

# Comparison of orientation ability among different female athletes

■ INDU SINGH, NEERAJ SINGH GURJAR AND DHARMENDRA SINGH

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## ■ ABSTRACT

The purpose of this study was to determine orientation ability among the female volleyball, basketball, judo and football athletes of Lakshmibai National University of Physical Education, Gwalior. For the purpose of this study, 8 female athletes of each sport were selected. The age of subjects ranged between 18 to 22 years. The orientation ability was determined by using Numbered medicine ball run Test. To ensure that the data collected was reliable, each subject was given sufficient number of trials to perform the respective test for Orientation Ability and test was administered to all the subjects as per prescribed procedure. In order to analyze the data, the one-way analysis of variance (ANOVA) test was used to compare the means of different sport groups. The level of significance was set at .05. It has been observed from the analysis of given data and interpretation of findings that significant relationship was found among different female athletes.

See end of the article for authors' affiliation

**DHARMENDRA SINGH**  
Department of Physical Education  
university of Allahabad,  
ALLAHABAD (U.P). INDIA

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Sports form an important aspect of life. They play a vital role in bringing about physical, mental and social growth of the nation. The past few decades have witnessed man on innovation in this area. Sports are becoming increasingly sophisticated technical going popularity as separate profession with expansion of educational facilities in the country as more young people are taking part in sports as a daily feature of their life. The participation in sports and physical fitness increase an individual productivity, it also promotes social harmony and discipline. Physical education programme is aimed to enhance the quality of life and feeling of self-worth and relaxed personality through the provision of opportunities, which give chances to individuals to express themselves and to direct their abilities to help the individuals to have the happiest and most successful life. Evidence from archaeology, anthropology and history indicates that sports and game, dance and festivals and the endless. To be a good sportsman, one has to develop various qualities within himself. A sportsman should have good kinesthetic perception

ability, stability, speed, strength, suppleness, endurance and skill (personal skill, rhythm, handling object etc.). For a sportsman, it is extremely important to have information about what the muscles are doing and their position during a movement. It is also successfully argued that this muscle sense is called kinesthetic that is equally necessary for the successful execution of well-learned skills. Kinesthetic a keenly developed sense required for beginners and experts alike for proficiency in many motor skills. Adequate perceptual development allows athlete to use his or her physical abilities at the optimum level for the highest possible level of performance. As it is well known and experienced that along with motor abilities, psycho-motor abilities also play a very important role in the performance of athletes in almost all types of activities (Singer, 1975). If we consider kinesthetic and perceptual variation of athlete, we will first see to it that, whether these variables are having a relationship with other games and sports or not. Because every athletes need to

improve upon these abilities so as to improve/enhance her/his performance.

Eight female athletes of each sports group (volleyball, basketball, judo and football) of Lakshmbai National University of Physical Education, Gwalior were selected. The age of subjects ranged between 18 to 22 years. All the scientific literature pertaining to the sports of volleyball, basketball, judo and football from books, magazines, journals, periodicals available in the Library of Lakshmbai National University of Physical Education, Gwalior, keeping the feasibility in mind especially in the case of availability of instruments. Numbered medicine ball run test was used to determine orientation ability. All the medicine balls weighing 3 kg were arranged on an even ground in a semi circle. The sixth medicine ball weighing 4 kg was kept 3 m away from these medicine balls. Behind all the medicine balls of 3 kg, metallic number plates of 1 square foot size were kept from 1 to 5. Before the start of the test, the subjects were asked to stand behind the sixth medicine ball facing towards the opposite direction. On signal, the subjects turned and ran towards the all, number called by the tester and touched the medicine ball and run back to touch the sixth medicine ball, immediately another number was called, similarly a total of three times the number was called by the tester and the subject performed accordingly. Before the actual test was administered, one practice trial was given to all the subjects. The time taken to complete the course was noted in seconds. Two trials were given to each subject and the best one was recorded as score. In order to analyze the data, the one-way analysis of variance (ANOVA) test was used to compare the means of different groups. The level of significance was set at 0.05.

Table 1 reveals that there was significant relationship in relation to orientation ability among volleyball, basketball, football and judo female athletes, as the calculated F value was (5.001) which was higher value than the tabulated F value (2.95) at (3.28) degree of freedom and .05 level of significance.

The analysis of the data revealed that significant

**Table 1 : Analysis of variance of orientation ability among all four games**

Source of variation	Df	SS	MSS	F-ratio
Between groups	3	7.913	2.638	
Within groups	28	14.769	.527	5.001

Significant at 0.05 level of confidence,  $F_{0.05}(3, 28) = 2.95$

relationship was found among all the four games in relation to orientation ability. Significant relationship in different games might be due to the reasons that we have to change our body position firstly according to the space and secondly which is most important - according to the actions and movement of the opponent. Whether we consider combative sports, team sports, our body position and movement are dependent upon the movement of the opponent. So, to have a better understanding of action of opponent, his space and along with understanding our movement and space, orientation ability is needed to be developed to have a better performance in effective and efficient manner.

**Authors' affiliations:**

**INDU SINGH**, Automatic Power Society, RAWATBHATA (RAJASTHAN) INDIA

**NEERAJ SINGH GURJAR**, Pathways International School, DELHI, INDIA

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