

## **A STUDY OF PHYSICAL VARIABLES AFFECT TOWARDS HOCKEY PLAYERS**

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### **ABSTRACT**

Sports have crucial social and cultural roles, the significance of which cannot be overstated. The impact of sports on the general well-being of human society may be summarized in the following points. Sports contribute to the whole development of the human body, offering many and beneficial opportunities for both physical and mental pleasure and relaxation. Sports have been shown to be efficacious in facilitating the process of rehabilitation and promoting social adaptation among those who are wounded, ill, or disabled. Sports provide valuable chances for social connections, so promoting peace and building understanding among diverse individuals, countries, ethnicities, faiths, and other groups. Sports also serve as a means of prevention and treatment for various diseases and ailments affecting the human body and mind. They offer individuals and nations the chance to engage in healthy and socially acceptable competition, enabling them to reach extraordinary levels of achievement and success.

**KEYWORDS:** Physical Variables, Hockey Players, human society, social and cultural roles

### **INTRODUCTION**

The concept of sport has been intertwined with human civilization from ancient times, representing an established institution characterized by its own traditions and ideals. Sports is a formalized and highly competitive endeavor that entails intense physical exertion or the application of intricate physical abilities by individuals who engage in it due to a combination of inherent enjoyment derived from the activity and external incentives obtained through participation. Engaging in sports as an activity provides individuals with the chance to gain self-awareness, express themselves, and experience a sense of satisfaction. It also allows for personal accomplishments, the development and exhibition of skills, as well as



social contact, pleasure, and the promotion of good health and well-being. The promotion of engagement, integration, and responsibility within society is facilitated by the acceptance of sporting activities as an inherent component of cultural norms throughout nations. This acceptance further contributes to the overall growth of society. It is well acknowledged that global statistics indicate that women and girls constitute almost half of the global population, namely 50 percent. However, the extent of their involvement in athletics exhibits significant variation across different countries, with female participation rates consistently lower than those of males and boys within our nation. Despite the recent increase in women's involvement in sports and recreational activities, as well as the expanded opportunities for women to participate in domestic and international arenas, there remains a lack of substantial representation of women in decision-making and leadership positions within the sports industry. This disparity gives rise to inequitable possibilities for women and girls in the realm of sports, so infringing against the constitutional obligation pertaining to equality before the law and equal protection of the law within the jurisdiction of India. The notion that women's experiences, values, and attitudes may contribute to the enrichment, enhancement, and development of sports, as well as the belief that women's engagement in sports can similarly enrich, improve, and develop their lives within society, has gained widespread acceptance.

## **IMPORTANCE OF SPORTS**

Examining the historical trajectory of sports entails an exploration of the societal context and its evolution. Sport serves as a reflection of the societal context within which it exists. Hence, there exists a strong interconnection between sports and society, rendering them inseparable. Prior to delving into the correlation between the aforementioned entities, the author intends to provide a preliminary explanation. What is the definition of society? Society may be defined as the organizational framework that encompasses a collective of individuals within a certain community. National identity refers to the collective sense of belonging and shared characteristics that define a distinct organization comprised of a significant number of individuals. This organization is intricately connected to several aspects such as culture, leisure, customs, and other related elements. Culture has a pivotal role in shaping and influencing the functioning of a society, hence underscoring its significance. The word "Lifestyle" is used to encapsulate the distinctive characteristics seen within a given civilization. The portrayal of habits, attitudes, and values within a given society may be



examined from ethical, socio-economic, and artistic perspectives. Societies are comprised of institutions and organizations that often possess a certain level of autonomy, allowing them to develop their own distinct cultural interpretations.

The interplay between sports and society is characterized by a reciprocal dynamic. Sports foster among players a range of positive qualities, including teamwork, bravery, sportsmanship, integrity, self-control, and adherence to rules and justice.

Sport may be seen as a social phenomena due to its inherent characteristics of playfulness, competitiveness, skillfulness, and institutionalization. On one hand, society establishes certain objectives as inputs for the sports system, while on the other hand, sports provide noteworthy outcomes for society. On one hand, society offers many elements such as objectives, facilities, infrastructure, competitions, prizes, and punishment. On the other hand, sports contribute to society by providing renown, physical and mental health, character development, glory, financial benefits, recognition, and fostering world peace. Sports have always served as a reflection of society. Sports have consistently garnered popularity and attraction among individuals of many age groups and genders around the globe.

