

A STUDY OF ABDOMINAL STRENGTH 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 abdominal strength 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, Abdominal strength, 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. Explosive strength is the ability to exert maximal force in minimal time. A shot putter must become stronger and at the same time, faster. The majority of this training is

combining max effort exercises to increase the strength potential of the muscles, while training with light weights will lead to improving speed.

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 abdominal strength 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-ups) were administered to the National Women Wrestlers and Women boxers. Both groups were subject to measure the abdominal strength. Weight was measured through common procedure (weighing machine).

Table no.- 1

Significance of difference between the Means of sit-ups 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	86.00	15.10	4.24	s
	Women boxers	22	101.63	5.37		
51-55	Women wrestlers	29	72.93	16.66	4.14	s
	Women boxers	29	89.65	7.89		
56-60	Women wrestlers	33	57.42	14.53	11.42	s
	Women boxers	33	90.30	7.59		
61 and above	Women wrestlers	16	51.25	12.84	7.17	s
	Women boxers	16	87.50	19.23		

Table 4.6 shows that the 't' values 4.24, 4.14, 11.42 and 7.17 for difference in the means of Sit Ups of women wrestlers and women non-wrestlers in the weight groups i.e. up to 50 Kgs, 51-55, 56-60 Kgs and above 60 Kgs are significant at 0.01 and 0.05 level of confidence. When the results were compared in context of mean scores of sit ups of these group, it was found that there is a significant difference in the means of sit ups of women

wrestlers and women non-wrestlers. It means that sit ups of these groups has been affected by their weights. Therefore, the null hypothesis, 'There is no significant difference between the means of Sit Ups of women wrestlers and women Non-wrestlers of different weight groups' rejected for these weight groups. On the basis of the above interpretation, it is concluded that the scores of sit ups of women wrestlers and women won-wrestlers of these weight groups i.e. up to 50 Kgs, 51-55 Kgs 56-60 Kgs and above 61 Kgs has been affected by their weights. The women non-wrestlers have shown better sit up sores as compared to women wrestlers.

Conclusion-

It is concluded that the sit-ups (for abdominal strength) of women wrestlers and women boxers of these weight groups i.e. up to 50 Kgs, 51-55 Kgs 56-60 Kgs and above 61 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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