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Research Note

Comparison of physical fitness component of rural and urban female basketball 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 female basketball players. The study was done on 50 female sportswomen. 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 Standing Broad Jump (Strength) and data was analysis by "t: test. After comparing of the present data it was found that rural female basketball players had high speed and strength than urban female basketball players. In the end of the study it was concluded that rural female player had more effect on speed and strength.

■ **Key Words :** Physical fitness, Rural, Urban, Explosive strength, Agility, Flexibility

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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. These are the objective to shoot a ball through a hoop 18 inches (46 cm) in diameter,10 feet (3.0 m) high mounted to a backboard at each end. Basketball is one of the who world's most popular and widely viewed sports (Zhaanova and Parzhizkova, 1964). A team can score a field goal by shooting the ball through the basket during regular play. A field goal scores two points for the shooting team if a player is touching or closer to, and three points (known commonly as a 3 pointer or three) if the player is behind the three-point line. The team with the most points at the end of the game wins, but additional time (overtime) may be issued when the game ends with a draw. The ball can be advanced on the court by bouncing it while walking or running or throwing it to a team mate. It is a violation to move without dribbling the ball, to carry it, or to hold the ball with both hands then resume dribbling. The purpose of the present study was to find out the comparison of physical fitness component of rural and urban female basketball players.

To achieve the objectives of the present study 50 female sports people of rural and urban were selected as a sample of the study. The age of the player ranged between 18 to 25 years who constituted as the subjects of the study. The data was collected by tools the 50 Yard Dash and Broad Jump and using statistically analyzed "t" test method.

It is evident from Table 1 that rural female basketball players had more speed than urban female basketball players. The mean score of rural players was 9.268 where as, in urban it was 9.216 The SD was 0.646 and 0.581 and SED was 0.173 the't' value was 0.297 (Fig. 1).

It is evident from the Table 2 that rural female basketball players had more strength than urban female basketball

Table 1: Speed of rural and urban basketball players					
Players	N	Mean	S.D.	SED	"t" ratio
Rural	50	9.268	0.646	0.173	0.297
Urban	50	9.216	0.581		

Significant at 0.05 level

Table 2: Strength of rural and urban basketball players					
Players	N	Mean	S.D	SED	"t" ratio
Rural	50	1.683	0.171	0.11	0.1197
Urban	50	1.676	0.200		

Significant at 0.05 levels

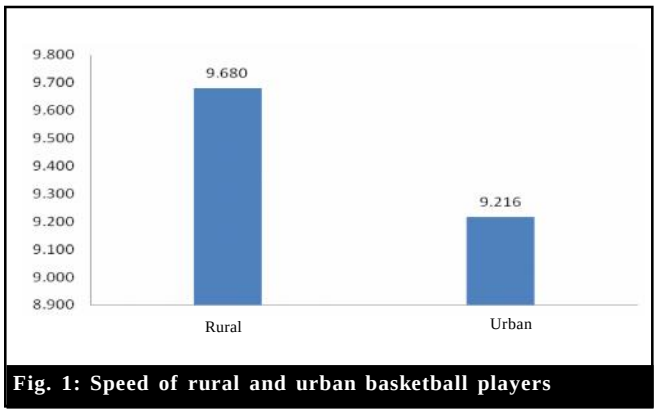

Fig. 1: Speed of rural and urban basketball players

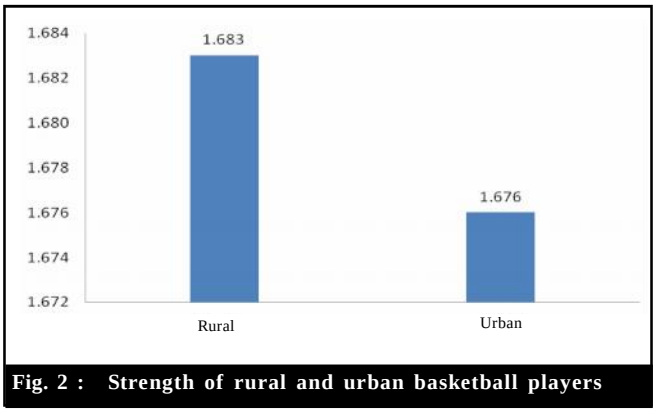

Fig. 2 : Strength of rural and urban basketball players

players. The mean score of rural players was 1.683 where as in urban it was 1.676 The SD was 0.171and 0.200 and SED was 0.11 The't' value was 0.1197 (Fig. 2).

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