

A COMPARATIVE STUDY OF FLEXIBILITY AMONG BOXERS AND WRESTLERS.

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Abstract-

In the present study, an attempt has been made to compare flexibility component among Boxers and Wrestlers. The study was carried out on 300 male players in the age group of 17-28 years, from Boxers (N=150) and Wrestlers (N=150). The subjects were under graduate students of Diff. Colleges from Haryana. The data was collected by use of sit and reach test. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.), t-test were employed. Boxing male players and Wrestling male players flexibility was found significantly difference.

Keywords- Flexibility, Wrestlers, Boxers.

Introduction

Physical exercises are generally grouped into three types, depending on the overall effect they have on the human body: Flexibility, aerobic and anaerobic exercises. Flexibility has been defined as the range of motion of muscle and connective tissues at a joint or group of joints. In contrast to other, more general or systemic fitness components, flexibility is highly specific to each of the joints of the body. For this reason, although flexibility has been included in national fitness test batteries, linking it to one or more health outcomes is difficult, and few data support such an association. Future efforts to study the relationship of flexibility to health will require a multivariate approach.

Flexibility – The ability to maximize the range of motion at a given joint.

Wrestling

By the end of the 19th century, this modern “Greco-Roman” wrestling style went on to become the most in fashionable sport in Europe. Because of that and the rise of gymnasiums and athletic clubs, Greco-Roman wrestling and modern freestyle wrestling were soon regulated in formal competitions. On continental Europe, prize money was offered in large sumsto the winners of Greco –Roman tournaments, and freestyle wrestling spread rapidly in the United kingdom and in the United States. The Lancashire style of folk wrestling may have formed the **basis** for Catch wrestling also known as "catch as catch can." The Scots later formed a variant of this style, and the Irish developed the "collar-and-elbow" style which later found its way into the United States. Wrestling as a modern sport developed in the 19th century out of traditions of folk wrestling, emerging in the form of two styles of regulated competitive sport, "freestyle" and "Greco-Roman" wrestling (based on British and continental tradition, respectively), now summarized under the term "amateur wrestling" by the beginning of the modern Olympics.

Method

For the purpose of the investigation, the sample for the study were 300 male players in the age group of 17-28 years, from Boxers (N=150) and Wrestlers (N=150). The subjects were under graduate students of different colleges of Haryana. To test the Speed of the subjects, they were divided into two groups i.e. Boxers and Wrestlers to perform according to AAHPER Youth Fitness Test to increase their physical fitness variables. Speed was measured of every individual with the help of AAHPER Youth Fitness test i.e. sit and reach test.

To examine the hypothesis of the study that there will be no significant difference in the flexibility of Boxing male players and Wrestling male players, descriptive statistics and t-test analysis was employed for the present data.

DESCRIPTIVE STATISTICS OF FLEXIBILITY

Table no.1 indicates the values of descriptive statistics of the Boxing male players and Wrestling male players for flexibility, which shows that the mean and S.D. values of Boxing male players and Wrestling male players were 33.28 & 2.72 and 34.67 & 2.18 respectively.

S.E.M values of the Boxing male players and Wrestling male players were found to be 0.18 and 0.15 respectively.

Table No. 1

Descriptive statistics of flexibility of Boxing male players and Wrestling male players (in cm)

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
flexibility	Boxing male players	150	33.28	2.72	0.18
	Wrestling male players	150	34.67	2.18	0.15

Table No. 2

T-test description of Boxers and Wrestlers flexibility

Variable	Groups	df	t-value	Sig.
flexibility	Boxing male players- Wrestling male players	298	1.76	0.041

The t-test value of flexibility of Boxing male players and Wrestling male players is shown in table 2 As shown in the table the boxers were significantly lower flexibility ($t=1.76, p<0.05$) than the wrestlers. There was significant difference in physical fitness variable flexibility between Boxing male players and Wrestling male players.

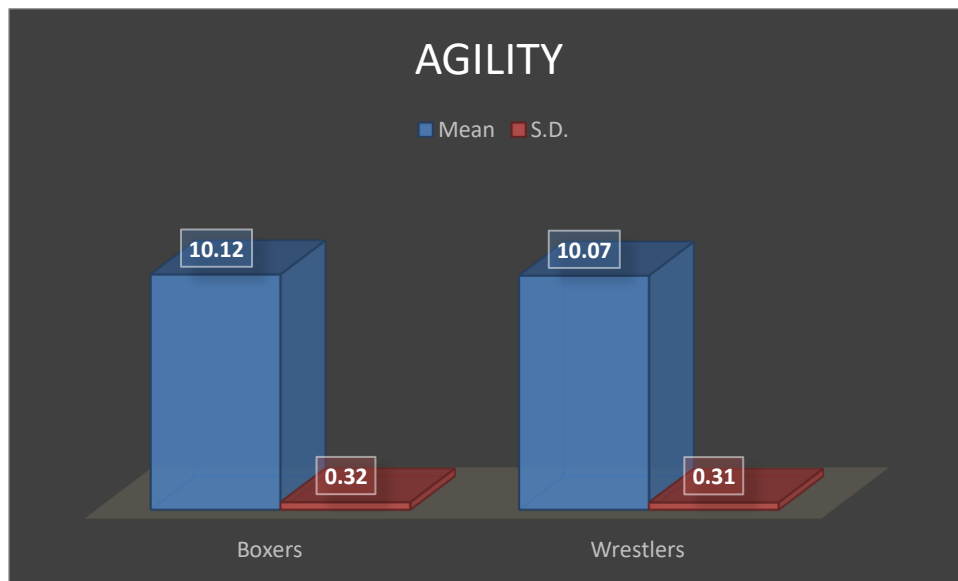


Figure No. 1: Bar diagram showing the mean value of flexibility between Boxing male players and Wrestling male players

Conclusion

In the present study it was concluded that Boxing male players were lower flexibility as compared to the Wrestling male players.

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