

**COMPARATIVE STUDY OF COORDINATIVE
ABILITIES OF SOCCER PLAYERS IN RELATION TO
AGE SEX OF RURAL AND URBAN POPULATION**

**ABSTRACT SUBMITTED TO THE JADAVPUR UNIVERSITY
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Abstract

Background & objectives: Coordinative abilities are understood as relatively stabilized and generalized pattern of motor control and regulation process. These enable the sportsman to do a series of movements with better quality and effect. The present study find out the difference in coordinative abilities of male and female soccer players respectively in the age category of 9-13 between Rural and Urban areas. Also find out the difference in coordinative abilities of male and female soccer players respectively in the age category of 14-18 between Rural and Urban areas.

Method: In the present study, subjects were selected from different age groups of male and female also rural and urban populations. The study was selected to two hundred (n=200 male and two hundred female (n=200) age ranging between 9 to 13 years (100 each) and 14 to 18 years (100 each) for Male and Female, Rural and Urban soccer players. In each age group there were 50 subjects. So, the total number of subjects for the study was 400. The data were collected from different districts soccer club of West Bengal. The data collection program session started in the morning from 7am to 10am during winter season between September - 2021 to February - 2022. The following coordinative abilities were tested on the subject: Reaction Ability, Orientation Ability, Differentiation Ability, Balance Ability, Rhythm Ability, Coupling Ability, Adaptation Ability and Audio, Visual and Tactile Reaction abilities. Descriptive statistics and 't' test was used and the level of significance was set at 0.05.

Results: The results of the present study showed that the rural soccer players had performed significantly better in Reaction ability, Differentiation Ability, Rhythm Ability, Orientation Ability, Coupling Ability, Balance ability and Adaptation ability as compared to urban soccer players. The result of the study also reveals that the rural soccer players of both sexes (male and female) and both age groups (9-13 years and 14- 18 years) are significantly better except Differentiation ability, Rhythm ability and coupling ability of 14-18 years and Adaptation ability of 9-13 years girls soccer players and Adaptation ability of 14-18 years boys soccer players. Also

in Static balance and Dynamic balance both legs than the rural soccer players of both sexes (male and female) and both age groups(9-13 years and 14-18 years) except for Dynamic balance (Right leg) of 14-18 years girls soccer players. Further the result also shows that there is no significant difference between the urban and rural boys and girls both age groups soccer players in Audio reaction time, Visual reaction time and Tactile reaction time.

CONCLUSION:

Results of the present study lead to draw the following conclusion: (1) It shows that the rural soccer players are better in Reaction ability than the urban soccer players. (2) The results of presents study showed that the rural soccer players had performed significantly better in Differentiation Ability, as compared to urban soccer players. (3) The result of the study reveals that the rural soccer players both sexes and both age groups are significantly better in Static balance and Dynamic balance both legs than the rural soccer players both sexes and both age groups except for Dynamic balance (Right leg) of 14-18 years girls soccer players. (4) The result of the study reveals that the rural soccer players are significantly better in Rhythm Ability than the urban soccer players. (5) The rural soccer players had performed significantly better in Orientation Ability, as compared to urban soccer players. (6) The results of presents study reveals that the rural soccer players are significantly better in Coupling Ability than the urban soccer players. (7) The result of the study reveals that the rural soccer players are significantly better in Adaptation ability than the urban soccer players. (8) Further the result shows that there is no significant difference between the urban and rural boys and girls both age groups soccer players in Audio reaction time, Visual reaction time and Tactile reaction time.

Keywords: Coordinative abilities, soccer players, male-female, urban-rural,