

# Comparative Study of Selected General Motor Ability Variables between Students of Government College of Physical Education Ganderbal and Government Degree College Ganderbal



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## Abstract

The objective of the study is "to compare the selected general motor ability variables between students of Government College of physical education Ganderbal and Government degree college Ganderbal". Forty students were selected as a sample for this study. Twenty from Government College of physical education Ganderbal and twenty from Government Degree College Ganderbal, random sampling technique was used for the selection of the study. Phillips JCR test was used to check the motor ability of the subjects. After performing the Phillips JCR test we came to conclude that the motor ability of the students of the govt.college of physical education, Ganderbal is higher than the students from the degree college Ganderbal the reason for this may be that the Govt. college of physical education, Ganderbal have well organized physical training programmes.

**Keywords:** Motor Ability, Motor Skill and Physical Education.

## Introduction

A motor ability is learned sequence of movements that combine to produce a smooth, efficient action in order to master a particular task. A development of motor skill occurs in the motor cortex. It is hard to imagine any functional routine that does not involve some motor activity. Whether play a game with friends at home. Dining in a restaurant, or stapling newsletters in an office, participation involves motor skills. This may involve walking climbing the steps of a bus, or driving a car. The functional positioning for the game depends upon whether they are playing cards, croquet or twister. Finally they participate in the core of the activity, which requires motor skills to visually scan and gaze at materials, to manipulate materials, and to eat.

A motor skill is a function, which involves the precise movement of muscles with the intent to perform a specific act. Most purposeful movement requires the ability to "feel" or sense what one's muscles are doing as they perform the act. Motor difficulties occur when an individual lacks the ability to move in the way he or she originally intended. This can have a significant effect on classroom performance and motivation in school.

Motor skills refer to movement patterns and skills in the physical body. Generally these are divided into three categories; fine motor, gross motor and balance/coordination. Many factors influence motor skill development including birth weight, body build, parenting style, ethnicity, personality, social class and birth order. Fine motor skills involve the smaller muscles of body, while gross motor skill involves the larger muscles.

Motor skills are usually distinguished from perceptual skills, cognitive skills, communicative skills, and other skill categories; but clearly these traditional distinctions have been made as a matter of heuristic convenience. As a consequence, skill categories reflect primarily differences in scholarly emphasis rather than mutually exclusive avenues of scholarly enquiry. The term motor skill usually refers to those skills in which both the movement and the outcome of action are emphasized.

## Objective of the Study

The objective of the study is "to compare the selected general motor ability variables between students of Government College of physical education Ganderbal and Government degree college Ganderbal".

### Sampling

Fourty students were selected as a sample for this study. Twenty from Government college of physical education Ganderbal and twenty from Government degree college Ganderbal, random sampling technique was used for the selection of the study.

### Test Applied

Phillips JCR test was used to check the motor ability of the subjects.

This test consists of three batteries

1. Vertical jump (J)
2. Chinning (C)
3. Shuttle Run (r)

### Results and the Interpretation of the Results

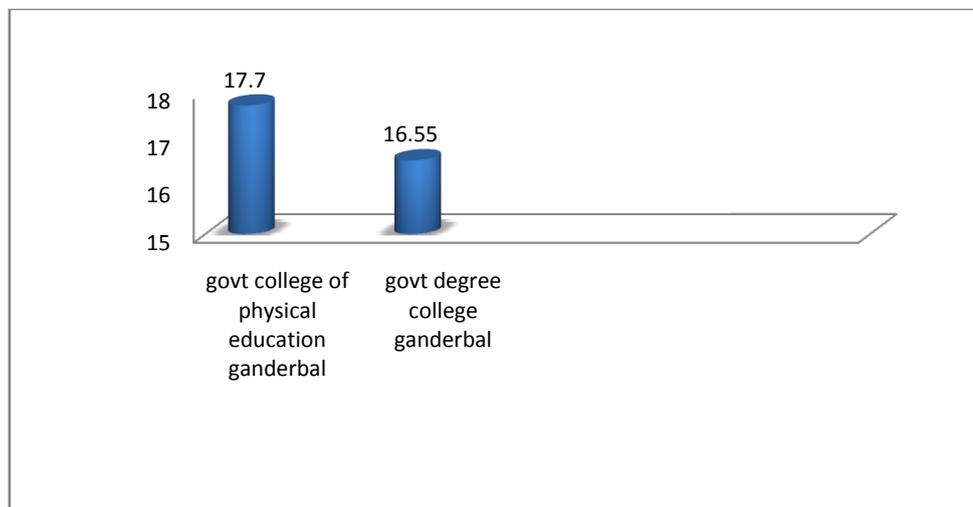
Vertical jump

**Table - 1**  
**Mean Standard Deviation, Standard Error Mean and 't' Value of Vertical Jump between the Students of Government College of Physical Education Ganderbal and Government Degree College Ganderbal**

S. No.	College	Number of Subjects	Mean	S.D	Standard Error Mean	t score
1	Government college of physical education Ganderbal	20	17.70	1.77	0.39	2.47
2	Government degree college Ganderbal	20	16.55	1.10	0.25	2.47

Since the t value is 2.47 which is greater than tabulated t value (1.685) at 0.05 (level of confidence) therefore we conclude the scoring in vertical jump done by the students of Government

college of physical education Ganderbal and Government degree college Ganderbal differ significantly.



