Abstract

The purpose of the study was to compare the agility ability of female soccer players of Tripura state at different level. The subjects for the study were from the state of Tripura. A total of ninety female subjects were selected. Thirty subjects were selected from each level i.e. Sub-Division, District and State, with the help of expert and scholar’s personal understanding. The agility ability was measured by using 4 x 10 m shuttle run. The score was recorded to the nearest tenth of a second. To compare the agility ability of female soccer players of Tripura state at different level the mean, standard deviation and analysis of variance was applied at 0.05 level of significance. In the present study mean and standard deviation of agility ability Sub-Division 10.97±1.12, District 11.00±0.92 State 11.24±1.36 and Total 11.07±1.14 and no significant difference was found in case of agility ability.

1. INTRODUCTION

During the modern times, sport has become a part and parcel of our culture. It is being influenced and does influence all of our social institutions including education, economics, arts, politics, mass communication and international diplomacy- its scope is awesome. Today sports have become mass participation; it is being adopted as fashion by some. It attracts the mass either for recreation or physical fitness, or as a profession. Women’s association football is the most prominent team sports for women in the many countries, and one of the few women’s team sports with professional leagues. Physical fitness: “A successful adaptation to the stressors of one’s lifestyle”. The insufficient training of co-coordinative abilities limits the performance ability especially at higher level. On contrary, better developed coordinative abilities provides an effective learning, stabilization and variation in technique and successful execution in game situation. The quality of performance of all fundamental mechanical skills, the system, flow, accuracy, amplitude etc
are improved by coordinative abilities. It helps in developing very fine extra credible skill. In fact, any kind of movement training depends on coordinative abilities to a great extent. Although Motor Fitness is most often used synonymously with the physical fitness by the coaches but, it is very important for the physical education students to understand the basic difference between physical fitness and motor fitness. Physical fitness is used to denote the five basic fitness components, i.e. muscular strength, muscular endurance, cardiovascular endurance, freedom from obesity and flexibility whereas, skill related physical fitness is more comprehensive term which include all the ten fitness components including additional five motor components, i.e., power, speed, agility, balance and reaction time which are important mainly for success in sports. Agility is the ability to change directions quickly and control body movements. The speed with which an individual may change his body positions or fatness in changing directions while moving is known as agility.

2. STATEMENT OF THE PROBLEM
The purpose of the study was to compare the agility abilities of female soccer players of Tripura state at different levels.

3. OBJECTIVES OF THE STUDY
To compare the agility ability of female soccer players of Tripura state at different levels. (Sub-Division, District and State)

4. HYPOTHESIS
On the basis of the literature reviewed, expert opinion and scholar’s own understanding the problem it was hypothesized that there will be no significant difference between selected agility ability of the soccer female players of Tripura State at different levels.

5. SAMPLE & CRITERION MEASURE
The subjects for this study were from the state of Tripura. A total of ninety female subjects were selected. Thirty subjects were selected from each level i.e. Sub-Division, District and State. Agility was measured by using 4 x 10 m shuttle run. The score was recorded to the nearest tenth of a second.

6. RESULTS
Result of the study has been presented in tabular and graphical form for the component of agility ability where ** shows to be significant at 0.05 level.

Table-1: Descriptive statistics of Female Soccer players (Sub-division, District and State) of Tripura State in relation to Speed Ability

<table>
<thead>
<tr>
<th>Explosive strength</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub-Division</td>
<td>30</td>
<td>10.97</td>
<td>1.12</td>
</tr>
<tr>
<td>District</td>
<td>30</td>
<td>11.00</td>
<td>0.92</td>
</tr>
<tr>
<td>State</td>
<td>30</td>
<td>11.24</td>
<td>1.36</td>
</tr>
<tr>
<td>Total</td>
<td>90</td>
<td>11.07</td>
<td>1.14</td>
</tr>
</tbody>
</table>
Table- 1 clearly indicates the mean and standard deviation of female Soccer players (Sub-Division, District and State) in relation to agility ability. The observe mean and standard deviation of agility ability Sub-Division 10.97±1.12, District 11.00±0.92 State 11.24±1.36 and Total 11.07±1.14.

Table-2: Analysis of variance of Female Soccer players belonging Sub-division, District and State Level in relation to agility

<table>
<thead>
<tr>
<th></th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>1.342</td>
<td>2</td>
<td>.671</td>
<td>.503</td>
</tr>
<tr>
<td>Within Groups</td>
<td>116.039</td>
<td>87</td>
<td>1.334</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>117.381</td>
<td>89</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tab. F.05 (2, 87) =3.09

It appears from the Table-8 that the computed value of F (.503) among different level of female Soccer players of Tripura State (i.e. Sub-division, District and State ) in relation to rhythmic ability was less than the tabulated (3.09), F at .05 level. Therefore null hypothesis among different level of female Soccer players of Tripura State (i.e Sub-division, District and State) in relation to rhythmic ability was accepted at 0.05 level.

7. CONCLUSION

According to the results of the study no significant difference was found between Sub-division, District and State level of female soccer players in Tripura. As soccer is becoming ‘total football’ which requires fast nature of the game. Thus at every level agility is very important. Finally there was no significant difference at Sub-division, District and State level of female soccer players in Tripura. In the light of findings of the study, the hypothesis that there shall not be any significant differences between means of agility ability of female Soccer players of Tripura State at Different Levels (Sub-division, District and State,) was not accepted. Conclusively no significant difference was found in case of agility ability.

8. RECOMMENDATIONS

In light of conclusions drawn, the following recommendations were made:

i. Studies can be conducted on national level female soccer players receiving specialized exercise training so that future training is supported by scientific data for excellence in specific fields.

ii. Studies on fatigue resulting from different types of exercises can be carried out and its metabolic basis worked out. Such studies would be of great applied value in enhancing players’ performance and would safeguard their health.

iii. India is a vast country both from the geographical as well as the genetic lineage point of view. Therefore, to exploit the potential of the masses, sport research should be conducted in different climatic regions and on populations of different genetic origins.
9. REFERENCES