Sports have a significant influence in contemporary life. The appeal of sports stems mostly from the diverse range of experiences and emotions that arise as a consequence of involvement, including but not limited to feelings of happiness, distress, achievement, disappointment, physical discomfort, alleviation, and a sense of inclusion. Sports tournaments provide individuals who might be regarded as heroes and heroines. Among a significant portion of young individuals, it is more common to possess more familiarity with prominent sports figures as opposed to the principal political figures within a certain jurisdiction. Sports have always served as a mirror of societal progress. Primitive sports were subject to restrictions and regulations imposed by cultural taboos and traditional practices. Contemporary sporting activities adhere to established regulations and a standardized framework. One notable distinction between primitive and contemporary sports regulations lies in the rationalization of the latter, as opposed to the reliance on traditional prescriptions in the former. Primitive tribes often used athletics as an essential component of their religious activities. Dancing, singing, wrestling, and melas had significant popularity due to their inherent integration within the socio-cultural traditions of the community. Plato espoused the



notion that both girls and boys should engage in rigorous physical activities as part of their upbringing. The Romans had a strong affinity for athletic pursuits.

## **Fundamental skills in hockey**

There are two distinct iterations of the sport of hockey. One sport is played on an ice surface while the other is played on a surface made of dirt or artificial grass. The variant known as field hockey, also referred to as hockey, is widely favored in India. Hockey is a team sport that is often played outdoors, with two teams with a composition of eleven players per team. The sport is often conducted on a playing field consisting of either a mud surface or artificial grass/turf, using curved implements known as sticks and a rigid sphere. The objective of the activity is to propel the ball into the other team's goal by striking it with a stick.

The abilities required for players to effectively participate in the game might be referred to as basic skills. The term "fundamentals" is used to describe essential skills and techniques that must be mastered in order for an individual to effectively participate in a game and get personal pleasure from their performance. The game of hockey encompasses a multitude of core abilities. The individuals in question are,

Hitting

Stopping

Pushing

Flicking

Scooping

Dribbling

Dodging

Passing

Goal Shooting

The sport of hockey is characterized by a high level of complexity with regards to the required skill set. Proficiency in basic abilities is crucial for players in the game of hockey.



These essential talents serve as the bedrock of the game. The competency in basic skills is a crucial factor in determining the high level of performance in the game of hockey. The coaching process in hockey starts by focusing on the development of basic abilities, since these talents serve as the bedrock upon which the game is built. Once the individual attains proficiency in these foundational abilities, it will evolve into an artistic endeavor that captivates the interest of observers. The spectators get pleasure from the game via their visual appreciation, while the participants have a sense of emotional and physical satisfaction.

## **IMPORTANCE OF PHYSICAL VARIABLES IN HOCKEY**

The success of a hockey game is contingent not only upon the proficiency in core abilities, but also on other additional aspects. One of the most significant criteria, among many others, is the presence of physical characteristics.

Physical variables include several attributes related to the physical structure and fitness of an individual, such as strength, speed, and speed endurance, among others. These traits together contribute to the overall physique.

According to Singh (1995), physical fitness or condition encompasses five motor skills, namely strength, endurance, flexibility, and coordinative abilities. These motor talents, in their intricate form, serve as fundamental prerequisites for human motor movements.

The researcher chose the following physical characteristics for the study, since they are known to have an impact on performance.

Speed

Agility

Speed Endurance

Arm Strength

Leg strength

Abdominal Strength

### **Speed and its importance**



The capacity for speed is an inherent attribute that may be enhanced via deliberate practice and systematic training. The attribute of speed has significant value in several sporting disciplines. Speed performances manifest in many ways across numerous sports. Singh (2015) posited that there are five distinct categories of speed-related talents, which include response ability, movement speed, acceleration ability, locomotor ability, and speed endurance.

Speed is a vital physical fitness component that has significant importance in many physical endeavors. There exists a strong correlation between strength and speed, particularly in the context of team-based athletic competitions. The attribute of speed has significant value in sports such as hockey, football, and handball. Hockey is a sport that places significant emphasis on the velocity of its participants. The game exhibits a visually impressive spectacle when it is engaged in by participants who have enhanced levels of movement and speed. The athletes are tasked with pursuing an adversary, advancing with the ball, or maneuvering with their teammates with enhanced velocity throughout the match.

## CONCLUSION

The study may be helpful to know which session is better for physical ability among women hockey players playing at varied sessions. The study may help to understand which session is better for hockey performance among women hockey players playing at varied sessions. The study may be useful to know the difference among the women hockey players having different span of experience in their anxiety, physical and performance variables. The study may also help to know the difference among the women hockey players having different status in their anxiety, physical and performance variables. The study to know the difference among the women hockey players of different age group in their anxiety, physical and performance variables. The implications of this study may be useful for the players to set their own goals to ensure the better performance in field hockey. The study may give an insight to the coaches, Physical Education Teachers, the team managers to decide which session is helpful for the better performance in field hockey; accordingly they can plan their programme. The study may be helpful for the Sports organisers while organizing tournaments in field Hockey to select suitable session in which the better performance may be expected. The study may provide useful information to the sports society to put a great



deal of time and effort to enhance better achievement and putting more emphasis of scientific conditioning methods to accelerate development and optimize performance.

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