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MUSCULAR ENDURANCE: A COMPARATIVE STUDY AMONG BOXING AND JUDO PLAYERS.

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Abstract-

In the present study, an attempt has been made to compare muscular endurance component among Boxing and Judo players. The study was carried out on 40 male players in the age group of 18-25 years, from Boxing (N=20) and Judo (N=20). The subjects were under graduate students of M.D.University, Rohtak. The data was collected by use of AAHPER Youth Fitness 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. Boxing and Judo players muscular endurance was found significantly boxers whereas judo players showed significantly lower values in muscular endurance.

Keywords- muscular endurance, judo player, boxer

Introduction

Throughout the history of mankind physical fitness has been considered an essential element of everyday life. Fitness is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life. Will goose define muscular endurance as the "ability of muscle or muscle group to maintain a sub maximal contraction over a period of time." Endurance is the capacity for protracted work and is a measure of the ability to stave off fatigue. Barrow and MeGee (1973) define Endurance is the result of a physiologic capacity of the individual to sustain movement over a period of time. Fitness is the term, which is widely used in the present day health conscious society. Muscular endurance is the ability to use your muscles without tiring. You are better able to resist fatigue and more likely to have better posture and fewer back problems. Muscular Endurance is a skill related component of physical fitness. Muscular Endurance can be measured by record the number of correctly sit-ups the pupil is able

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to do in one minutes. A foul nullifies the count for that sit-up. The watch is stated on the word "go" and stopped on the word "stop".

Vishaw Gaurav et.al. (2011) investigated the significant differences of selected physical fitness variables between individual games and team games athletes. A group of 30 sportspersons A (Individual games athletes: N=15) and B (Team games athletes=15) of age group 18-25 years were selected from department of physical education (T), Guru Nanak Dev University, Amritsar, Punjab, India. It was hypothesized that there may be significant differences with regard to selected physical fitness variables among individual and team games athletes. The between-group differences were assessed by using an independent samples t-test. The existence of statistically difference on selected fitness component Muscular endurance among Boxers and Judokas were determined and significant difference in all the selected physical fitness component among Boxers and Judokas were found. The Boxers showed a better capability in Muscular endurance , while the judokas were better in endurance with greater flexibility (Vishaw Gaurav et.al. 2011).

The purpose of the study was to compare the muscular endurance among Boxing and Judo players.

Method

For the purpose of the investigation, the samle for the study were 40 male players in the age grou of 18-25 years, from Boxing (N=20)and Judo (N=20). The subjects were under graduate students of M.D.University, Rohtak. To test the muscular endurance of the subjects, they were divided into two groups i.e. Boxing and Judo players to perform according to AAHPER Youth Fitness Test to increase their physical fitness cariables. The pre test and post test data had been collected. Strength was measured of every individual with the help of AAHPER Youth Fitness test i.e. Bent Knee Sit-Ups.

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To examine the hypothesis of the study that there will be no significant difference in the muscular endurance of Boxing and Judo male players, descriptive statistics and t-test analysis was employed for the present data.

Result and Discussion

For the present study, the mean value, Standard deviations and T-test was applied to analyze the data. This data is processed by the applicants of a relevant statistical tool called Mean, S.D., S.E.D. and t-test.

BENT KNEE SIT UPS

Players	No.	Mean(M)	S.D.	SED	T-ratio
Boxing	20	28.25	6.7	0.30	11.98
Judo	20	24.55	6.41		

Table 1:- Showing Mean comparison of muscular endurance (physical fitness components) of Boxing and Judo male players.

* Significant at 0.01 level.

Table 2 illustrates the 't' ratio of mean scores on bent knee sit ups test. It is implied that there is a significant difference between the mean score is 28.25, S.D. is 6.7 for boxing male players and mean score is 24.55 and S.D. is 6.41 for judo male players. The 't' ratio 11.98 was significant at 0.01 level. The mean score of boxing male players is higher than the judo male players. It is further implied that the boxing male players is higher muscular endurance as compared to the judo male players.

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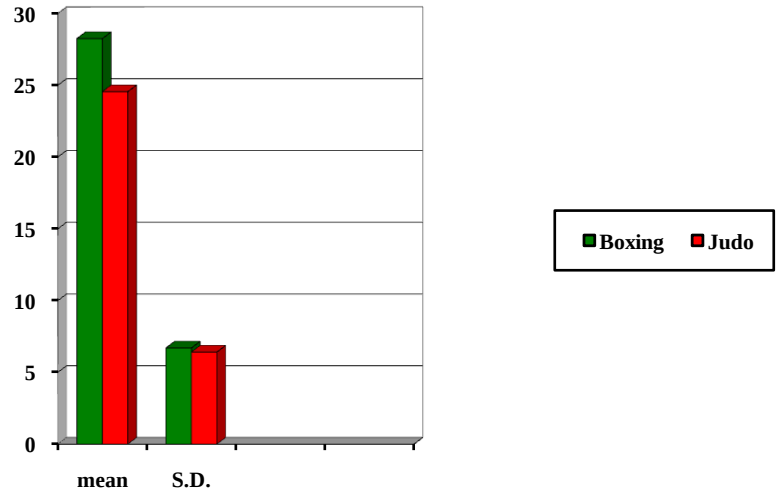

FIGURE I:- Showing Mean comparison of muscular endurance physical fitness components of Boxing and Judo male players on the bent knee sit ups.

Conclusion

In the present study it was concluded that Boxing male players have more Muscular endurance as compared to the Judo male players.

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