

## Comparative study of Self rhythmic ability state and intercollege male and female low and high performance level cricket players

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### Abstract

This study is aimed to achieve the self-rhythmic ability state and inter-college male and female low and high performance level cricket players. The present study is persuade to be conducted on 20 male and 20 female cricket players at college/Club level i.e. 20 high (state and inter college position holder, intervarsity and national level) and 20 low level. (Inter- college and district participants). The age limit of the player ranged 18 to 25 years. The study is confirmed on the subjects of various colleges/Clubs of Sirsa District. Only one coordinative ability variables such as rhythmic ability are taken into account. To establish the effect of the circuit training and Interval training vascular endurance. The difference between initial and final performance and to compare the achievements of the two groups the 't' test was adopted and the criterion measure for comparing the two groups is 0.05. After the collecting the data the Statistical technique is mean, SD and t-ratio was used.

**Keywords:** self-rhythmic ability, cricket, state, low, high

### Introduction

Coordination ability means an ability to quickly and purposefully perform difficult spatio-temporal movement structures. Within this context, coordination abilities are understood as an externally visible manifestation of the control and regulation processes of the motor activity of the central nervous system. The complex of coordination abilities consists of a group of basic coordination abilities. Rhythmic ability enables to grasp and motorically express rhythm which is externally determined or contained in the motor activity itself.

### Objective of the study

1. The objectives of the study are to compare the rhythmic ability one of the coordinative variables of male cricket players at different levels.
2. The objectives of the study are to compare the rhythmic ability one of the coordinative variables of female cricket players at different levels.

### Results

**Table 1:** Significance Difference between Mean Self Rhythmic Ability State and Inter College Male and Female Low Students

| Respondents | N  | Mean | S.D. | 't'-value | Level of Significance |
|-------------|----|------|------|-----------|-----------------------|
| male        | 20 | 8.90 | .45  | 7.72      | 0.05                  |
| female      | 20 | 9.73 | .31  |           |                       |

As shown in Table-4.5 above, the mean rhythmic ability score of male low students were 8.90 and female low students were 9.73. The S.D. of self practice score of male low students were .45 and female low students were .31, and the calculated value

### Method and procedure

The present study is persuade to be conducted on 20 male and 20 female cricket players at college/Club level i.e. 20 high (state and inter college position holder, intervarsity and national level ) and 20 low level. (Inter- college and district participants). The age limit of the player ranged 18 to 25 years. The study is confirmed on the subjects of various colleges/Clubs of Sirsa District. Only one coordinative ability variables such as rhythmic ability are taken into account. To establish the effect of the circuit training and Interval training vascular endurance. The difference between initial and final performance and to compare the achievements of the two groups the 't' test was adopted and the criterion measure for comparing the two groups is 0.05. After the collecting the data the Statistical technique is mean, SD and t-ratio was used.

of 't' was 7.72, which was more than table value (1.96). It means that the hypothesis was rejected at the 0.05 level of significance and significant difference was found between the male and female low students in rhythmic ability.

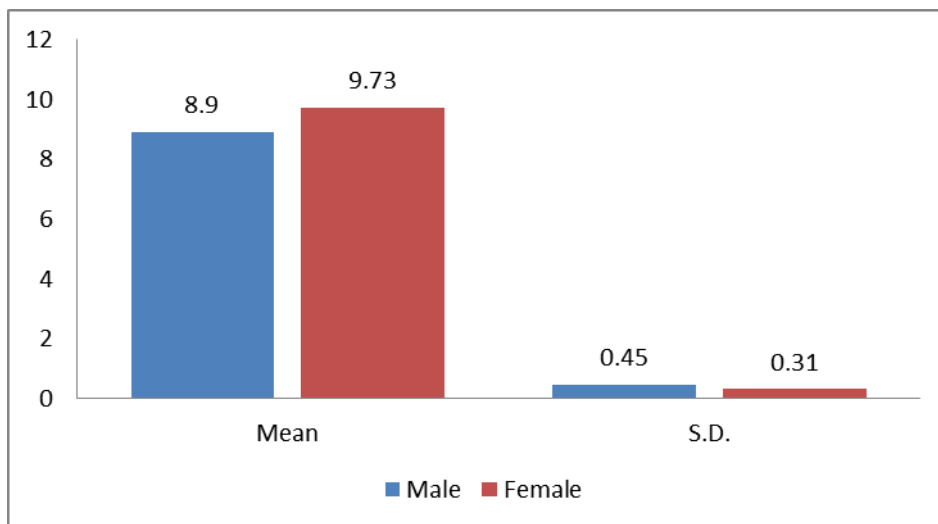


Fig 1

Table 2: Significance Difference between Mean Self Rhythmic Ability State and Inter College Male and Female High Students

| Respondents | N  | Mean | S.D. | 't'-value | Level of Significance |
|-------------|----|------|------|-----------|-----------------------|
| male        | 20 | 8.46 | .41  | 8.63      | 0.05                  |
| female      | 20 | 9.29 | .31  |           |                       |

As shown in Table-4.6 above, the mean rhythmic ability score of male high students were 8.46 and female high students were 9.29. The S.D. of self practice score of male high students were .41 and female high students were .31, and the calculated

value of 't' was 8.63, which was more than table value (1.96). It means that the hypothesis was rejected at the 0.05 level of significance and significant difference was found between the male and female high students in rhythmic ability.

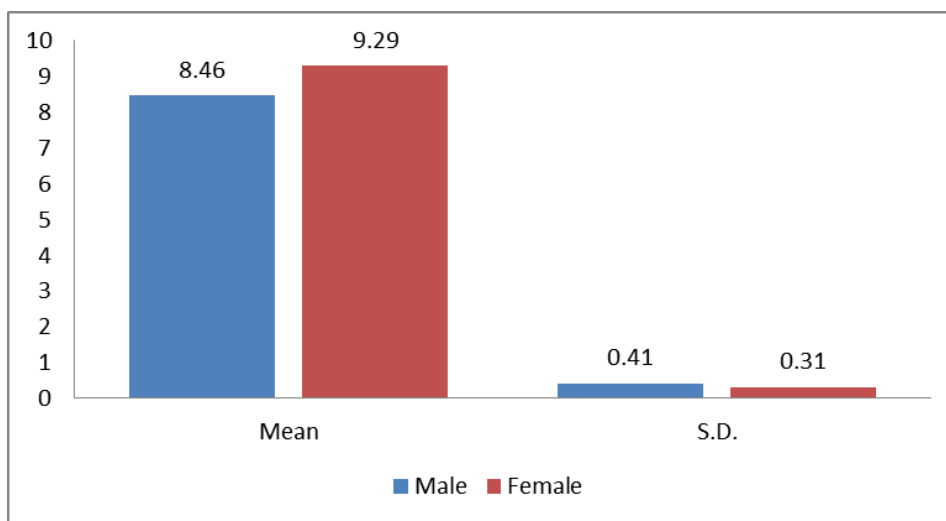


Fig 2

**Hypothesis**

1. There will be no significance between the state and inter college students male and female high on self-practice factor of Rhythmic Ability.
2. There will be no significance between the state and inter college students male and female high on self-rhythmic ability of Rhythmic Ability.

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