

# Comparison of physical fitness component of rural and urban male football players

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## ■ ABSTRACT

The purpose of the present study was to find out the comparison of physical fitness components of rural and urban male football players. The study was done on 100 male sportsmen. The age ranged between 18 to 25 years. Strength, is the extent to which muscles can exert force by contracting against resistance. Speed, distance travelled per unit time. Further the data of pre-test and post-test was collected through standardized tools 50 Yard Dash (Speed) and eight pound shot-put (Strength) and data was analysed by "t" test. After comparing of the present data it was found that rural male football players had high speed and strength was same than urban male football players. In the end of the study it was concluded that rural male players had more effects on speed and strength.

■ **Key Words** : Physical fitness, Rural, Urban, Speed, Strength

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The concept of fitness has a long and involved history. According to the literature on the subject, it can be traced to the work done by Charles Darwin of survival of fittest. Always the word fitness means on human work, play with maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction. There are a number of fitness components that need to be developed. Football refers to a number of sports that involve, to varying degrees, kicking a ball with the foot to score a goal. The most popular of these sports worldwide is association football, more commonly known as just "football" or "soccer". Unqualified, the word football applies to whichever form of football is the most popular in the regional context in which the word appears, including association football, as well as American football, Australian rules football, Canadian football, Gaelic football, rugby league, rugby union and other related games. These variations of football are known as football codes.

Various forms of football can be identified in history,

often as popular peasant games. Contemporary codes of football can be traced back to the codification of these games at English public schools in the eighteenth and nineteenth century. The influence and power of the British Empire allowed these rules of football to spread in areas of British influence outside of the directly controlled Empire, though by the end of the nineteenth century, distinct regional codes were already developing: Gaelic football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage. In 1888, The football league was founded in England, becoming the first of many professional football competitions. During the twentieth century, the various codes of football became amongst the most popular team sports in the world.

## Purpose of the study:

The purpose of the present study was to find out the comparison of physical fitness component of rural and urban

Table 1: Speed of rural and urban football players					
Players	N	Mean	S.D.	SED	“t” ratio
Rural	100	2.55	0.27	0.05	1.91
Urban	100	2.44	0.26		

Significant at 0.05 level

Table 2: strength of rural and urban football players					
Players	N	Mean	S.D.	SED	“t” ratio
Rural	100	9.20	0.44	0.09	0.59
Urban	100	9.15	0.47		

Significant at 0.05 levels

male football players.

To achieve the objectives of the present study 100 male sportsmen of rural and urban were selected as a sample of the study. The age ranged between 18 to 25 years constituted the subjects of the study. The data was collected by tools the 50 Yard Dash and eight pound shot- put test and using statistically analyzed “t” test method.

It is evident from Table 1 that rural male football players had more speed than urban male football players. The mean score of rural players was 2.55 where as in urban it was 2.44 The SD was 0.27 and 0.26 and SED was 0.05 the ‘t’ value was 1.91 (Fig. 1).

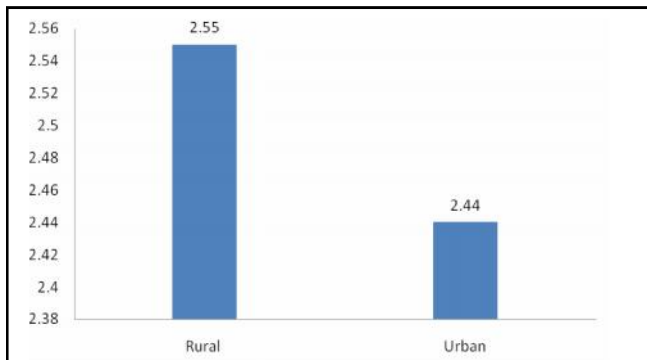


Fig. 1: Speed of rural and urban football players

It is evident from Table 2 that rural male football players had more strength than urban male football players. The mean score of rural players was 9.20 where as, in urban it was 9.15 The SD was 0.44 and 0.47 and SED was 0.09 The ‘t’ value was 0.59 (Fig. 2).

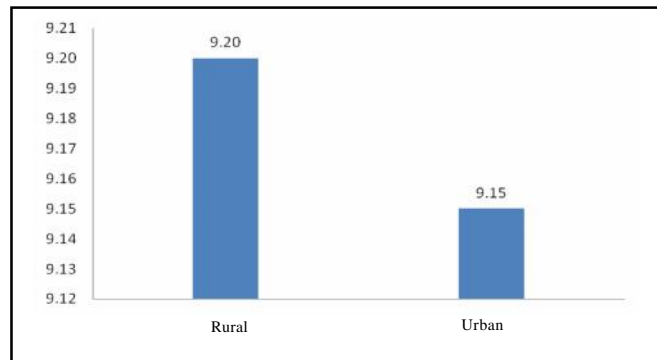


Fig. 2: Strength of rural and urban football players

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