(2) Dr. Pravin Shiledar (Sports)

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[redacted]@gmail.com

hod.sports.shivaji@gmail.com

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"A COMPARATIVE STUDY OF EFFECTS OF FARTLEK AND INTERVAL TRAINING ON BOXERS AGGRESSIVENESS"

Dr. Pravin Shiledar
Head of Dept. Physical Education
J D S P M MahilaMahavidyalaya,
GeoraiTq. Georai Dist. Beed (MS)
Mob.8888246734

Mr. Sampat Salunke
Research Student
At.Latur
Mob. 9923041326
Email: sampatsalunke@gmail.com

INTRODUCTION: By experiment it is proved that the various types of training enhance the physical fitness, and physical fitness improves personality, aggression is one of the effective personality characteristics. Previous research study shows aggressiveness enhances the boxer's performance. Though it is not clear which types of training is most useful for the Boxer's aggressiveness. Hence researcher done work on a comparative study between the fartlek and interval training with respect to its impact on Boxers aggressiveness.

OBJECTIVES OF THE STUDY: To evaluate effects of fartlek and interval training on aggressiveness of Boxers having age group 14 to 17 years. To compare effects of fartlek and interval training on aggressiveness of boxers having age group 14 to 17 years.

METHOD: Researcher randomly selected 14 to 17 years 60 boys boxers having no previous history of fartlek and interval training from Latur city. These boxers are equally divided in three groups, namely fartlek training group, interval training group and controlled group. The selected training was implemented on fartlek and interval groups for six week and the third controlled group without any types of training. Before training all groups gone through pre-test of aggression questionnaire. After six week training all groups gone through post test of aggression questionnaire. The data was computed and analyzed by ANOVA. Significant level t is fixed to

Statistical Analysis of Collected Data

Table No. 1

Mean, standard deviation and t-value of the Run and Walk test for 12 minutes in the pre-test and post- test of the Fartlek training group.

Test	Total Students	Mean	Standard Deviation	Mean difference	t-value
Pre test	30	2130.11	335.89	232.18	0.04
Post test	30	2362.30	248.97		

t = 0.04 which is < 0.05. t is positive but less than 0.05. Fartlek training performance of 14 to 17 years boxers 12 minutes run and walk test. Also it shows significant difference between pre-test and post-test after the six week fartlek training.

Table No. 2

Mean, standard deviation and t-value of body mass index BMI (ratio of height and weight) in the pre-test and post- test of the Fartlek training group.

Test	Total Students	Mean	Standard Deviation	Mean difference	t-value
Pre test	30	28.09	1.84	0.6383	0.170
Post test	30	27.45	1.71		

t = 0.170 which is > 0.05. t is positive and greater than 0.05. Fartlek training performance of 14 to 17 years boxers body mass index test. Also it shows there is significant difference between pre-test and post-test after the six week fartlek training. Hence fartlek training significantly improves performance of body mass index amongst 14 to 17 years

Table No. 3

Mean, standard deviation and t-value of the Run and Walk test for 12 minutes of pre-test and post-test of the interval training group.

Test	Total Students	Mean	Standard Deviation	Mean difference	t-value
Pre test	30	2163	271.82	188	0.04
Post test	30	2351	213.9		

t = 0.04 which is < 0.05. t is positive but less than 0.05. Interval training performance of 14 to 17 years boxers 12 minutes run and walk test. Also it shows

difference between pre-test and post-test after the six week interval

Table No. 4

deviation and t-value of the body mass index BMI (ratio of height and) of the pre-test and post-test of the interval training group

	Total Students	Mean	Standard Deviation	Mean difference	t-value
	30	18.44	2.14	0.8793	0.103
	30	17.56	1.95		

shows t = 0.103 which is < 0.05. t is positive and greater than 0.05. Interval training performance of 14 to 17 years boxers body mass index test. Also it shows there is difference between pre-test and post-test after the six week interval training. Hence training significantly improves performance of body mass index amongst 14 to 17 years

Table No. 5

standard deviation and t-value of the test 12 min run or walk of the pre and post-test of the control group.

	Test	Total Students	Mean	Standard Deviation	Mean difference	t-value
1	Pre-test	30	2085	277.46	91.2867	0.009
2	Post-test	30	2177	309.84		

Table no.5 shows t = 0.009 which is < 0.05. t is positive but less than 0.05. There is no significant difference between pre-test and post-test of control group.

Table No. 6

Mean, standard deviation and t-value of this test are the body mass index BMI (ratio of height and weight) of pre-test and post-test students

Sr No.	Test	Total Students	Mean	Standard Deviation	Mean difference	t-value

Pre test	30	18.4390	2.29	0.0810	0.008
Post test	30	18.3580	2.62		

t = 0.008 which is < 0.05. t is positive but less than 0.05. There is no significant difference between pre-test and post-test of control group.

OF THE STUDY:

- T-value of fartlek training group for 12 minutes run and walk is t = 0.04 which is < 0.05. t is positive but less than 0.05. Fartlek training improves performance of 14 to 17 years boxers 12 minutes run and walk test. Also it shows there is no significant difference between pre-test and post-test after the six week fartlek training.
- T-value of fartlek training group for body mass index is t = 0.170 which is > 0.05. t is positive and greater than 0.05. Fartlek training improves performance of 14 to 17 years boxers body mass index test. Also it shows there is significant difference between pre-test and post-test after the six week fartlek training. Hence fartlek training significantly improves performance of body mass index amongst 14 to 17 years age group.
- T-value of interval training group for 12 minutes run and walk is t = 0.04 which is < 0.05. t is positive but less than 0.05. Interval training improves performance of 14 to 17 years boxers 12 minutes run and walk test. Also it shows there is no significant difference between pre-test and post-test after the six week interval training.
- T-value of interval training group for body mass index is t = 0.103 which is < 0.05. t is positive and greater than 0.05. Interval training improves performance of 14 to 17 years boxers' body mass index test. Also it shows there is significant difference between pre-test and post-test after the six week interval training. Hence interval training significantly improves performance of body mass index amongst 14 to 17 years age group.
- T-value of control group for 12 minutes run and walk is t = 0.009 which is < 0.05. t is positive but less than 0.05. There is no significant difference between pre-test and post-test of control group.
- T-value of control group for body mass index is t = 0.008 which is < 0.05. t is positive but less than 0.05. There is no significant difference between pre-test and post-test of control group.

RECOMMENDATION :Fartlek and interval training are most useful two improves 12 minutes run and walk test performance amongst 14 to 17 years boys boxers.