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1	A study of some motor fitness components of tribal and non-tribal sports persons	Gajanan M. Paikat	Physical education	RESEARCH NEBULA An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences	2021	7.399



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One Day International Interdisciplinary E-Conference On
ROLE OF PHYSICAL ACTIVITIES, HEALTH AND FITNESS IN TODAY'S CRISIS

On 16th October, 2021 @

Mahatma Jyotiba Fule Mahavidyalaya, Amravati, Late Dattatraya Pusadkar Arts College,
 Nandgaon Peth, Amravati. & Narayanrao Rana Mahavidyalaya, Badnera, Amravati.

**A STUDY OF SOME MOTOR FITNESS COMPONENTS OF TRIBAL AND NON-TRIBAL
 SPORTS PERSONS**

ABSTRACT:

The aim of this investigation was to compare motor fitness of tribal and non-tribal sports persons. The taster for the current investigation was drawn from various colleges of district Buldhana in Maharashtra through randomly selected. To achieve the goal of the investigation forty subjects who were participating in intercollegiate tournaments. The age of the subjects chosen for this investigation were ranging from 18-28 years. Selection tests on motor fitness substance including: 1) flexibility, 2) power and 3) muscular endurance etc. Sit and Reach Test, Standing Broad jump and Sit-Ups (Bent Knee) was used. For comparing the Mean, standard deviation (SD) of selected variables, descriptive analysis and student t-test were applied at 0.05 level of significant.

Result: *There is significant difference between tribal and non tribal sports persons in flexibility, Power and muscular endurance.*

Keywords: *Motor fitness, tribal and non tribal sports persons*

INTRODUCTION:

There are many benefits from the Games. They have a special place in life and caste. Games have great importance in maintaining physical and mental status. Therefore, sports have been given importance since ancient times. Students were also studied in ashrams along with studying in different types of sports. The games of that time were important in terms of war. There was a special talk of archery education. Games do not just make the body, but it also has enough development of mind. Suppose a student is very good in the study but he is weak from the body. It is not possible to face any obstacle for him. It does not have the power to make a way out of your way to a stone and make it passive. Then what country and caste can wished from such students? Students who keep their eyes on night and day books can never succeed in life. In the absence of power, all other qualities are proved futile. Even the best qualities of man prove to be useless in the absence of power till the renunciation.

MATERIAL AND METHODS:

The aim of this investigation was to compare motor fitness of tribal and non-tribal sports persons. The taster for the current investigation was drawn from various colleges of district Buldhana in Maharashtra through randomly selected. To achieve the goal of the investigation forty subjects who were participating in intercollegiate tournaments. The age

of the subjects chosen for this investigation were ranging from 18-28 years. Selection tests on motor fitness substance including: 1) flexibility, 2) power and 3) muscular endurance etc. Sit and Reach Test, Standing Broad jump and Sit-Ups (Bent Knee) was used.

STATISTICAL ANALYSIS:

For comparing the Mean, standard deviation (SD) of selected variables, descriptive analysis and student t-test were applied at 0.05 level of significant. The outcomes of the investigation are presented with the help of the following tables and graphs.

Table 1: Mean and SD of flexibility for tribal and non-tribal sports persons

Group	N	Me an	SD	SE	M D	Ot f	d f	Tt
Tribal sports persons	20	35.800	7.689	2.592	3.800	1.466	38	2.02
Non tribal sports persons	20	39.600	8.678					

Table 1 shows the tribal sports person had mean value of 35.800 and non-tribal sports persons had mean value of 39.600. There was insignificant difference at 0.5 levels as t-value was 2.02. It showed that non tribal sports person mean value had more in flexibility than their tribal sports persons.

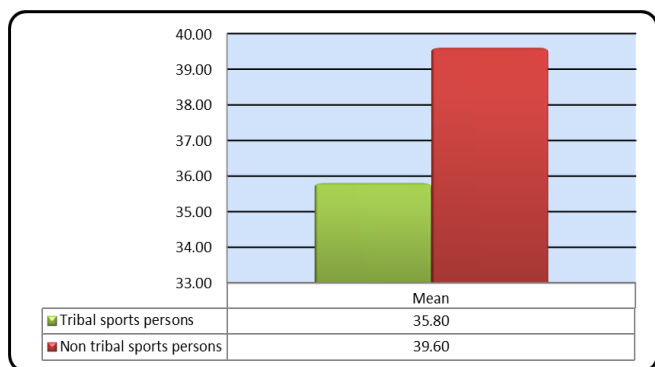


Fig 1: Mean value of flexibility between tribal and non-tribal sports persons

Table 2: Mean and SD of power for tribal and non-tribal sports persons

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Tribal sports persons	20	2.138	0.269	0.054	0.038	0.4	3	2.02
Non tribal sports persons	20	2.100	0.272	0.056	0.38	44	8	

Table 2 shows the tribal sports person had mean value of 2.138 and non-tribal sports persons had mean value of 2.100. There was insignificant difference at 0.5 levels as t-value was 2.02. It showed that tribal sports person mean value had more in power than their non-tribal sports persons.

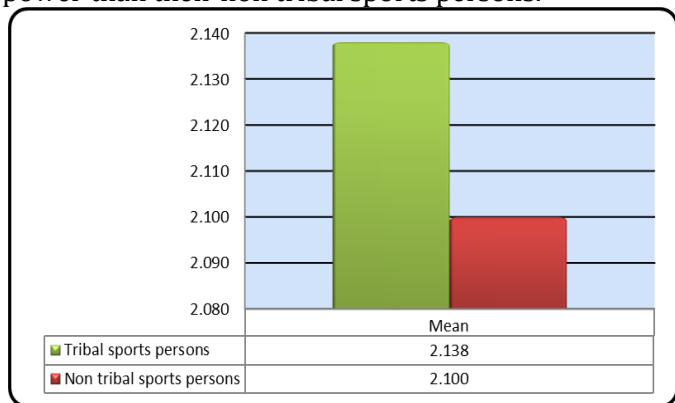


Fig 2: Mean value of power between tribal and non-tribal sports persons

Table 3: Mean and SD of muscular endurance for tribal and non-tribal sports persons

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Tribal sports persons	20	41.950	9.489	3.054	2.500	0.8	3	2.02
Non tribal sports persons	20	39.450	9.822	2.205	0.00	19	8	

Table 3 shows the tribal sports person had mean value of 41.950 and non-tribal sports persons had mean value of 39.450. There was insignificant

difference at 0.5 levels as t-value was 2.02. It showed that tribal sports person mean value had more in muscular endurance than their non-tribal sports persons.

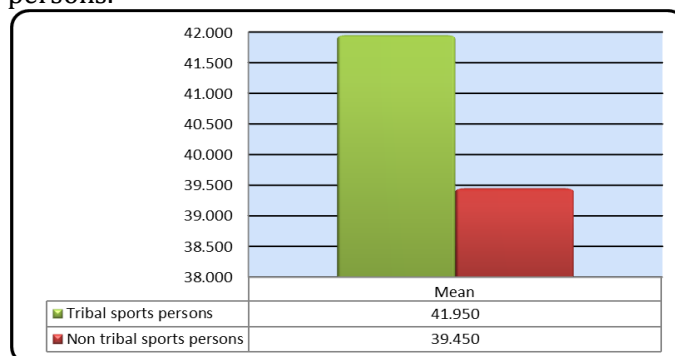


Fig 3: Mean value of muscular endurance between tribal and non-tribal sports persons

CONCLUSIONS:

The present investigation; the following conclusions have been adopted. There is insignificant difference between tribal and non-tribal sports persons in motor fitness components.

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IQAC, AND DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
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