

**EFFECT OF WEIGHT TRAINING ON SELECTED PERFORMANCE
VARIABLE FOR INTER COLLEGIATE MEN CRICKET PLAYERS OF
PALAMURU UNIVERSITY**

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ABSTRACT

The purpose of the study to find out the effect of weight training on selected performance variables. To achieve the purpose of (20) twenty inter collegiate men cricket players of Palamuru University, Mahabubnagar, Telangana. Their age category from 18-24 years, they were divided in two groups, Group 1 underwent weight training, group 2 underwent control group (CG). Their did not participate in any special training, apart from their regular curricular activities. Training was given for eight weeks and alternative three days per week. The pre and post test were conducted before and after training for eight weeks. The data collected from two groups before and after training period were statistically analyzed by using “t” test at 0.05 level of confidence was fixed to test the significant. The result of the study show there is a significant difference between the experimental group and control group. The result shows that shoulder strength and agility of the selected subjects was significantly improved on experimental groups of due to the effect of weight training.

KEYWORDS: Shoulder strength, Agility, Weight Training.

INTRODUCTION

Cricket is the most popular sport in India. It is played almost everywhere in the country. The Board of Control for Cricket in India (BCCI) is the governing body of Indian cricket and conduct all domestic tournaments and select the players for India national cricket team and India women's national cricket team. Domestic competitions in India annually organized by BCCI include the Ranji Trophy, the Duleep Trophy, the Vijay Hazare Trophy, the Deodhar Trophy, the Irani Trophy and the NKP Salve Challenger Trophy. The Indian Premier League, a Twenty 20 tournament where various city-based franchises compete in a style similar to American football, is one of the biggest sporting leagues and the biggest cricketing league in the world. In 2023 it launched a similar league for females, the Women's Premier League (WPL).

Cricket is generally viewed as the favorite sport of Indians. Sports broadcasters, national-international news media frequently claim that "cricket is like religion in India", people are crazy for the sport there, but the truth is far from it, Indians don't show up at the stadiums to witness domestic (except IPL) tournament (such as Ranji, Vijay Hazare trophy, Irani Cup etc.), non-India international matches and stadium remain empty, reason for this according to a senior figure in Indian broadcasting, "Indians don't love cricket", "Indians love Indian cricket."

WEIGHT TRAINING

Strength training, also known as weight training or resistance training, involves the performance of physical exercises that are designed to improve strength and endurance. It is often associated with the lifting of weights. It can also incorporate a variety of training techniques such as bodyweight exercises, isometrics, and plyometrics. Training works by progressively increasing the force output of the muscles and uses a variety of exercises and types of equipment. Strength training is primarily an anaerobic activity, although circuit training also is a form of aerobic exercise.

Weight training can increase muscle, tendon, and ligament strength as well as bone density, metabolism, and the lactate threshold; improve joint and cardiac function; and reduce the risk of injury in athletes and the elderly. For many sports and physical activities, strength training is central or is used as part of their training regimen.

METHODOLOGY

EXPERIMENTAL DESIGN

The selected subjects (N=20) were divided into two groups each containing of ten. The experimental group underwent the weight training programme for alternate days in a week and eight weeks in total and control group was in kept under the control of the investigator in which they were in as usual activities.

The purpose of the present study was to find the effect of weight training on selected performance variables for inter-collegiate men cricket players of Palamuru University, Telangana. To achieve the aim of this study the investigator had randomly selected twenty inter-collegiate level men cricket players of Palamuru University, Mahabubnagar, Telangana. Their age was ranged from 18-24 years. The selected subjects (N=20) were divided into two groups each containing of ten. The experimental group underwent the weight training programme for three days in a week and eight weeks in total and control group was in kept under the control of the investigator in which they were in as usual activities. The statistical tool used for this present study is described here. The significance of the mean differences between the pretest and post test values of the variable by the experimental and control group during the treatment period of eight weeks were tested by applying 't' test.

RESULTS;

TABLE-I

COMPUTATION OF 't' TEST ON AGILITY OF EXPERIMENTAL AND CONTROL GROUP OF INTER-COLLEGIATE CRICKET PLAYERS

Variable	Group	Test	Mean	S.D	D.M	σ DM	't'
Agility	Experimental Group	Pre Test	11.02	0.51	0.88	0.06	15.16*
		Post Test	10.14	0.45			
	Control Group	Pre Test	11.24	0.36	0.022	0.016	1.4
		Post Test	11.46	0.38			

*Significant Level of significant was fixed at 0.05 with df (9) Table value 2.26

Table-I indicated experimental and control group of agility of mean and standard deviation of inter-collegiate men cricket players. The experimental group pre and post-test mean values was 11.02 and 10.14 and standard deviation values was 0.51 and 0.45 and obtained 't' value is 15.16 which was greater than table value 2.26 with df 9. The control groups mean values was 11.24 and 11.46 and standard deviation 0.36 and 0.38. The results of the study 't' value 1.40 which was lesser than table value 2.26. The finding of the study indicated that experimental group had significant improvement on agility due to weight training of inter-collegiate men cricket players.

