

Research Paper :

Impact of managerial components on the performance of women basket ball players

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ABSTRACT

A comparison was made on the analysis of selected physical and psychological variables among the southern players at state level .It was conducted on 48 women players, involved talents from all over the state. After the physical fitness tests, the subjects were examined by use of standard questionnaire .The obtained data on southern state women basketball players had no significant differences between the state players on selected physical and psychological variables.

Key words : Managerid components, Speed, Agility, Anxiety, Agreesion

Regular activities increase strength, speed and over and have considerable improvement not only on their physical growth but also social and emotional development. The World Health Organiosation defined as a state of complete physically fit, mentally alert socially sound, emotionally balanced and spiritually enriched and not merely free from disease. According Budgetchell, "physical fitness is a capacity of a heart blood vessels, lungs and muscles to function at optional efficiency". Therefore training is essential for the development of physical fitness components, physical activity is the sole source of physical fitness. It is also known as the means of acquiring the ability to engage in tasks demanding sustained physical effort. There is a direct relationship between systematic physical fitness and performance.

The purpose of the present study was to compare the selected physical and psychological variables among the southern state women Basket ball players. This study may act as an aid to physical educationists and coaches to know the strong and weak points of the students and grade them accordingly and later correct their shortcomings through training.

METHODOLOGY

Sample:

To achieve the purpose 48 women Basketball players were selected from various states during the Nationals Championship held at Ludhiana during the year 2006. Physical and psychological variables and test items were 1.Speed – 50 mts run. 2.Agility – shuttle run. 3.

Muscular endurance-situps, 4.Managerial anxiety –self Administering Inventory questionnaire, 5 Managerial. Aggression-Standardized Smith's questionnaire.

OBSERVATIONS AND DISCUSSION

The Table 1 shows that the mean values of Tamil nadu, Andhra Pradesh and Karnataka state women Basket ball players on speed were 7.46 ± 0.28 , 7.52 ± 0.25 , 7.38 ± 0.24 and 7.43 ± 0.26 , respectively. The obtained 'F' ratio value of 0.512 was less than the required table value 2.81 for significance at .05% level with df 3 and 44. The values of these states have also been represented with Fig. 1 also.

The result of study (Tabld 2) showed that there were significant differences that existed among Tamilnadu, Kerala, Andhra Pradesh and Karnataka state women Basketball players on agility. The mean values of these states were suitably represented with Fig. 2 also.

Table 3 show that the mean values of Tamilnadu, Kerala Andhra Pradesh and Karnataka state women Basketball players on Muscular Endurance were 46.83 ± 3.15 , 47.31 ± 1.92 , 48.75 ± 1.36 and 48.92 ± 2.02 , respectively. The obtained 'F' ratio value of 2.615 was less than the required table value 2.81 for significance at .05 level with df 3 and 44. The results in this respect have also been represented by bar diagrams (Fig. 3).

Table 4 shows that the mean values of of Tamilnadu,, Kerala Andhra Pradesh and Karnataka state women Basketball players on Anxiety were 71.62 ± 3.16 , 70.54 ± 2.14 , 76.02 ± 3.08 and 74.32 ± 2.58 , respectively. The