

## A comparative study of balance ability between different levels of cricket players

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### Abstract

The present study has been designed to investigate the balance ability between different levels (district, state and national) of cricket players. For accomplish the study total 84 school level cricket players (28 district, 28 state and 28 national) were randomly selected as sample. All samples were selected from the Haryana. The age of the subjects was ranged from 16-28 years. One-way analysis of variance method was applied for analyzing the data obtained from the present study if there were significant difference than the LSD post-hoc test was use to analyze the mean differences and their significance. For testing the hypothesis the level of significance was set at 0.05. We find out that National level player having more Balance ability comparison of state and district level players of Haryana.

**Keywords:** balance ability, district, state, national

### Introduction

In the game of cricket players take on specific roles which include, batting, wicket keeping, fielding, bowling. To become an outstanding cricket player, one should have a sound physique, ability to concentrate and perform the task with high level of determination. Cricket requires a variety of skills that are commonly used in a number of sports. Hand-eye coordination, throwing or catching a ball, balance and intense, long-term concentration are just a few. Through consistent practice and by applying these skills to the elements of cricket, such as a batsman watching the ball at all times, you will see a dramatic improvement in your game. Balance is a key predictor of recovery and is required in so many of our activities of daily living, it is often introduced into treatment plans by physiotherapists and occupational therapists when dealing with geriatrics, patients with neurological conditions, or others whom they have determined it to be beneficial.

### Purpose of the study

The main purpose of the study is to compare the balance ability of different levels of cricket players.

### Hypothesis of the study

There would be no difference in balance ability of different levels of cricket players.

### Research Process and Methodology

For this study 84 school level cricket players (28 district, 28 state and 28 national) were selected from Haryana who participated at different levels. The age of the subjects was ranged from 16-28 years.

### Tool and Techniques

The investigator collected the balance ability data through stork balance ability test.

### Statistical Method

One-way analysis of variance method was applied for analyzing the data obtained from the present study if there were significant difference than the LSD post-hoc test was use to analyze the mean differences and their significance. For testing the hypothesis the level of significance was set at 0.05.

**Table 1:** Balance Ability

	Sum of squares	Df	Mean square	F	Sig.
Between Groups	2507.35	2	1253.67	58.92	.000
Within Groups	1723.21	81	21.27		
Total	4230.57	83			

An analysis of table -1 reveals that there is significant difference in balance ability between district, state and national level players of Haryana. Because significant value is less than level of significance which is 0.05 since the

calculated significance value is found significant, therefore to determine the pair mean difference among the selected different levels LSD post hoc test was computed and its shows in table no 2.

**Table 2:** Mean difference of balance ability between different leves of cricket players balance ability

Grouping Variable	Mean Difference	Std. Error	Sig(p)	
District	State	5.25	1.23	.000
	National	13.28	1.23	.000
State	District	5.25	1.23	.000

National	National	8.03	1.23	.000
	District	13.28	1.23	.000
	State	8.03	1.23	.000

The post-hoc test result revealed that there is significant difference in balance ability of different level players of Haryana. Significant difference was found between the district, state and national level players in their balance ability.

The mean values clearly shows that national level players having more balance ability in comparison to state and district level players. The estimated mean value of the players balance ability is illustrated below in Figure no 1.

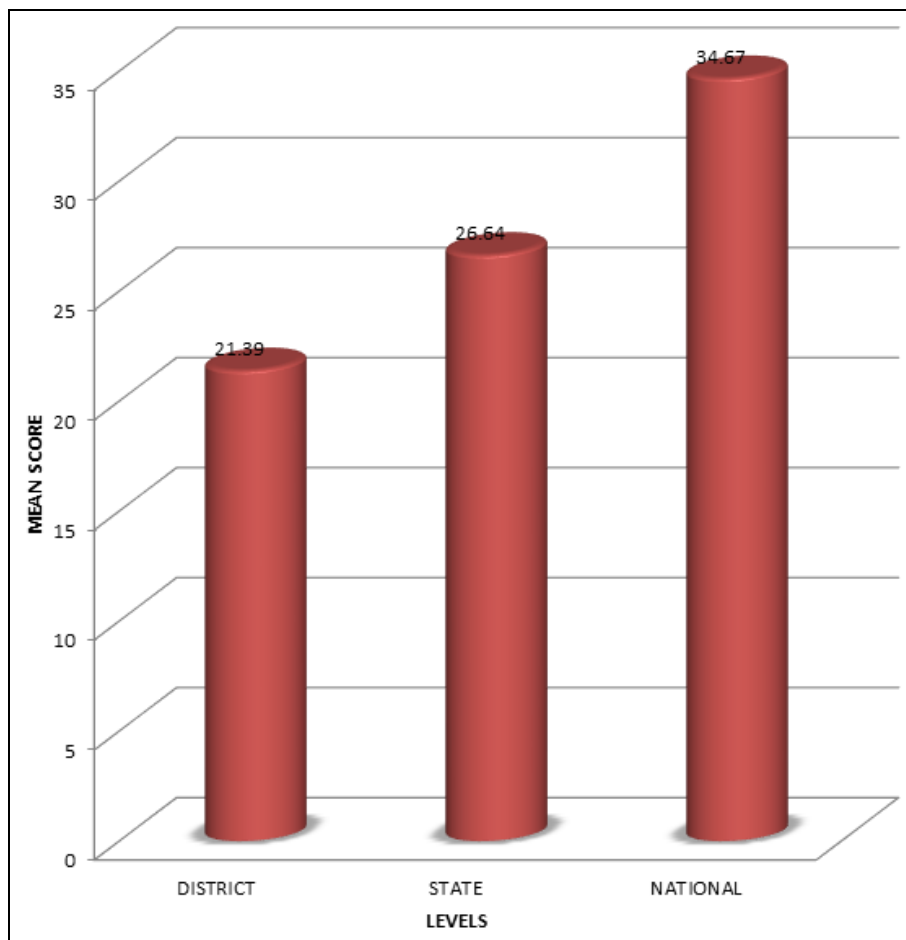


Fig 1: Mean difference of balance ability between different leves of cricket players

**Discussion on Findings**

The findings of the study showed that there was significant difference in the obtained value of balance ability of different level of cricket players. Balance ability of national level cricket players are significantly better than the state and district level. While state level players balance ability is significantly better than the district level players.

**Conclusion**

On the basis of result obtained from the study, following conclusions are drawing:  
 The data showed that significant difference observed in balance ability of different level of cricket players in Haryana. Balance ability of district level players of Haryana is low in comparison of two other levels. We can say that national level players having more Balance comparison of state and district level players.

**References**

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