

## **Analysis of Regression Variable among High and Low Physical Fitness University Football Players**

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### **Abstract:**

**Background of the study:** The purpose of the study was to compare the high and low physical fitness male university Football players in psychological variable.

**Aims and Objectives of the study:** To attain to compare the high and low physical fitness male university Football players in psychological variable i.e. regression.

**Methodology:** 175 football players were select from Hawassa University. The selected subjects were divided into high and low physical fitness groups based upon their performance in AAHPERD youth fitness test. The selected psychological variable – regression (manual frustration questionnaire variables) were assessed by following, Tiwari.G and Chauhan.N.S manual frustration questionnaire (1972).

**Results and Conclusions:** The data was analyzed by following ANOVA. The results of the study showed that high physical fitness football players showed less regression when compared to low physical fitness football players group.

**Keywords:** High and low physical fitness, frustration, regression.

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### **I. INTRODUCTION**

Optimal physical fitness and psychological fitness are the basic factors to live a happy, healthy and an enjoyable life. Regular and vigorous physical activity is the best way to ensure a long and happy life. To keep oneself in shape one should work hard enough to stimulate one's total body. Participation in vigorous activities is essential to stay healthy and fit. The natural fitness begins to disappear in those who do not participate in vigorous physical activities and the result is an increase of fat, loss of muscle tone and lessened breathing capacity. Physical exertion is necessary for maintaining a functional physical fitness. Physical exercises are as essential as food, rest and sleep for the maintenance of physical fitness. General physical fitness is quality of life. It is the condition that helps a person look and feel well, carry out his daily duties and responsibilities successfully and yet have enough physical reserves to enjoy his other social, civic, cultural and recreational interests. In addition, it enables him to meet unusual or emergency demands.

### **Regression**

Regression is an abnormal state in which development stops prematurely. It is an act of passing back or returning, retrogression, retro gradation. It refers to reversion to an earlier or less mature pattern of feeling or behavior.

Regression refers to the return to an earlier mode of adjustment, and regression lowers constructiveness. Some people do not meet the problems of life, its strain and stress, in a mature way. They revert or retreat to an infantile or childish level of behavior, and thus avoid the pain of suffering from a conflict or tension. This mode of behavior is called regression. By regressing to less mature level of living or behaving, the individual will not be expected to meet the demands of such situations he is now facing. For example, a student may fall ill just to avoid such frustrating situations like examination or appearance before a group. He may suffer from stomach trouble or vague aches or headache. These modes of behavior save the student from facing the real problems (Atkinson et al., 1996).

### **II. METHODOLOGY**

For the purpose of the study 175 (N=648) football players were selected from various college teams, Hawassa University, participated in Inter Collegiate Competition for men held at Hawassa University by

following random sampling method. Further the selected players were divided into high and low physical fitness groups based on the AAHPERD youth fitness test. For this the scores of each item were converted to standard score by using Hull scale the subjects physical fitness composite scores were derived. The composite scores were arranged in descending order and thirty three percentages of scores of the subjects (58) from the top and thirty three percentages of scores of the subjects (58) from the bottom were selected for high and low physical fitness groups respectively. The criterion variable of the study was frustration lead psychological variable is regression. The psychological variables were assessed by a questionnaire constructed by Tiwari G. and Chouhan N.S. The questionnaire consists of 10 questions. Reliability of the date was established by test-retest method.

**EXPERIMENTAL DESIGN AND STATISTICAL TECHNIQUES:**

The experimental design used for this study was static group comparison design. The study compares the state of psychological parameter of high and low physical fitness university football players. The date collected was analyzed by one way analysis of variance to identify the differences between high and low physical fitness groups. The level of significance selected to accept or reject the hypotheses was 0.05 level.

**STATISTICAL ANALYSIS:**

The data collected on the criterion variable, i.e., regression .Analyze separately by suing ANOVA and the results were presented below.

**TABLE I**  
**ANALYSIS OF VARIANCE FOR THE DATA ON REGRESSION BETWEEN HIGH AND LOW PHYSICAL FITNESS MALE UNIVERISITY FOOTBALL PALYERS**

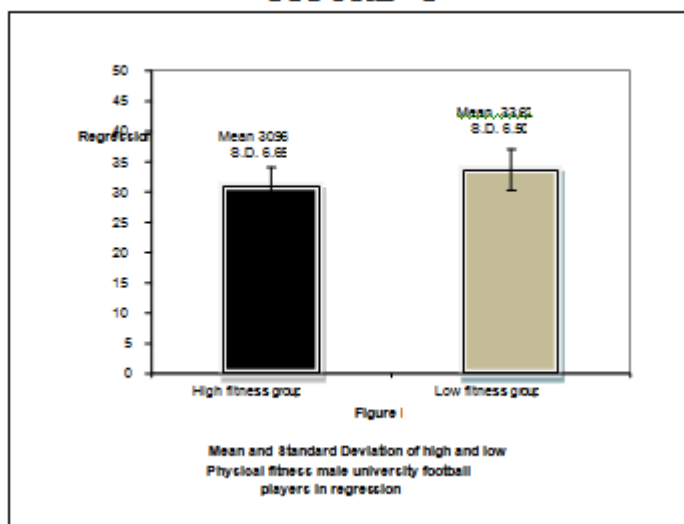
	High physical fitness	Low physical fitness	Source of variance	Sumof Squares	Degree of Freedom	Mean Sum of Squares	F
Mean	30.96	33.62	B:	204.45	1	204.45	4.73*
S.D	6.65	6.50	W:	4931.59	114	43.26	

\* Significant at 0.05 level

Table value for significance at 0.05 levels with DF 1 and 114 is 3.93.

Table I indicates that the mean and standard deviation value of regression for high physical fitness players was 30.96, and 6.65 and for the low physical fitness players, the mean and standard deviation was 33.62 and 6.50 respectively, the obtained F ratio was 4.73 and the table value required for significant at 0.05 level was 3.93. The result indicates that there is a significant variation in regression between high and low physical fitness football players. Further it indicates that high fitness football players have significantly less regression when compared to low fitness football players. The means of high and low physical fitness male university football players in regression have been presented graphically in figure I

**FIGURE - I**



### III. RESULTS AND DISCUSSION

The results of the study indicated that among the manual frustration questionnaire variables, high fitness group was less in regression when compared to low fitness group. The results showed the low physical fitness group is more regressive and tend to continue to their level of fitness. The other factors, like type of training, length of training etc. might have also attributed. The findings of Banga, Weltz and Alexander, and Pavan Radha are also in conformity with the present results.

### IV. CONCLUSION

1. In case of regression low physical fitness male university football players group has significantly high when compared to high physical fitness male university football players group.

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