

# Asian Resonance

## Comparison of Orientation Ability Among Different Female Athletes

### Abstract

The purpose of this study was to determine Orientation Ability among to the female Volleyball, Basketball, Judo and football athletes University of Allahabad . For the purpose of this study 8 female athletes of each sports were selected. The age of subjects ranged between 18 to 22 years. The Orientation Ability was determined by using Numbered medicine ball run Test.

To ensure that the data collected was reliable, each subject was given sufficient number of trials to perform the respective test for Orientation Ability and test was administered to all the subjects as per prescribed procedure. In order to analyze the data, the one-way analysis of variance (Anova) test was used to compare the means of different sport groups. The level of significance was set at .05. It has been observed from the analysis of given data and interpretation of findings that significant relationship was found among different female athletes.

**Keyword:** Orientation Ability, Volleyball, Basketball, Judo, Football

### Introduction

Sports form an important aspect of life. They play a vital role in bringing about physical, mental and social growth of the nation. The past few decades have witnessed man on innovation in this area. Sports are becoming increasingly sophisticated technical going popularity as separate profession with expansion of educational facilities in the country more young people are taking part in sports as a daily feature of their life. The participation in sports and physical fitness increase an individual productivity, it also promotes social harmony and discipline. Physical Education programme is aimed to enhance the quality of life and feeling of self worth and relaxed personality through the provision of opportunities, which give chances to individuals to express themselves and to direct their abilities to help the individuals to have the happiest and most successful life.

Evidence from archaeology anthropology and history indicates that sports and game dance and festivals and the endless. To be a good sportsman one has to develop various qualities within himself. A sportsman should have good kinesthetic perception ability; stability; speed; strength; suppleness; endurance and skill (personal skill; rhythm; handling object etc.) For a sportsman it is extremely important to have information about what the muscles are doing and their position during a movement. It is also successfully argued that this muscle sense is called kinesthetic is equally necessary for the successful execution of well-learned skills. Kinesthetic a keenly developed sense required for beginners and experts alike for proficiency in many motor skills. Adequate perceptual development allows athlete to use his or her physical abilities at the optimum level for the highest possible level of performance. As it is well known and experienced that along with motor abilities, psycho-motor abilities also play a very important role in the performance of athletes in almost all types of activities.

If we consider kinesthetic and perceptual variation of athlete we will first see to it that, whether these variables are having a relationship with other games and sports or not. Because every athletes need to improve upon these abilities so as to improve/enhance her/his performance. Orientation Ability permits the sportsman to determine the position and movement of this own body and /or of a moving object (opponent ball partner) with regards to space.<sup>1</sup>

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## Aim of Study

The aim of the study was to compare orientation ability amongst female volleyball, basketball, judo and football athletes.

## Hypothesis

On the basis of available literature it was hypothesized that there may not be any significant relationship in orientation ability amongst female volleyball, basketball, judo and football athletes.

## Tools

Eight female athletes of each sports group ( Volleyball, basketball, judo and football ) University of Allahabad were selected. The age of subjects ranged between 18 to 22 years all the scientific literature pertaining to the sports of Volleyball, Basketball, Judo and Football from books, magazines, journals, periodicals available in the Library of Department of Physical Education University of Allahabad, keeping the feasibility in mind especially in the case of availability of instruments. Orientation ability was measured by Numbered medicine ball run test<sup>2</sup>..

All the medicine balls weighing 3 kg. were arranged on an even ground in a semi circle. The sixth medicine ball weighing 4 kg. was kept 3 m. away from these medicine balls. Behind all the medicine balls of 3 kg, metallic number plates of 1 square foot size were kept from 1 to 5. Before the start of the test, the subject were asked to stand behind the sixth medicine ball facing towards the opposite direction.

On signal, the subject turned and ran towards the all, number called by the tester and touched the medicine ball and run back to touch the sixth medicine ball, immediately another number was called, similarly a total of three times the number was called by the tester and the subject performed accordingly. Before the actual test was administered, one practice trial was given to all the subjects. The time taken to complete the course was noted in seconds. Two trials were given to each subject and the best one was recorded as score.

## Result & Findings

To observe the relationship among orientation ability the data collected were analyzed using the analysis of variance( Anova ).

**Table** Analysis of variance of Orientation Ability among all four games

Source of variation	Df	Ss	Mss	F-Ratio
Between Groups	3	7.913	2.638	5.001
Within Groups	28	14.769	.527	

Significant at 0.05 Level of Confidence

F 0.05 (3, 28) = 2.95

Table reveals that there was significant relationship in relation to orientation ability among volleyball, basketball,

football & judo female athletes, as the calculated F value was ( 5.001 ) which was higher value than the tabulated F value ( 2.95 ) at ( 3, 28 ) degree of freedom and .05 level of significance.

## Discussion & Suggestion

The analysis of the data revealed that the hypothesis that their shall not be significant relationship between orientation ability among different games was rejected because significant relationship was found in all four games in case of orientation ability. Significant relationship in different games might be due to the reasons that we have to change our body position firstly according to the space and secondly which is most important – according to the actions and movement of the opponent. Whether we consider combative sports, team sports, our body position and movement are dependent upon the movement of the opponent. So, to have a better understanding of action of opponent, his space and along with understanding our movement and space, orientation ability is needed to be developed to have a better performance in effective and efficient manner.

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