A Comparative Study of Motor Educability between Basketball and Football Players

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Abstract- The researcher was selected this study “a comparative study of motor educability between basketball and football players”. A total number of 100 school players (50 basketball & 50 football) are observed for the study. The age group of sample was 10-12 year. The data was collect through the metheny Johnson motor educability test. After the data collection t ratio was use for data analysis. The level of significance set at 0.05 levels. The football players have better motor educability are compare to basketball players of Punjab.

I. INTRODUCTION

1.1 Fitness
Fitness is defined as the quality or state of being fit. Around 1950, perhaps consistent with the Industrial Revolution and the treatise of World War II, the term “fitness” increased in western vernacular by a factor of ten. The modern definition of fitness describes either a person or machine's ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. This has led to an interrelation of human fitness and attractiveness that has mobilized global fitness and fitness equipment industries. Regarding specific function, fitness is attributed to persons who possess significant aerobic or anaerobic ability, i.e. endurance or strength. A well-rounded fitness program improves a person in all aspects of fitness compared to practicing only one, such as only cardio/respiratory endurance or only weight training.

The Five Parts of Skill-Related Fitness
➢ Balance
➢ Coordination
➢ Speed
➢ Reaction Time
➢ Agility

1.2 Motor Ability
Fine motor skill (or dexterity) is the coordination of small muscles, in movements—usually involving the synchronization of hands and fingers—with the eyes. The complex levels of manual dexterity that humans exhibit can be attributed to and demonstrated in tasks controlled by the nervous system. Fine motor skills aid in the growth of intelligence and develop continuously throughout the [Human development (biology)] stages of human. Through each developmental stage of a child's life and throughout our lifetime motor skills gradually develop. They are first seen during a child’s development stages: infancy, toddlerhood, preschool and school age. “Basic” fine motor skills gradually develop and are typically mastered between the ages of 6-12 in children. These skills will keep developing with age, practice and the increased use of muscles while playing sports, playing an instrument, using the computer, and writing. If deemed necessary, occupational therapy can help improve overall fine motor skills.

1.3 Motor Educability
The motor educability is generally defined as “The ability to learn well different motor skills quickly and easily”. In other words, motor educability refers to one's level of ease with which one learns new motor skills.

II. METHOD AND TECHNIQUE
The experimental type study was designed to find out the significance difference in motor educability of basketball and football players of Punjab. The 100 players (50 Basketball & 50 Football) were selected for this study with the age group of 10 to 12 years. The random sampling method was used for selection of subject. For the data collection standardized tool (Metheny Johnson Motor Educability Test) was used. After that the t test was used for statistical analysis and data is presented in following table:
Table 1: ‘t’ Ratio of Motor Educability of Basketball and Football Players

<table>
<thead>
<tr>
<th>S/No</th>
<th>Game</th>
<th>Mean</th>
<th>S.D</th>
<th>Mean difference</th>
<th>S.E</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Basketball</td>
<td>5.4</td>
<td>1.7</td>
<td>0.5</td>
<td>0.3</td>
<td>1.66</td>
</tr>
<tr>
<td>2</td>
<td>Football</td>
<td>5.9</td>
<td>1.9</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Level of Significance 0.05

According to Table 1 statistically represent that the Mean and Standard Deviation with regard to players of is 5.4 and 5.9 of, where as in case of S.D. of basketball is 1.7 and 1.9 of football respectively. The calculated t-value (1.66) which is not more than the tabulated ‘t’ value (2.05) at 0.05 levels.

So, it indicates that there is no significant difference between basketball and football players of Punjab.

![Figure 1: Graphical representation of Descriptive statistics of Motor Educability of Players](image)

III. CONCLUSION

According to the analysis of the study it is clearly seen that the football players have better motor educability are compare to basketball players of Punjab.

IV. REFERENCES