FIGURE-I
THE MEAN VALUES OF EXPERIMENTAL AND CONTROL GROUPS OF PRE AND POST TEST OF AGILITY OF INTER-COLLEGIATE MEN CRICKET PLAYERS

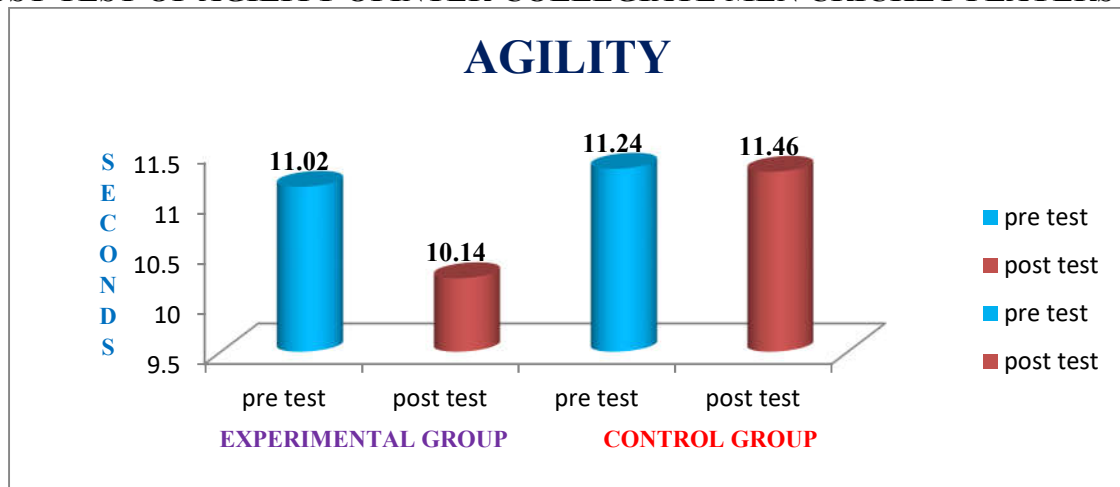


TABLE-II

COMPUTATION OF 't' TEST ON SHOULDER STRENGTH OF EXPERIMENTAL AND CONTROL GROUP OF INTER-COLLEGIATE MEN CRICKET PLAYERS

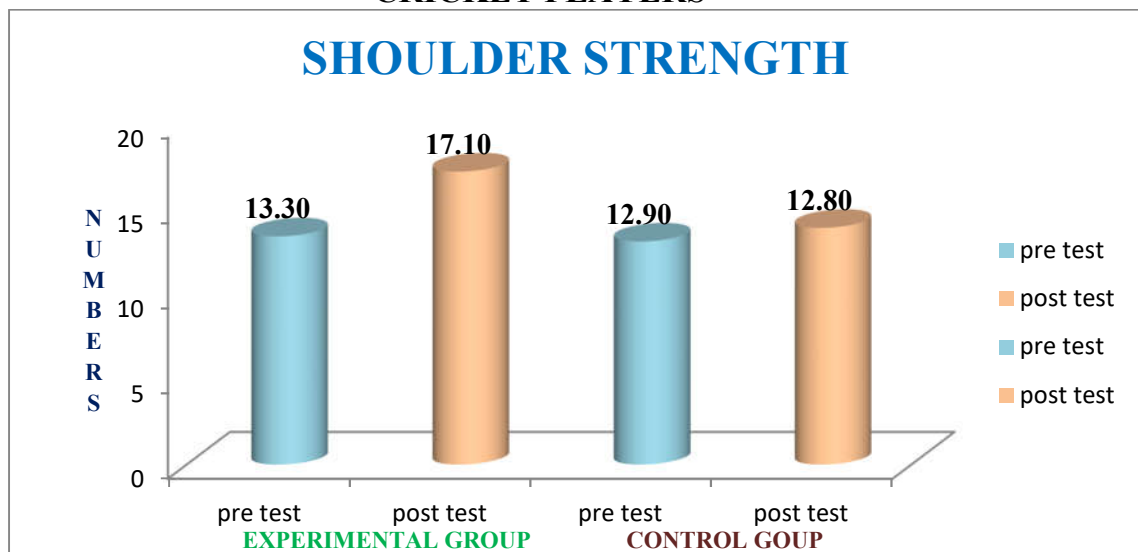
Variable	Group	Test	Mean	S.D	D.M	σ DM	't'
Shoulder Strength	Experimental Group	Pre Test	13.30	1.75	3.8	0.3	19.2*
		Post Test	17.10	1.52			
	Control Group	Pre Test	12.90	1.95	1.10	0.6	
		Post Test	12.80	1.46			

*Significant level of significant was fixed at 0.05 with df (9) Table value 2.26

Table-II indicated experimental and control group of shoulder strength mean and standard deviation of inter-collegiate cricket players. The experimental group pre-test and post-test mean values was 13.30 and 17.10 and standard deviation values was 1.75 and 1.52 and obtained 't' value was 19.2 which was greater than table value 2.26 with df 9. The control group mean values was 12.90 and 12.80 and standard deviation 1.95 and 1.46. The results of the study 't' value 1.14 which was lesser than table value 2.26. The finding of the study indicated that experimental group had significant improvement on shoulder strength due to weight training on inter-collegiate men cricket players.

FIGURE-II

THE MEAN VALUES OF EXPERIMENTAL AND CONTROL GROUPS OF PRE AND POST TEST OF SHOULDER STRENGTH OF INTER-COLLEGIATE MEN CRICKET PLAYERS



CONCLUSIONS

On the basis of the results obtained by statistical analysis on the effect of weight training selected on performance variables namely agility and shoulder strength the following conclusions were drawn.

1. It was concluded that the selected performance variables namely agility and shoulder strength were significantly improved due to the weight training of experimental group.
2. It was concluded that the selected performance variables namely agility and shoulder strength were not improved significantly in control group.

RECOMMENDATIONS

The following recommendation may be from the study for further research.

1. Similar study may be conducted with large samples and longer duration of training.
2. Similar study may be conducted for college women and school students.
3. The same study can be conducted by increasing in terms of numbers of person with autism as subjects.
4. Similar study can be conducted by using different type of training for different games and sports.

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