

Effect of Physical Exercises on Physical Fitness of Boxers of Haryana State

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Abstract

As the researcher wants to study the Effect of Physical Exercises on Physical Fitness of Boxers of Rohtak of Haryana State, thus study was conducted by Experimental Method. After due consideration of all the points, purposive sample technique was employed. Only male Boxers of Rohtak Haryana State ranged between the age group of 18 to 21 Years were selected purposively for the study. A total number of 20 samples were selected. The selected physical fitness components were abdominal strength endurance, upper body strength and leg explosive strength. From the result of the study, it was found that Physical Exercises training for the period of six week was effective to increase the abdominal strength endurance, upper body strength and explosive leg strength significantly. Hence it can be conclude that Physical Exercises training strengthens the core muscles which are very important to create and transfer of forces to the extremities.

Keywords: Physical Exercises, Physical Fitness, Boxers

Introduction

The benefits of regular exercise on psychological health have been clearly documented. Patients with anxiety and depression do better if exercise training is combined with other treatments. More importantly, the vast majority of individuals who take up regular exercise report an improved sense of general well-being and enhanced self-image. Numerous scientific studies have documented the beneficial effects of exercise in groups of men and women across the entire adult age range. Research has also shown that exercise patterns and fitness levels established during childhood and adolescence are likely to carry over into adult life. Sound exercise habits developed in these early years provide the foundation for a lifetime of physical fitness through exercise. It was therefore considered appropriate by research scholar to investigate the effectiveness of Physical exercises training on selected physical fitness components. The selected physical fitness components were abdominal strength endurance, upper body strength and leg explosive strength. It was therefore considered appropriate by research scholar to investigate the effectiveness of Physical exercises training on selected physical fitness components of Boxers.

Materials and Methods

The study was conducted by Experimental Method. After due consideration of all the points, purposive sample technique was employed. Only male Boxers of Rohtak of Haryana State ranged between the age group of 18 to 21 Years were selected purposively for the study. A total number of 20 samples were selected. The selected physical fitness components were abdominal strength endurance, upper body strength and leg explosive strength. For the data collection researcher administrated following physical fitness tests as; one minute sit up test for abdominal strength endurance, one minute push up test for upper body strength and standing broad jump for explosive leg strength. Single group pretest posttest research design was used to test the hypothesis. The selected subjects were pre tested before manipulation of Physical Exercises Training program. The duration of Physical Exercises training program was of six week. Training was given on alternate days (three days per week) and after six week of training subjects were post tested. For the analysis of data independent sample 't' test was used and results were drawn.

Results

The obtained results were presents in the following tables which represents the result of descriptive analysis, correlation and comparison.

Table No. 1

Descriptive statistics of pre and posttest of Abdominal Strength Endurance, Upper Body Strength and Explosive Leg Strength.

Variable	Test	N	Mean	Std. Deviation	Std. Error Mean
Abdominal Strength Endurance	Pre-Test	20	29.9000	6.24837	1.39718
	Post-Test	20	41.4500	8.13359	1.81873
Upper Body Strength	Pre-Test	20	30.1000	8.58947	1.92066
	Post-Test	20	39.3500	10.54951	2.35894
Explosive Leg Strength	Pre-Test	20	1.9175	0.20792	0.04649
	Post-Test	20	2.0775	0.18742	0.04191

Table No. 2

Paired Samples Correlations

Pretest and posttest of Abdominal Strength Endurance, Upper Body Strength and Explosive Leg Strength.

Variable	Test	N	Correlation	Sig.
Abdominal Strength Endurance	Pretest & Posttest	20	0.314	0.178
Upper Body Strength	Pretest & Posttest	20	0.753	.001
Explosive Leg Strength	Pretest & Posttest	20	0.882	0.001

Table No. 3

Paired Samples 't' test of Abdominal Strength Endurance, Upper Body Strength and Explosive Leg Strength.

Variable	t	df	Sig. (2-tailed)	Mean difference	Std.Error Difference
Abdominal Strength Endurance	6.033	19	0.001	11.5500	1.91459
Upper Body Strength	5.933	19	0.001	9.250	1.55914
Explosive Leg Strength	7.291	19	0.001	0.1600	0.0219

Findings and Conclusion

From the above analysis and interpretation of data following findings may be drawn.

1. Physical Exercises training program improves abdominal muscular strength significantly.
2. Physical Exercises training program improves upper body strength significantly.
3. Physical Exercises training program improves leg explosive strength significantly.

It was observed from the findings that the effect of Physical Exercises on abdominal muscular strength endurance, there was significant difference in pretest and posttest of subjects regarding abdominal muscular strength. This indicated that treatment program had positive effect on selected physical fitness components. The mean scores of abdominal

muscular strength endurance of pretest and posttest shows that six week Physical Exercises training period was enough to increase the abdominal strength endurance of subjects.

It was observed from the findings that the effect of Physical Exercises training on explosive leg strength, there was significant difference in pretest and posttest of subjects regarding explosive leg strength. The mean scores of explosive leg strength of pretest and posttest shows that six week Physical Exercises training period was enough to increase the explosive leg strength of subjects.

It was observed from the findings that the effect of Physical Exercises training on upper body strength, there was significant difference in pretest and posttest of subjects regarding upper body strength. The mean scores of upper body strength of pretest and posttest shows that six week Physical Exercises training period was enough to increase the upper body strength of subjects.

Conclusion

From the findings of the study it can be concluded that six week Physical Exercises training was effective to increase abdominal muscle strength endurance, explosive leg strength and upper body strength significantly. The major finding of the present study was that Physical Exercises training improves the strength of core muscles, which intern helps to create and transfer forces to the extremities.

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