement, arm hand steadiness, visual perception manual dexterity and rate control were the abilities consider under psychomotor domain. There for the aim of this work was to find out the deferens in the psychomotor abilities of high school basket ball and hand ball players of Hyderabad Karnataka region

## Objectives of The Study:

1. To find out the level of psychomotor abilities among 8th to 10th standard high school basket ball and hand ball players of Hyderabad Karnataka region
2. To assess the significant differences of selected psycho motor abilities between 8th to 10th standard high school basket ball and hand ball players of Hyderabad Karnataka region

## Hypotheses of the Study:

- There would be better level of psychomotor abilities among 8th to 10th standard high school basket ball and hand ball players of Hyderabad Karnataka region
- There may be significance difference of selected psychomotor abilities between 8th to 10th standard high school basket ball and hand ball players of Hyderabad Karnataka region

## Review of Related Litrature

**Pradip kumar Paul (2013),** in this study an attempt has been made4 to find out the comparative changes on leg length and leg explosive strength of 12 to 16 years boys. The subjects of the present study were selected randomly from the school, of Naihati Narendra vidyaniketan , 24 pgs (N), WB . Thirty students of each age group'si.e; 150 bous students were randomly selected for this purpose. The criteria measured in this article were leg length and leg explosive strength. The data on on the leg length and leg explosive

strength were analyzed by applying ANOVA to find out significant differences if any among the five age groups. Significant results were found in leg length and les explosive strength.
**Keyword** – leg length and leg explosive strength, height & weight, 12-16 years
**Akram esfshankalati and c. venkatesh (2013),** The purpose of the study to determine the relationship between psychomotor variables and performance in elite female hand ball players. 120 hand ball players (* age 18 to 25 years, height 166.76 ± 3.89cm and weight 64.45± 4.15kg; mean + SD) participated in this study. The result of this study showed significant correlation between elite female hand ball players performance and flexibility (r = .250 p and explosive power ( r = -.295,p<.001). there was a significant correlation between psychomotor abilities and performance in elite female handball players.
**Keyword –** psychomotor variables, performance and handball players.

**Sample Selection;**

To achieve the purpose of the study a group of 360 (N=360) boys subject aged between 13 to 16 years , how participated in the district level basket ball and hand ball competitions will be selected on the random sample method from six districts high schools of Hyderabad Karnataka region.

**Sample Design:**

| DISTRICTS | BASKET BALL PLAERS | HAND BALL PLARES | TOTAL |
|---|---|---|---|
| Kalaburgi | 30 | 30 | 60 |
| Ballary | 30 | 30 | 60 |
| Raichur | 30 | 30 | 60 |
| Yadgiri | 30 | 30 | 60 |
| Bidar | 30 | 30 | 60 |
| Koppal | 30 | 30 | 60 |
| Grand Total | 180 | 180 | 360 |

**Collection Data:** The data is collected from total 360 samples (180 basket ball and 180 hand ball players ) from six district of Hyderabad Karnataka region on the basis of tests, 50 Meter Dash, Push-Up , Illinois Agility test, Stork balance, 800 Meter Run Test

**Selection of Tests and Variables**

The selected psychomotor abilities between high school and their respective tests to be administered are presented in table.

| Sr.No. | Variables | Test |
|---|---|---|
| 1 | 50 meter dash | Stop watch |
| 2 | Push-ups | Number of counts |
| 3 | Illionis agiity test | Stop watch |
| 4 | Stork balance stand test | Stop watch |
| 5 | 800 meter run test | Stop watch |

In the present study standard equipments such as, stop watch, measuring tape, apparatus which are available in the department of physical education, Gulbarga University, Kalaburgi were used.

**50 Meter Dash Test** : The aim of this test is to determine acceleration and speed, Equipment required measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 50meters. **Scoring:** The test involves running a single maximum sprint over 50 meters, with the time recorded.

**Push –Up Test :** The push up fitness test (also called the press up test) measures upper body strength and endurance. There are many variation of the push up test, such as different placement the hands, how far to dip, the duration of the test and the method of counting the number of completed push-ups. Depending on protocol you use to need floor mat metronome (are audio tape, clapping, drums), stop watch, wall, chair.

**Scoring**

**The best of the two trials was recorded as the test score.**

a) **50 meter dash test :**A 50 meter running used to assess the speed so that subject stands the behind the lane. With start mark and chronometer activation, subject starts running with maximal effort and after passing the finish line, chronometer is stop and time is recorded.
**Scoring:** Subjects run twice and best is recorded as score to centesimal of decimal.

b) **Push –up test :** A standard push up begins with the hands and toes touching the floor the body and legs in a straight line , feet slightly apart, the arms at shoulder width apart, extended and at a right angles to the body. Keeping the back and knees straight , the subject lowers the body to a predetermined point, to touch some other object, are until there is a90-degree angle at the elbows, than returns back to the straight position with the arms extended. This action is repeated, and test continuous until exhaustion, or until they can do no more in rhythm or have reached the target number of push-up.
**Scoring:** record the number of correctly completed

**Analysis of Data and Interpretation of Results**

The analysis of data and interpretation is done based on the stastical results and findings. Further the results are discussed as per the following steps,

1. Analysis of 50 meter dash test among Basket Ball and Hand Ball players of Kalaburgi, Raichur, district of Hyderabad Karnataka region.
2. Analysis of Push –Ups among Basket Ball and Hand Ball players of Kalaburgi, Raichur, and district of Hyderabad Karnataka region.

**Conclusions and Recommendation**

**Conclusion**

1. There is a significance difference in the 50 meter dash test between kalaburgi and Raichur district High school Basket ball players.
2. There is a significance difference in the push-ups between Kalaburgi and Raichur district High school Hand ball players.

**Recommendations:**

1. It is recommended that based on the study results coaches and trainers can prepare scientific training programmers for better performance of Basket ball players and Hand ball players in the Hyderabad Karnataka region
2. The data and results can be utilized by concerned basket ball and hand ball federation / association of Karnataka and India in general for talent identification in Hyderabad

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