

## **SPEED: A COMPARATIVE STUDY AMONG BOXING AND JUDO PLAYERS.**

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### **Abstract-**

In the present study, an attempt has been made to compare speed 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 speed was found significantly boxers whereas judo players showed significantly lower values in speed.

**Keywords-** speed, judo player, boxer

### **Introduction**

Throughout the history of mankind physical fitness has been considered an essential element of everyday life. It is also considered as the degree of Speed to execute a physical task under various ambient conditions. Physical fitness is the ability to carry out daily task with vigor and alertness without undue fatigue and ample energy to enjoy leisure time pursuits and to meet un for seen emergencies (Clarke, 1971). Speed is the capacity of an individual in the rate of making successive movements of the same kind (Mathews). Everyone should be fit enough through participation in physical activities to develop the different physical fitness components.

Speed as the quickness with which one is able to move his body from one point to another (Robert).Speed is performing a movement or covering a distance in a short period of time. Speed is a skill-related component of physical fitness. Speed can be measured by timing a 40-yard dash, 30 meter sprint, or the Illinois Agility test.

N.MALLESH & R.GSNDHI (2014) examined the selected physical fitness variables of speed, agility and explosive power, and performance variables of sports competition dribbling, hitting and trapping among the inter university and senior state men hockey players and found significant differences in selected variables between University and Senior State men Hockey players. Further it was proved that the senior state Hockey players were better in all the selected variables in comparison with University men Hockey Players. The existence

of statistically difference on selected fitness components (speed, agility, Power, flexibility and endurance ) among Boxers, Wrestlers and Judokas were determined and significant difference in all the selected physical fitness components among Boxers, Wrestlers and Judokas were found. The Boxers showed a better capability in speed, agility and power, while the wrestlers were better in endurance and the Judokas with greater flexibility (N. Anil Kumar, 2013).

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

### Method

For the purpose of the investigation, the sample for the study were 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. To test the Speed 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 variables. The pre test and post test data had been collected, Speed was measured of every individual with the help of AAHPER Youth Fitness test i.e. 50 YARD DASH/ 45.72M

To examine the hypothesis of the study that there will be no significant difference in the Speed 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.

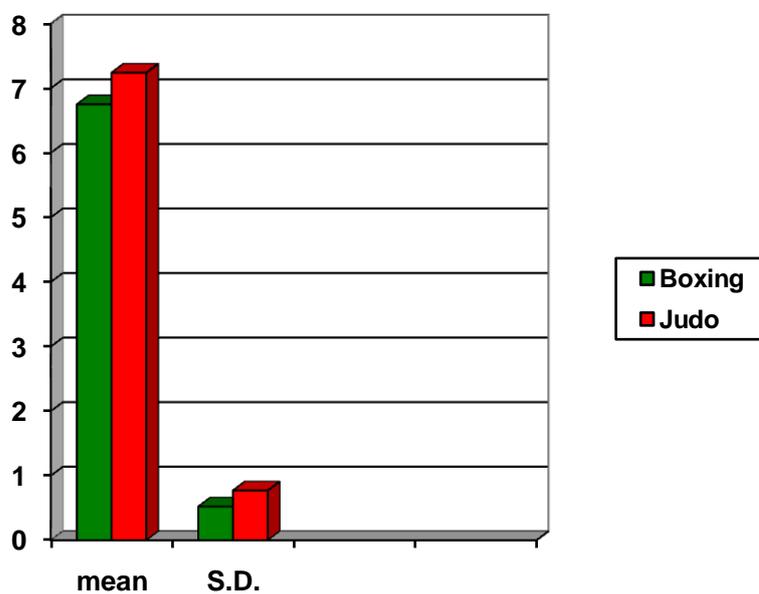
**Table 1 shows the t-ratio of the mean scores on the 50 Yard Dash/ 45.72M**

Players	No.	Mean(M)	S.D.	SED	T-ratio
Boxing	20	6.75	0.52	0.11	-4.21
Judo	20	7.24	0.77		

\* Significant at 0.01 level of the confidence.

The significant difference of mean, S.D., S.E.D. and T ratio of 50 Yard dash/ 45.72M exercise of Boxing male players and Judo male players.

Table 1 illustrates the ‘t’ ratio of mean scores on 50 yard dash test. It is implied that there is a significant difference between the mean score is 6.75, S.D. is 0.52 for boxing male players and mean score is 7.24 and S.D. is 0.77for judo male players. The ‘t’ ratio -4.21 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 much better speed as compared to the judo male players.



**FIGURE I:- Showing Mean Scores of the Judo & Boxing Players on the 50 Yard dash/45.72 M.**

### Conclusion

In the present study it was concluded that Boxing male players were more speed as compared to the Judo male players.

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