
A COMPARATIVE STUDY OF GENERAL MOTOR ABILITY OF BASKETBALL AND HANDBALL PLAYERS STUDYING IN POST GRADUATE COLLEGE OF GHAZIPUR DISTRICT OF UTTAR PRADESH STATE



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ABSTRACT

The main objective of the study was to compare the General Motor Ability of Basketball and Handball Players studying in Post Graduate College of Ghazipur District of Uttar Pradesh State. The study was delimited male subjects only (18th to 25th Years of age). 30 male players were selected on the bases of systematic sampling method i.e.: 15 of each game. The study was delimited to the following variables: Motor Ability variables: Vertical Jump & Shuttle-Run. The simple percentage method was used to data analysis. Conclusion: Based on the analysis, it was found that handball players had better general motor ability than basketball players.

Keywords: General Motor Ability, Basketball & Handball Players.

INTRODUCTION

A motor skill is a learned ability to cause a predetermined movement outcome with maximum certainty. Motor learning is the relatively permanent change in the ability to perform a skill as a result of practice or experience. Performance is an act of executing a motor skill. The goal of motor skills is to optimize the ability to perform the skill at the rate of success, precision, and to reduce the energy consumption required for performance. Continuous practice of a specific motor skill will result in a greatly improved performance, but not all movements are motor skills.

The concept that an athlete's ability to perform different motor skills is determined by one general ability Thus, a person with high general motor ability would tend to learn motor skills more quickly than a person with low general motor ability. This concept is disputed by those who believe that an athlete has a large number of specific independent motor abilities.

OBJECTIVE OF THE STUDY

The main objective of the study was to compare the General Motor Ability of Basketball and Handball Players studying in Post Graduate College of Ghazipur District of Uttar Pradesh State.

HYPOTHESIS OF THE STUDY

It was hypothesized that there would not be significant difference in general motor ability variables among Basketball and Handball players of Post Graduate College of Ghazipur District of Uttar Pradesh State.

METHODOLOGY

The study was delimited male subjects only (18th to 25th Years of age). 30 male players were selected on the bases of systematic sampling method i.e.: 15 of each game. The study was delimited to the following variables: Motor Ability variables: Vertical Jump & Shuttle-Run. The simple percentage method was used to data analysis.

STATISTICAL ANALYSIS

Table No: I.
Table showing the General Motor Ability score of Basketball Players

Ser. No.	J-Vertical Jump(In Inch)	R-Shuttle-Run(In Second)
1.	26	11
2.	17	12*
3.	24	10
4.	21	11
5.	15	12*
6.	27	11
7.	21	11
8.	19	12*
9.	18	11
10.	30*	12*
11.	22	10
12.	28*	12*
13.	27	11
14.	26	11
15.	24	12*

Table No: II
Table showing the General Motor Ability score of Handball Players

Ser. No.	J-Vertical Jump(In Inch)	R-Shuttle-Run(In Second)
1.	22	12
2.	28	10
3.	18	11
4.	17	11
5.	24	12
6.	31*	12
7.	20	14*
8.	18	12
9.	32*	13*
10.	16	12
11.	20	11
12.	21	13*
13.	19	12
14.	23	10
15.	26	11

CONCLUSION

- Based on the analysis, it was found that handball players had better general motor ability than basketball players.

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