

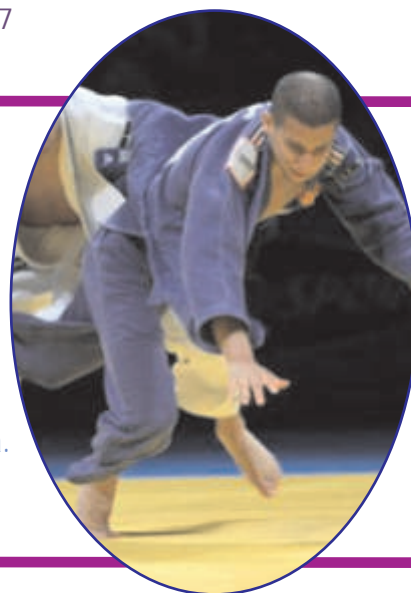


A COMPARATIVE STUDY OF UPPER BODY STRENGTH AMONG JUDO PLAYERS AND WRESTLERS OF AKOLA CITY.

Dr. Rajesh D. Chandrawanshi

B.Com., B.Ed., M.P.Ed., NET., Ph.D.,

Director of Physical Education , Shri R.L.T. College of Science, Akola.



ABSTRACT :

All types of sports activities required overall physical fitness of players to perform his sport skills at maximum level. Having a strong upper body improves your flexibility, mobility and range of motion. Upper body strength is important for Judo players. Maximum Judo's Upper techniques require upper body strength to apply throwing techniques effectively. In ground techniques of Judo upper body strength is very much useful for taking hold on opponent. Upper body strength is also useful for hand locks and choking of opponent. Upper body strength is most important for Wrestlers because wrestlers have to grip opponent's body parts in sweating condition without any equipment related support to use techniques. The main purpose of this comparative study is to find out the Upper Body Strength between Male Judo Players and Wrestlers of Akola City. It was hypothesized that there may be significant difference in the Upper Body Strength between Male Judo Players and Wrestlers of Akola City. 20 Judo players and 20 Wrestlers of Akola city who had participated in School Level Tournaments were taken as subjects in the age group between 15 to 18 years at random. The pull up test (also called the chin-up test) is widely used as a measure of upper body strength. The total number of correctly completed pull-ups is recorded in count in one time. Statistical analysis show that Judo Players mean performance is 10.50 counts and Wrestlers mean performance is 11.70 counts. There is significant difference related Upper Body Strength among Judo players and Wrestlers of Akola city because the calculated t-value of 1.958 is more than the tabulated t-value of 1.685 at 0.05 level of significance of 38 degree freedom. Hypothesis was accepted and it is concluded that there is significant difference found in Upper Body Strength of Judo players and Wrestlers of Akola city.

KEYWORDS : Upper Body Strength, Judo Players, Wrestlers, Akola City,

EXTROVERSION:

Upper body strength is important for every player because the upper body controls your ability to perform everyday activities such as reaching, pulling, pushing and lifting. Five major parts of the upper body, namely, the chest, shoulders, triceps, biceps and the back. Your upper body is grouped into muscles with specific functions. You have muscles of your hands, forearms, upper arm and shoulder. Having a strong upper body improves your flexibility, mobility and range of motion. All types of sports activities required overall physical fitness of players to perform his sport skills at maximum level.

Judo is such a dynamic and combative sport. It requires very hard training for one certain component. For this purpose judo players need a lot of different styles of fitness covering all energy systems. Upper body strength is important for Judo players. Various skill of Judo is basically divided into two parts that is upper

techniques and ground techniques. Maximum Judo's Upper techniques require upper body strength to apply throwing techniques effectively. In ground techniques of Judo upper body strength is very much useful for taking hold on opponent. Upper body strength is also useful for hand locks and choking of opponent.

Wrestling is one of the ancient sports in world. Wrestling is a dynamic, high-intensity and combative sport. Wrestlers need very high levels of complex skills, tactical excellence and physical fitness to success on the world stage. Wrestling demands all qualities of fitness: Maximal strength, Upper Body Strength, anaerobic power and anaerobic capacity. Wrestling techniques must also be executed with high velocity with full power of upper body strength. Upper body strength is most important for Wrestlers because wrestlers have to grip opponent's body parts in sweating condition without any equipment related support to use techniques.

