

**COMPARISON COORDINATIVE ABILITY BETWEEN MALE PARTICIPANTS
BELONGING TO HANDBALL AND BASKETBALL****Dr. Dilbag Singh*¹, Dr. Baldev Singh²**¹Astt. Prof., Dept. of Phy.Education, K.U.K. (Haryana), India.²V. Chairman (Nissing), Karnal (Haryana), India.**ABSTRACT**

The purpose of the study was to compare coordinative ability between male participants belonging to Handball and Basketball. Total 60 subjects were selected (30 from each sport) from Kurukshetra University, Kurukshetra participating in North Zone Inter varsity and all Indian University Competitions. The Age of subjects ranged from 18 to 25 years. The Static group comparison design was used for this study. Coordinative Ability was measured by using Backward Medicine Ball throw. For comparison of coordinative ability between male participants belonging to Handball and Basketball, descriptive statistics and independent 't' test was used and the level of significance was set at 0.05. The findings of the study revealed that insignificant difference ($p=0.425$) was found between male participants belonging to Handball and Basketball. Based on the findings and within the limitation of the study it is noticed that the all male participants belonging to Handball and Basketball are equal in coordinative ability.

INTRODUCTION

Coordination is complex motor ability closely interrelated with conditional ability it has of prime importance not only for the acquisition, perfection for skill and tactics but also for their application in non familiar situation like the load dynamics in training programme equipment used, climatic conditions and opponents.

Coordinative abilities are important for learning of sports techniques and for their continuous refinement and modification during long term training process. The optionally developed are an involved with asset for learning of complex technique in advanced stages is dependent upon the level of the required coordinative ability they are the prerequisites of athletic performance.

Developing tendencies in international sports especially in team games are identified as the increase in game tempo greater variability in technique and tactics. In principle an increase in performance level can be achieved by exploitation of all major components i.e. technique, coordination, tactics, physical fitness and psychological qualities of sportsman.

The games demanded high level of motor ability. It includes several components such as speed, reaction time, endurance, flexibility, and the important of all the coordinative abilities. An abundance of these traits enable a activities as running, dodging and diving. If a player has a large amount of general athletics ability possesses the basic physical components necessary to achieve excellence number of activities, one will still be unable to perform well in a particular sports. Until he develops the skill specific to that sport.

OBJECTIVES OF THE STUDY

The objective of the study was to compare coordinative ability between male participants belonging to Handball and Basketball.

METHODOLOGY

Subjects: Total 60 subjects were selected (30 from each sport) from Kurukshetra University Kurukshetra participating in North Zone Inter varsity and All India University Competitions. The age of subjects ranged from 18 to 25 years coordinative. Ability selected as a variable and the study was delimited only Handball and Basketball Players. Coordinative Ability was measured by using Backward Medicine Ball throw. The static group comparison design was used for the study. Two groups were made as Handball and Basketball.

Statistical Analysis: For comparison of differentiation ability between male participants belonging to Handball and Basketball, descriptive statistics and independent 't' test was used and the level of significance was set at 0.05.

RESULTS AND CONCLUSION

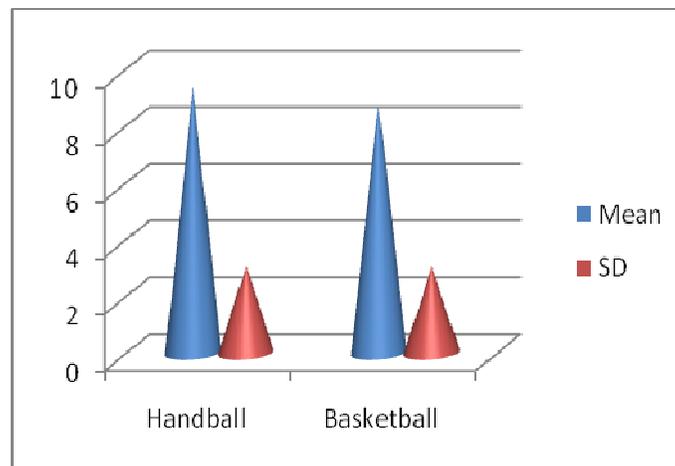
Table 1: Comparison Coordinative Ability of Male Participants Belonging to Handball and Basketball

| Groups | Mean | SD | Mean Difference | T |
|------------|------|-------|-----------------|--------|
| Handball | 9.37 | 3.057 | .633 | 0.803* |
| Basketball | 8.73 | 3.057 | | |

*Insignificant at .05 level

T value required to be significant at 58 df = 2.00

Table 1 revealed that the obtained 't' value of 0.803 was found to be insignificant at 0.05 level, since this value was found lower than the tabulated value 2.00 at 58 df.



Graphical Representation of the Comparison of Means of Different men sports person in relation to coordinative Ability

Discussion

The result of the study has revealed that an insignificant difference was found in coordinative ability between Handball and Basketball players may be due to it is assumed that Handball and Basketball require better coordinative ability.

Singh opines that coordinative ability appears in different form in different sports as each sports put different types of demand on the control and regulation process. Hence, the insignificant difference sportsmen of different games sports in coordinative ability seems justified other many causes may be but should not going to attend it.

Finally, results shows that the all male participants belonging to different sports are equal in coordinative ability.

Conclusion

Based on the findings and within the limitation of the study it may be concluded that insignificant difference was observed between Handball and Basketball players.

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