

## Comparative study on Speed and Agility differentials between Basketball and Handball Women players

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### ABSTRACT

**Aim:** The idea of the study was to evaluate the speed and agility between basketball and handball players. **Methods:** To accomplish this purpose of the study only sixty players were selected. Among them thirty basketball players and thirty handball players were selected at random from Bishop Kurialacherry College for Women; Amalagri; Kottayam; Kerala. The following variables namely speed and agility was selected as criterion variables. The data were collected from the players on speed and agility by using 50 mts run and shuttle run respectively. **Results:** The independent 't' ratio was used to analyze the significant difference if any between groups. The 0.05 level of confidence was fixed as the level of significance to test the 't' ratio obtained which was considered as an appropriate. **Conclusion:** The results of the study showed that there was a significant difference between basketball and handball players on speed and agility.

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**Key words:** agility. Criterion.

### INTRODUCTION

Sports have a very outstanding role in modern society. It is important to an individual a group, a nation indeed the world. Physical education is an education of through human movement where many of the educational objectives are achieved by means of big muscle activities involving sports, games, gymnastics, dance and exercise. The main aim of modern sports competition is to defect and develop human ability at an early stage of life and channelize it in the right direction to realize the achievement aimed at in a particular game of sports.

According to Dubley Sergent Physical Education should aim to improve the mass of students and to give them as much health, strength and stamina as possible to enable them to perform the duties that awards them after they leave the college.

Cassidy also said in the same strain the Physical Education is the sum of changes in the individual caused by experiences centred in motor activity.

Speed is the ability to execute motor actions, under given conditions, in minimum possible time. It depends much upon factors which are genetically determined. Speed appears in different terms in different sports.

Speed has varied application in the field of sports. A football player needs speed to reach the ball as quickly as possible and to pierce through the defense. On the

other hand a defender needs speed of recovery to guard his goals and even goal keeper needs speed of movement to control the ball as quickly as possible. In the game of hockey a player is most successful when he has springing speed to reach the ball accompanied by speed of movement to dodge his opponent and to change the direction according to the situation.

People all over the World irrespective of caste, creed, race or religion are conscious about the importance of organize fitness in day to day life since time immemorial. In any nation, citizens who keep physiological fitness are the best assets and weak ones are the liabilities. Hence, it is the responsibility of every country to give priority to attain the prime factor in developing human resources, namely, physical fitness.

Fitness is an elusive concept that cannot be defined in a universally acceptable manner in the context of exercise and health. Physical fitness as defined by the World Health Organisation is the ability to perform muscular work satisfactorily. It is generally accepted that physical fitness comprises of cardio-respiratory endurance, muscular strength, muscular endurance and flexibility. It is dependent on several variables including habitual physical activity level, diet, heredity, lifestyle components, environmental conditions, personal, attributes, etc.

## METHODOLOGY

The purpose of the study was to compare the speed and agility between basketball and handball players. To achieve this purpose of the study only sixty players were selected. Among them thirty basketball players and thirty handball players were selected at random from Bishop Kurialacherry College for Women; Amalagri; Kottayam; Kerala.. The following variables namely speed and agility was selected as criterion variables. The data were collected from the players on speed and agility by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference if any between groups. The 0.05 level of confidence was fixed as the level of significance to test the 't' ratio obtained which was considered as an appropriate.

## RESULTS

**TABLE - I**  
**Mean, Standard Deviation and 'T' Ratio Values Between Basketball and Handball Players on Speed**

Group	Mean	Standard Deviation	't' ratio value
Basketball players	7.54	0.108	11.67*
Handball players	7.82	0.069	

\*Significant at .05 level of confidence. (The table values required for significance at .05 level of confidence with df 58 was 2.002)

The table I shows that the mean values on speed for basketball and handball players were 7.54 and 7.82 respectively. The obtained 't' ratio value on speed 11.67 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between basketball and handball players on speed.

**TABLE - II**  
**Mean, Standard Deviation and 'T' Ratio Values between Basketball and Handball Players on Agility**

<b>Group</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>'t' ratio value</b>
<b>Basketball players</b>	11.59	0.12	57.67*
<b>Handball players</b>	14.04	0.20	

\*Significant at .05 level of confidence (The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table II shows that the mean values on agility for basketball and handball players were 11.59 and 14.04 respectively. The obtained 't' ratio value on agility 57.67 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between basketball and handball players on agility.

## **CONCLUSIONS**

Based on the results of the study, the following conditions were drawn.

1. There was a significant difference between basketball and handball players on speed.
2. There was a significant difference between basketball and handball players on agility.

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