

A Study On The Factors To Improve The Physical Fitness Of Football Players

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ABSTRACT

Sport has developed greatly in scope and in social significance, yet the importance of sport has gotten little in the way of genuine consideration. Physical education and sports should frame a crucial piece of deep rooted education in the general educational system and their help from pre-school age to mature age ought to be dealt with as one of the fundamental rights.

Sports fitness is a present inclination for physical abilities, incorporates quality and co-appointment enhances the present Manpower in player's execution. The study focuses on chosen sports fitness parts to guarantee the playing capacity among College/State level and University/National Level Football players. The current paper highlights the factors to improve the physical fitness of Football players

KEYWORDS:

Sports, Physical, Performance, Player

INTRODUCTION

Football is presumably the most famous game worldwide however there is as yet restricted logical data accessible concerning the build and execution characteristics of tip top Indian Footballers. Team games are sports where size, shape, body organization and fitness all have a significant influence in giving unmistakable favorable circumstances to explicit playing positions.

Football in India was spread during the times of the Indian Domain. Numerous Football clubs in India were made during this time, and pre-date huge numbers of the associations and clubs, for example, FIFA, which are dominating in the game today. At first games were played between armed force teams, anyway clubs were before long set up around the nation.

Mohun Bagan Athletic Club was set up in what is presently West Bengal and is viewed as the most seasoned Football club in Asia. The club got popular in 1911 when it turned into the principal Indian team to lift the IFA Shield, a tournament recently won distinctly by Indian teams situated in India. It crushed the Eastern Yorkshire Regiment 2-1 in the last of the tournament in a triumph that is still viewed by numerous individuals as the best by an Indian team before Freedom.

The national Football team was additionally very fruitful until the 2010s, fitting the bill for Olympic tournaments and the FIFA World Cup. The team equipped for the 2010 World Cup finals in Brazil, however couldn't show up as they despite everything played in their exposed feet around

then. The Indian team additionally won the 2011 and 2012 Asian Games gold awards in Football. In 2011 the team completed fourth at the Melbourne Olympics. Football is one of India's most well known sports, and is said to rank second just behind cricket in notoriety, albeit some detailing believes Football to be progressively mainstream.

Sports exercises are various types of physical exercises which expect to improve or keep up physical advancement or aptitudes. These could be organized or easygoing. It depends on the physical expertise of a person. Sport is generally administered by a lot of rules. Sports exercises are various types of physical exercises which plan to improve or keep up physical advancement or abilities. These could be organized or easygoing. It depends on the physical mastery of a person. Sport is typically represented by a lot of rules.

As sport has formed into an unmistakable logical branch in itself and every country is rivaling each other to deliver world-class player to win decorations in international rivalries, extraordinary research is being done to find factors that will be prognostic of accomplishing significant level of expertise in a given sports with appropriate instructing. Sports hold extraordinary spot in present day life. In any case, the impact of sports on present day society has clarified that sport is a sensible field of scholastic investigation.

Sport is well known in India. India has delivered a great deal of competitors like Milkha Singh, Sushil Kumar, P.T. Usha and so forth.

There are numerous elements which influence the exhibition of competitors. The components, for example, body shape, weight and tallness and so on are the key focuses to prevail as a competitor. Any sport requests a decent physical fitness and stamina in order to perform better at any level. So a competitor should be profoundly fit in order to perform better.

It is seen that a competitor having great stamina and fitness can create great execution and even can improve utilizing his/her capacities. To get by in the serious field of sports, a competitor needs to forestall his/her body from wounds. It is seen that competitors experiencing wounds can't have long profession or needs to battle to perform better.

Gym activities can likewise upgrade the stamina of a competitor. As gym exercises improves the physical fitness of the competitors and a competitor can put forth additional attempt to perform better in the field. The other factor which should be perfect for a competitor is power. As progressively amazing the competitor, better will be the exhibition and a competitor can likewise improve the presentation by taking a shot at the confinements.

