

Abdominal Strength of Collegiate Wrestling And Judo Players

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Abstract

The objective of the study is to determine the Abdominal strength of wrestling and Judo players. Total 18 wrestling 18 judo players of Umerga selected as a sample of the study. Who had participated in intercollegiate level tournament .t-ratio was computed to compare, the significant differences between wrestling 18 judo players. Abdominal strength is recognized as an important component for sports performance of wrestling and judo players and it may be important for the performance of functional activities and quality of life The results of the study shows that there were significant difference of Strength Abdominal strength was found between Wrestling players and judo players.

Introduction

Abdominal strength is recognized as an important component for sports performance of wrestling and judo players and it may be important for the performance of functional activities and quality of life. Low Abdominal strength may result in high Muscular strain during the performance of activities .As a consequence, activity levels may decrease due to fatigue and discomfort, exacerbating low Muscular fitness (Singh,2018, Singh,2017, Singh,2016). Keeping in view the fact that Abdominal strength has important health consequences during adulthood a large number of studies on Abdominal strength have been reported form different countries of the world. Data on the Abdominal strength children from Denmark , England , South Africa (Belgium, Israel, & Japan) are available in the literature. All these reports made the health planners realize the importance of the contribution of health education & abdominal strength in the development of total fitness. Strength is important factor for sports performance (Singh,2018, 2015, Singh2014).

Methods and materials

Total 18 wrestling 18 judo players of Umerga selected as a sample of the study. Who had participated in intercollegiate level tournament .t-ratio was computed to compare, the significant differences between wrestling 18 judo players. All the analysis used were based on “ Standard Statistical Packages ”

Assessment of abdominal

This component was evaluated by using 1 minute Bent Knee Sit Up test. Abdominal muscular strength was measured by performing the 1-minute bent knee sit-up test. Subject Lied on his back with knees bent at a 90-degree angle. His feet were flat on the floor. Subject interlocked his fingers behind his head, and then slowly rises to sitting position and touched his elbows to knees. Now subject let down his body back to the starting position, and repeated the process as many times as possible for the subject within one minute.

Table –1

Mean scores and standard deviations of the selected training components of the wrestling players

Sr. No.	Components	Means Scores	Standard Deviations
1.	Training (days/week)	2.45	0.78
2.	Training duration (hours)	2.98	0.75
3.	Warm up (minutes)	10.56	2.34

Table-1, shows that the mean scores and standard deviations of the selected training components of the wrestling players.

Figure -1, illustrate that the mean scores and standard deviations of the selected training components of the wrestling players.

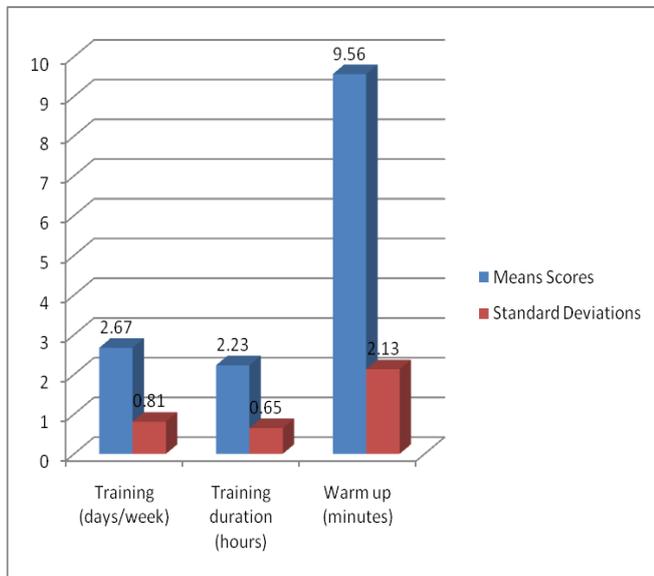


Table 2

Mean scores and standard deviations of the selected training components of the judo players

Sr. No.	Components	Means Scores	Standard Deviation
1	Training (days/week)	2.67	0.81
2	Training duration (hours)	2.23	0.65
3	Warm up (minutes)	9.56	2.13

Table-2, shows that the mean scores and standard deviations of the selected training components of the judo players .

