



A STUDY OF FLEXIBILITY AMONG WOMEN WRESTLERS AND WOMEN BOXERS

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Abstract

In the present study, an attempt has been made to compare physical fitness component namely Flexibility between women wrestlers and women boxers belonging to Haryana. The study was carried out on 200 women (100 National Women Wrestlers and 100 Women Boxer who participated in National Tournaments) of different weight were taken to help in assessing and comparing the difference in agility of the National Women Wrestlers. The data was collected by use of measurements of weight as well as by application of test like jump & 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. Women wrestlers and women boxers of these weight groups i.e. up to 50 kgs, 51-55kgs and above 61 kgs has not been affected by their weights. The women wrestlers and women boxers of these weight groups have performed equally.

Key Words: Physical Fitness, Flexibility, Women wrestlers, women boxers.

INTRODUCTION:

The great Greece Philosopher Aristotle suggested complete education for women. There must be difference in aims and objections of education for men and women. But due to globalization and modernization, great changes have taken place in every sphere of life. In the area of education, we are observing great changes also. Similar is the case with physical education. Women are trying to lead in every aspect of life and this trend is still increasing. Educational and physiological needs of women are converging with those of men. Flexibility or limberness refers to the range of movement in a joint or

series of joints, and length in muscles that cross the joints to induce a bending movement or motion. Flexibility varies between individuals, particularly in terms of differences in muscle length of multi-joint muscles.

Research Methodology-**Sample-**

A sample of 200 women was taken (100 National Women Wrestlers and 100 Women boxers who participated in National Tournaments) of different weight were taken to help in assessing and comparing the difference in Flexibility of the National Women Wrestlers. The tables show the details of the women wrestlers and women boxers' weight wise:

Administration of the Tests:

President's challenge fitness awards (sit and reach) were administered to the National Women Wrestlers and Women boxers. Both groups were subject to measure the Flexibility. Weight was measured through common procedure (weighing machine).

Table no.- 1

Significance of difference between the Means of sit and reach of Women Wrestlers and Women Boxers of different Weight Groups

Weight in kgs	Group	N	Mean	S.D.	T-value	significant
Up to 50	Women wrestlers	22	17.77	4.15	0.49	ns
	Women boxers	22	18.31	3.01		
51-55	Women wrestlers	29	16.65	1.93	1.42	ns
	Women boxers	29	17.48	2.65		
56-60	Women wrestlers	33	18.39	3.15	2.69	s
	Women boxers	33	20.36	2.71		
61 and above	Women wrestlers	16	19.50	3.74	1.72	ns
	Women boxers	16	17.43	4.83		

Table no. 1 shows that the 't' values 0.49, 1.42 and 1.72 for difference in the means of sit and reach of women wrestlers and women boxers in the different weight groups of groups i.e. up to 50 kgs, 51-55 kgs and above 61 kgs is not significant at 0.01 and 0.05 level of confidence. When the results were compared in context of mean scores of sit and reach of these three groups, it was found that there is no significant difference in the means of sit and reach of women wrestlers and women boxers. It means that sit and reach of these groups has not been affected by different weight groups of women wrestlers and women boxers. Therefore, the null hypothesis, 'There is no significant difference between the means of sit and reach of women wrestlers and women boxers of different weight groups' is retained for these weight groups. On the basis of the above interpretation, it is concluded that the sit and reach of women wrestlers and women boxers of these weight groups i.e. up to 50 kgs, 51-55 kgs and above 61 kgs has not been affected by their weights. The women wrestlers and women boxers of these weight groups have performed equally. The Table further shows that 't' value 2.69 for the weight group of 56-60 kgs, significant difference was found in the means of sit and reach of women wrestlers and women boxers at 0.05 level of significance. When the results were compared in context of mean scores of sit and reach of this group, it was found that there is significant difference in the means of sit and reach of women wrestlers and women boxers of this group. It means that sit and reach of this group has been affected by weight. Therefore, the null hypothesis, 'There is no significant difference between the means of sit and reach of women wrestlers and women boxers of different weight groups' is rejected for this weight group.

Conclusion-

It is concluded that the sit and reach of women wrestlers and women boxers of these weight groups i.e. up to 50 kgs, 51-55 kgs and above 61 kgs has not been affected by their weights. The women wrestlers and women boxers of these weight groups have performed equally.

It is further concluded that sit and reach of women wrestlers and women boxers of the weight group of 56-60 kgs has been affected by their weights. The women boxers of this weight group have shown better performance as compared to women wrestlers of the same weight group.

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