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Role Of Anthropometry Characteristic To Success At Different Level In Women Cricket Players

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Abstract

The purpose of the study is to determine the anthropometric traits, body composition, and physical fitness measurements of cricket players at the state and national levels. The tabulated "t" value is 1.686, and the significance level was set at 0.05. Standing height (2.03>1.66), weight (2.04>1.66), leg length (2.08>1.66), arm length (2.06>166), calf girths (2.024>1.66), upper arm girths (2.045>1.66), and thigh girths (2.08>1.66) are all significantly different. A study including 40 participants—20 state-level and 20 national-level cricket players—found that all 7 variables differed significantly. State-level cricket players lack the physical conditioning and anthropometric traits of national-level players. Therefore, anthropometric traits also improve cricket performance.

Keywords: Anthropometrics characteristics, cricketer players

Introduction

Elite athletes' physiological and physical traits vary depending on the sport. The qualities and skills that have the biggest impact on sport performance, such as physiological and anthropometric attributes, should be the main consideration when choosing players for a certain sport. Anthropometric measurements of the components of fat, muscles, and bones give coaches a deeper and more specialized understanding of the impact of complex operations and functional physical characteristics that contribute to high levels of athletic achievement during their selection and training processes. They also give us the foundations and private information regarding the characteristics of motor that contribute to the possibility of evolving to reach high levels of performance and achievement. Additionally, it takes into account anthropometric criteria that must be justified through sports selection due to their strong correlation with the development of new and evolving levels of athletic ability as well as their influence on the degree of the emergence of the physical traits, abilities, and functionality required to reach those high levels of activity. Anthropometric (e.g., height) and physiological (e.g., strength) measurements were being investigated as early as the 1920s as potential differentiators amongst athletes competing in various sports. From straightforward considerations of age, height, and weight to more comprehensive research involving several anthropometric measurements, somato type, and tissue examination, a wide

range of variables were taken into account. Few studies have looked at the traits of the "world class" performer, despite the fact that several have compared senior and junior athletes.

Methodology

This study was an experiment. Tests were used to gather data for the study. An experimental study was carried out to evaluate the anthropometric traits that contribute to success at various cricket levels. In a formal discussion with the cricket players, the research scholar outlined the goal of the study and the necessity of gathering data. The researcher performed anthropometric measures after obtaining authorization from the relevant authorities and based on the players' assent.

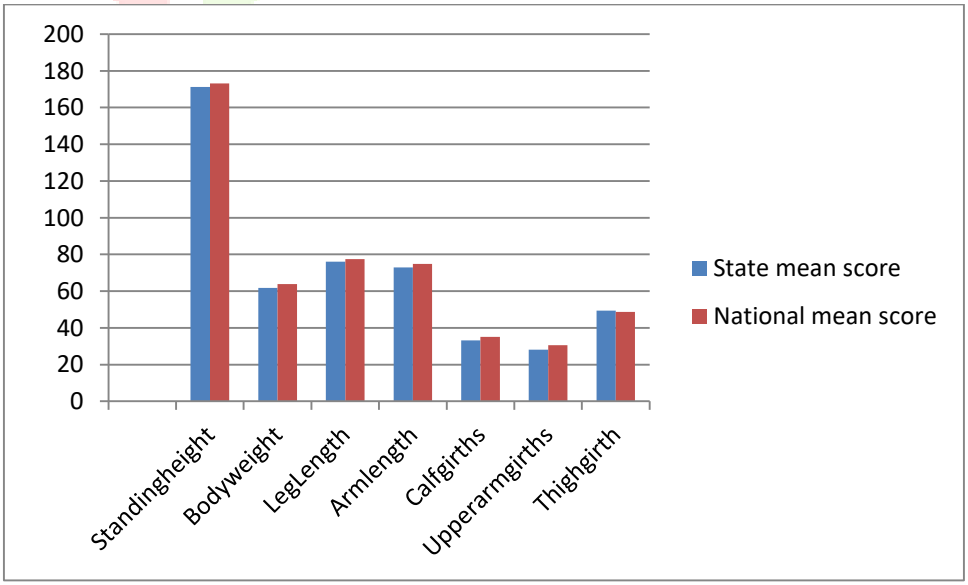
Analysis the data

This chapter presented the data analysis. The information related to the independent t-test used to determine the statistical mean difference between the chosen State and national cricket players' anthropometric measurements (height, weight, leg length, arm length, upper arm girths, calf girths, thigh girths), as well as their body composition (triceps, biceps, and subscapula skin fold thickness). For precise and methodical results, a statistical technique has been employed. Descriptive analysis, mean, and standard deviation are the statistical tools that the researcher utilized to generate systematic results from the study.

Summary

Tabular representation of Anthropometrics Characteristics mean score

Sr. no.	Anthropometric Characteristics	State mean score	National mean score
1	Standingheight	172.25	173.2
2	Bodyweight	60.7	63.9
3	LegLength	73.05	77.5
4	Armlength	70.95	74.9
5	Calfgirths	33.15	35.05
6	Upperarmgirths	25.15	30.55
7	Thighgirth	79.35	48.7



The study's goal was to compare physical fitness, body composition, and anthropometric traits. Characteristics of cricket players at the state and national levels Anthropometry, the earliest type of measuring, focuses on the study of the human body. It is the study of measuring the human body and its components. Elite athletes' physical attributes vary depending on the sport. The qualities and skills that have the biggest impact on sport performance should be the main consideration while choosing cricket players. Anthropometric traits, which are measurements of the components of fat, body size, and bones to provide coaches with information about the potential to evolve to reach high levels of performance and achievement,

Conclusion

Taking in to consideration the limitation of the present study the following conclusion were drawn:

- The standing height of cricket players at the state and national levels may differ significantly.
- The body composition of cricket players at the state and national levels may differ significantly.
- The physical fitness of cricket players at the state and national levels may range significantly