Figure -2, shows that the mean scores and standard deviations of the selected training components of the judo players

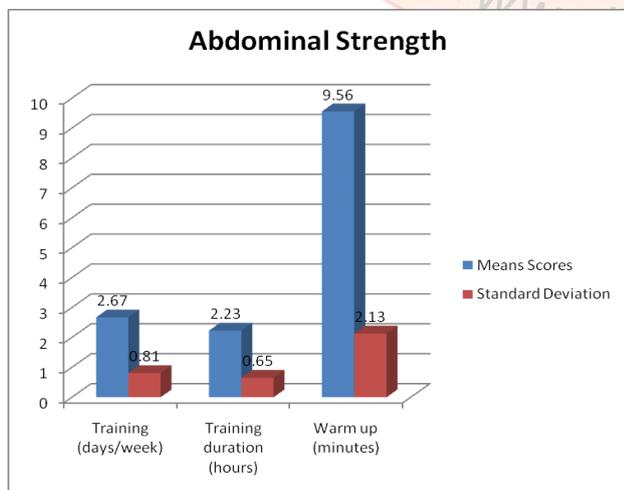


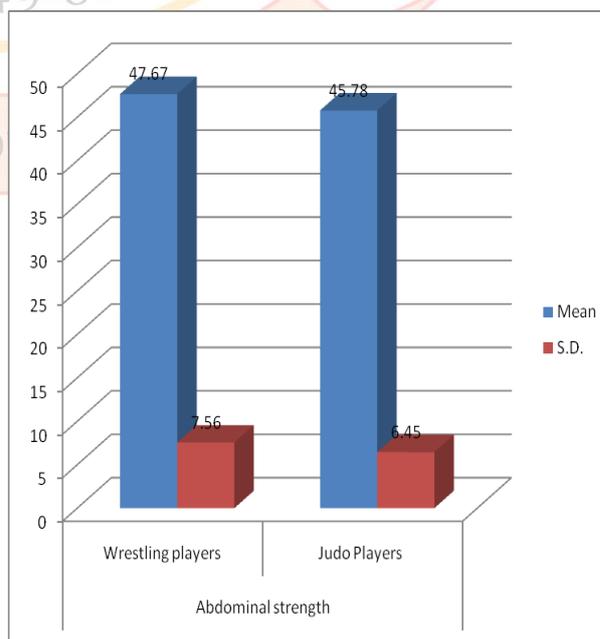
Table-3

Mean Scores and Standard Deviation of Abdominal strength of Wrestling players and judo players

Components	Players	No.	Mean	S.D.	T-test
Abdominal strength	Wrestling players	18	47.67	7.56	3.45*
	Judo Players	18	45.78	6.45	

Table-3 shows that the mean scores and standard deviation of Mean Scores and Standard Deviation of Abdominal strength of Wrestling players and judo players . The mean score of Abdominal strength in Wrestling players was 47.67 and the Standard Deviation of Abdominal strength 7.56 ,The Mean score of Abdominal strength in Judo Players was 45.78 and Standard Deviation of Abdominal strength. The results of the study shows that there were significant difference of Strength Abdominal strength was found between Wrestling players and judo players. The findings of the study shows that Wrestling players was found to have got more Abdominal strength as compare to judo players

Figure -3 shows that the mean scores and standard deviation of Mean Scores and Standard Deviation of Abdominal strength of Wrestling players and judo players



Discussion

The training mean score of wrestling players was 2.45 days, the training duration mean score of wrestling players was 2.98 hours, the warm up mean score was 10.56 minutes. In addition The training Standard Deviation of wrestling players was 0.78 days, the training duration Standard Deviation of wrestling players was 0.75 hours, the warm up Standard Deviation was 2.34 minutes. The training mean score of judo players was 2.67 days, the training duration mean score of judo players was 2.23 hours, the warm up mean score was 9.56 minutes. In addition , the training Standard Deviation of judo players was 0.81 days, the training duration Standard Deviation of judo players was 0.65 hours, the warm up Standard Deviation was 2.13minutes. The mean score of Abdominal strength in Wrestling players was 47.67 and the Standard Deviation of Abdominal strength 7.56 ,The Mean score of Abdominal strength in Judo Players was 45.78 and Standard Deviation of Abdominal strength. The results of the study shows that there were significant difference of Strength Abdominal strength was found between Wrestling players and judo players. The findings of the study shows that Wrestling players was found to have got more Abdominal strength as compare to judo players

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