AIM OF THE STUDY

The main purpose of this comparative study is to find out the Upper Body Strength between Male Judo Players and Wrestlers of Akola City.

Significance of the study:-

1. This study may helps to find out comparison of upper body strength of Judo players and Wrestler.
2. This study may helps to motivated Judo players and Wrestlers to develop upper body strength to achieve their goals.

Hypothesis

It was hypothesized that there may be significant difference in the Upper Body Strength between Male Judo Players and Wrestlers of Akola City.

METHODOLOGY –

Source of Data

For this research study, 20 Judo players and 20 Wrestlers of Akola city who had participated in School Level Tournaments were taken as subjects in the age group between 15 to 18 years at random.

Collection of Data

The pull up test (also called the chin-up test) is widely used as a measure of upper body strength. This test measures upper body muscle strength and endurance. Horizontal overhead single bar, at an adequate height so that the participants can hang from with arms fully extended and feet not touching the floor. The total number of correctly completed pull-ups is recorded in count in one time.

Statistical Analysis

For comparison of Upper Body Strength of Judo Players & Wrestlers 't' test was used. The level of significance was set at 0.05 levels.

**Table No. 1:
Showing the statistical analysis of Pull up Test**

Group	N	Mean	S.D.	Mean Difference	S.E.	't' ratio	P value
Judo Players	20	10.50	2.039	1.20	0.455	1.958	0.0289
Wrestlers	20	11.70	1.791		0.390		
Tabulated 't' ratio=1.685				Degree of freedom=38		Significant Level= 0.05	

As per the above stational analysis, Judo Players mean performance is 10.50 counts and Wrestlers mean

performance is 11.70 counts. There is mean difference of 1.20 between Judo Players and Wrestlers. There is significant difference related Upper Body Strength among Judo players and Wrestlers of Akola city because the calculated t-value of 1.958 is more than the tabulated t-value of 1.685 at 0.05 level of significance of 38 degree freedom.

Graph No. 1: Mean Difference of Judo Players & Wrestlers



DISCUSSION OF HYPOTHESIS:

Hypothesis was accepted because there is significant difference related Upper Body Strength among Judo players and Wrestlers of Akola city.

CONCLUSION:

It is concluded that there is significant difference found in Upper Body Strength of Judo players and Wrestlers of Akola city.

REFERENCE:

- (2017). Retrieved 27 June 2017, from <http://www.mindfulbody.com/body/strength-training/upper-body-practice>.
- (2017). Retrieved 29 June 2017, from <https://simplifaster.com/articles/concurrent-training-freestyle-wrestling->
- Cardio Training for Judo – Judo Info. (2017). Judoinfo.com. Retrieved 30 June 2017, from <http://judoinfo.com/cardio/>
- Guide, B., & Five, F. (2017). Concurrent Training: Implications for Freestyle Wrestling Performance – Striving for Optimal Training Practice - SimpliFaster. SimpliFaster Blog. Retrieved 28 June 2017, from <https://simplifaster.com/articles/concurrent-training-freestyle-wrestling-performance/>
- Pull-Up or Chin-Up Test. (2017). Topendsports.com. Retrieved 25 June 2017, from <http://www.topendsports.com/testing/tests/pullup.htm>
- Rogers, C. (2017). Aerobic Endurance. Love To Know. Retrieved 29 June 2017, from http://exercise.lovetoknow.com/Aerobic_Endurance
- Which Sport Requires the Most Athleticism. (2017). Examined Existence. Retrieved 30 June 2017, from <https://examinedexistence.com/which-sport-requires-the-most-athleticism/>
- T-Test Calculator for 2 Independent Means. (2017). Socscistatistics.com. Retrieved 30 June 2017, from <http://www.socscistatistics.com/tests/studentttest/Default.aspx>
- Why Is Upper Body Strength Important?. (2017). Getfit.jillianmichaels.com. Retrieved 28 June 2017, from <http://getfit.jillianmichaels.com/upper-body-strength-important-1032.html>



Dr. Rajesh D. Chandrawanshi

B.Com., B.Ed., M.P.Ed., NET., Ph.D.,

Director of Physical Education, Shri R.L.T. College of Science, Akola.