



A study of well being between male and female hand ball players

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Abstract

The purpose of the present study is to find out the difference between on male and female inter-college hand ball players on the variable of well being. The subjects were chosen from the different male and female football players from the different colleges of the Haryana state. The age range of the subjects was 18-25 years. Total 48 female and 48 male inter-college handball players were taken for the study. The result of the study showed that no significant difference ($p>0.05$) was found between male and female Basketball players on social intelligence.

Keywords: Well being, handball players

Introduction

Sports performance is based on many aspects such as physical, psychological, social, etc. requires continuous improvement at every stage of sports training, regardless of the nature of the sport and the game. Especially in team games where achievement is based on more complex aspects than in individual events, because in team events coaches and players have to manage harmony. about the psychophysiology of their group members.

An individual's well-being includes a sense of well-being and healthy health. Well-being refers to personal perception in the context of positive thinking, contentment, enjoyment and carefree living, etc. In the present study, we sought to investigate the comparative effects of well-being on female and male handball players.

Method

Selection of subjects

The descriptive survey method was used in the present study to collect the relevant data. Total 96 male ($n=48$) and female ($n=48$) inter college handball players selected as subjects for the study through purposive sampling method. All the subjects were examined on variable well being.

Criterion measures:

Well being scale by Jagsharanbir Singh Sadhu and Asha Gupta (2001).

Statistical procedure

In the present study the comparison between the groups was done by using Independent t-test.

Results

Table 1: Mean differential among well-being of male and female Handball inter-college players.

Dimensions of Well- Being	Male Handball players Mean \pm SD	Female Handball players Mean \pm SD	t-value	df	Level of Significance
Total Well-Being	123.04 \pm 7.84	124.74 \pm 8.91	1.58	94	Not Significant

The result presented in Table 1 shows that there was no significant difference was found between male and female handball players at total well being.

Conclusion

Research results indicate that athletic performance is based on the development of physical talent, skill, technique, psychological aspect, social aspect, anthropometric field, biomechanical ability., etc. and how these domains are refined in different environments situation.

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