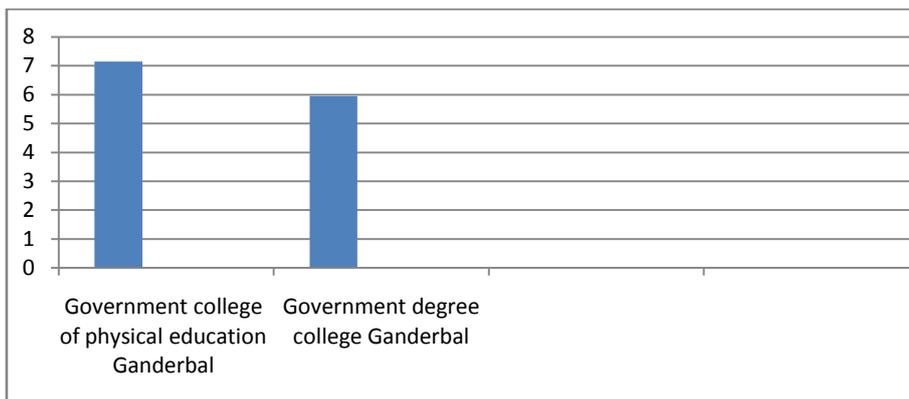
**Graph 1: Graphical Representation of Means of Scoring in Vertical Jumps between the Students of Government College of Physical Education Ganderbal and Government Degree College Ganderbal Chinning (Pull Ups)**

**Table 2**  
**Mean Standard Deviation, Standard Error Mean and 't' Value of Chinning (Pull Ups) between the Students of Government College of Physical Education Ganderbal and Government Degree College Ganderbal**

S. No.	College	Number of subjects	Mean	S.D	Standard Error Mean	t score
1	Government college of physical education Ganderbal	20	7.15	1.63	0.36	2.53
2	Government degree college Ganderbal	20	5.95	1.36	0.30	2.53

Since the t value is 2.53 which is greater than tabulated t value (1.685) at 0.05 (level of confidence) therefore we conclude the scoring in pull

ups done by the students of Government college of physical education Ganderbal and Government degree college Ganderbal differ significantly.



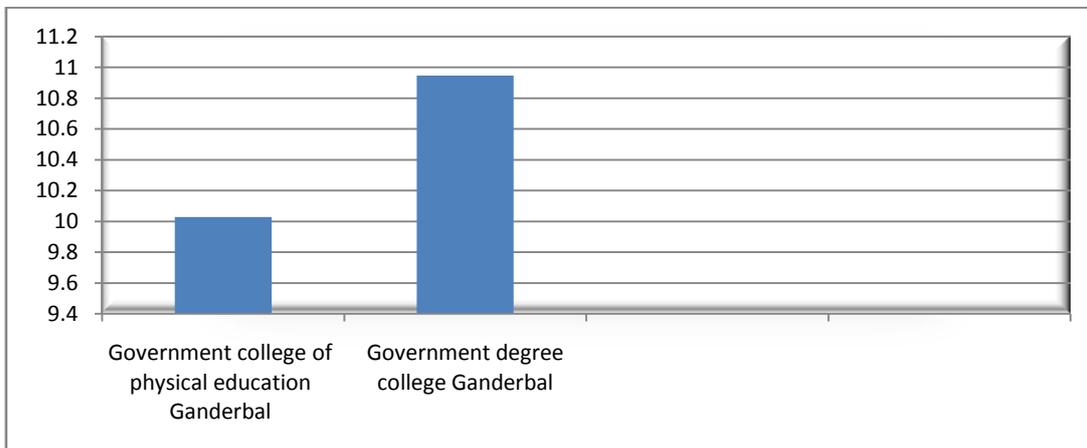
**Graph 2: Graphical Representation of Means of Scoring in Pull Ups between the Students of Government College of Physical Education Ganderbal and Government Degree College Ganderbal. Shuttle run**

**Table 3  
Mean Standard Deviation, Standard Error Mean and 't' Value of Shuttle Run between the Students of Government College of Physical Education Ganderbal and Government Degree College Ganderbal.**

S. No.	College	Number of subjects	Mean	S.D	Standard Error Mean	t score
1	Government college of physical education Ganderbal	20	10.028	0.959	0.21	-3.41
2	Government degree college Ganderbal	20	10.948	0.732	0.16	-3.41

Since the t value is 3.14 which is greater than tabulated t value (1.685) at 0.05 (level of confidence) therefore we conclude the scoring in pull

ups done by the students of Government college of physical education Ganderbal and Government degree college Ganderbal differ significantly.



**Graph 3: Graphical Representation of Means of Scoring in Shuttle Run between the Students of Government College of Physical Education Ganderbal and Government Degree College Ganderbal.**

**Results**

After performing the Phillips JCR test we came to conclusion that the motor ability of the students of the govt.college of physical education, Ganderbal is higher than the students from the degree college Ganderbal the reason for this may be that the govt. College of physical education, Ganderbal have well organized physical training programmes.

**Conclusion**

After performing the Phillips JCR test we came to conclude that the motor ability of the students of the govt.college of physical education, Ganderbal is higher than the students from the degree college Ganderbal.

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