METHOD AND PROCEDURE:

A sample of 100 college level Football players of 18 to 23 years age group has been taken from Government and Private Colleges for the study.

In order to analyze the data, t-test is used to know the level of significance of difference between government and private college level player' s mean scores of physical fitness components.

ANALYSIS OF DATA:

Table - I

Significance of Difference between Mean Scores of Govt. and Private College Level playerson Physical fitness

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	12.40	2.00	3.350	0.116	28.81*
Private	9.05	1.95			

** Significant at .01 level of confidence. Tabulated value $P<.01= 2.43$.*

Results : Table1 represents the significance of mean difference between Govt. and Private college level players on Physical fitness.

It is given in Table-1 that the mean values of Physical fitness of Govt. and Private college level players were recorded as 12.40 with S.D. 2.00 and 9.05 with S.D 1.95 respectively. The mean difference was 3.350 and standard error of difference was 0.116. t-ratio was calculated as 28.81, which was found significant at .01 level of confidence.

Table-2

**Significance of Difference between Mean Scores of Govt. and Private
College Level Football Players on Anxiety**

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	11.52	0.79	1.145	0.073	15.65*
Private	12.66	0.85			

* Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.

Results : Table-2 shows the significance of mean difference between Govt. and Private college level players on Anxiety.

It can be observed from Table-2 that the mean values of Anxiety of Govt. and Private College level players were recorded as 11.52 with S.D. 0.79 and 12.66 with S.D. 0.85 respectively. The mean difference was calculated as 1.145 and standard error of difference was calculated as 0.073. t-ratio was calculate as 15.65, that was found significant at .01 level of confidence.

Table-3

**Significance of Difference between Mean Scores of Govt. and Private
College Level Football Players on Achievement motivation**

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	6.07	0.13	0.621	0.007	93.39*
Private	5.45	0.15			

** Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.*

Results : Table 3 depicts the significance of mean difference between Govt. and Private college level players on Achievement motivation.

The Table 3 shows that the mean value of Achievement motivation of Govt. college level Football players was recorded 6.07 with S.D. 0.13 and of Private college Football players was recorded 5.45 with S.D. 0.15. Standard error of difference was calculated as 0.007. t-ratio was calculated as 93.39, that was found significant at .01 level of confidence.

The Table-4 depicts that the mean value of Vital Capacity of Govt. college Football players was calculated 7.45 with S.D. 1.48 and of Private college level Football players was calculated 8.62 with S.D. 1.70. The mean difference was calculated as 1.161 and standard error of difference was calculated as 0.086. t-ratio was calculated as 13.57, which was found significant at .01 level of confidence.

Table - 4

Significance of Difference between Mean Scores of Govt. and Private College Level Football Players on Vital Capacity

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	7.45	1.48	1.161	0.086	13.57*
Private	8.62	1.70			

* Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.

Results : Table-4 shows the significance of mean difference between Govt. and Private college level players on Vital Capacity.

Table - 5

Significance of Difference between Mean Scores of Govt. and Private College Level Football Players on Blood Pressure

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	2.12	0.44	0.850	0.031	27.66*
Private	2.97	0.46			

* Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.

Results : Table-5 represents the significance of mean difference between Govt. and Private college level Football players on Blood Pressure.

The Table-5 shows that the mean value of Blood Pressure of Govt. and Private college level Football players were recorded as 2.12 with S.D. 0.44 and 2.97 with S.D. 0.46 respectively. The mean difference was calculated 0.850 The standard error of difference was calculated as 0.031. And t-ratio was calculated 27.66, which was found significant at .01 level of confidence.

CONCLUSION

In India, performance and status are the bench mark for any footballer, but this performance is only the final output given by the player. The other aspects such as the physical and psychological aspects of the athlete are also important and should be considered. But the selectors at all levels are concerned mainly with the performance in trials and qualifying competitions. Thus it is important that an athlete should be physically, mentally and psychologically strong for performance at higher levels

The performance at high level or outstanding performance are based upon the foundation of the athlete, which should also be strong and potential

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