

# Study of Anthropometric Measurements and Physical Fitness Components to the Performance of Cricket Players

Dr. Rajesh Kumar, Pukraj V. Lanjewar

**Abstract—** With the improvement in sports participation in the recent years, the performance standard has also increased, which led to the sports scientists to think on the various possible ways to further improve the performance. The point of this study was to explore the relationship of chosen anthropometric and physiological variable with the exhibition of bowling expertise in cricket. 30 subjects were chosen from entomb university cricket players. Individual data structures were finished. The mean age, level and weight file of subjects were  $18.84 \pm 3.67$  years,  $168.56 \pm 6.92$  cm and  $20.12 \pm 2.45$  kg/m<sup>2</sup> separately. All subjects were evaluated for level, weight, lengths, circumferences, weight record, midsection to-hip proportion and skin-crease thickness. Level of muscle versus fat was determined from the amount of 3 site estimations of skin-overlay thickness.

Oxygen consuming and anaerobic power were additionally determined utilizing by cooper and Chief vertical leap tests individually and afterward by setting into the standard suggested conditions. Speed, spryness, strong perseverance and adaptability were evaluated utilizing by 36m run, 4×9m transport run, push-ups and sit-and-arrive at tests separately. From all of anthropometric and physiological variable, anaerobic and oxygen consuming power, weight record and fat rate, speed and nimbleness were essentially connected with progress and had more significance for bowlers in cricket. The playing ability which was taken as the exhibition factor was emotionally surveyed by three qualified Cricket trainers. The between relationship among the chose anthropometric and actual factors with bowling expertise capacity were figured by utilizing Pearson item second connection coefficients. In light of the examination the study showed that every one of the chose actual factors showed no critical relationship with the bowling execution of cover drive in cricket and every one of the chose anthropometric factors additionally showed no huge relationship with the bowling execution of speed bowling in cricket.

**Index Terms—** Bowlers, Cricket, anthropometry, Physiological factors.

## I. INTRODUCTION

Cricket overall performance is motivated by many underlying factors which could further determine the success of cricketers in diverse wonderful stages of

experience and recreation formats. The position performed by using batsmen and bowlers is glaring in all sport formats which could region diverse demands on athletes discusses a number of the vital needs in cricket, which consist of physiological, belief and motion biomechanics and psychological elements. For the reason of this study, awareness may be located on the physiological component, which includes anthropometric, and fitness profiles, and its impact on overall performance. Cricket is advocated and begun since the English time frame. Cricket is a bat-and-ball game played between two groups of eleven players each on a cricket field, at the focal point of which is a rectangular 22-yard-long pitch with an objective called the wicket (a bunch of three wooden stumps beat by two bails) at each end. Each period of play is called an innings during which one group bats, endeavoring to score however many runs as would be prudent, while their rivals field. Contingent upon the sort of match, the groups have a couple of innings each and, when the primary innings closes, the groups trade jobs for the following innings.

Besides in matches which bring about a draw, the triumphant group is the one that scores the most runs, including any additional items acquired [1] [2]. The reason for the review was to examination the relationship of chosen anthropometric and actual execution factors to the method in pace bowling ability in cricket. Free from player type, having actual capacities, for example, anthropometric and physiological factors is an essential to progress against any contest or competition. Realizing the referenced factors is one of the determinant factors influencing players presentation. Monitoring these factors is a significant issue for contrasting a players' outcomes with his past accomplishments as well as other players, tracking down the flimsy parts and right them lastly, fundamental and precise preparation arranging to acquire maximal outcomes and to accomplish decided objectives.

There are various variables which are liable for the exhibition of an athlete. With the incalculable assortment of human physical make-up, it has turned into a summed up thought that some game occasions are more reasonable to people with explicit build than others. It has been deep rooted that particular actual wellness demonstrates whether the player would be reasonable for the opposition at the most significant level in a particular game [2] [3]. From late years, consideration has been centered around the ID of different anthropometry and actual factors that recognize world class players from various games. The consequences of these explores propose that each game is portrayed by

Dr. Rajesh Kumar , Associate Professor of Physical Education, Apex University Jaipur.

Pukraj V. Lanjewar., Ph.D. Scholar Apex University Jaipur, Department of Physical Education.

players with specific physical and actual properties leaning toward execution in their given game.

Actual wellness prompts better athletic execution and relentless preparation will ordinarily foster actual wellness. Definite examinations of the anatomic and physiological factors of renowned players show that making genuinely dependable expectations of athletic performance is conceivable. The actual arrangement of group activity, players ought to mirror how much every part of wellness is depended upon in rivalry [3] [4] [5].

Das, B. M., (2020) Anthropometric developments, body composition and physical health are taken into consideration as critical signs of health and typically finished in unique sports to gain the aim. In view, the objectives of the existing have a observe are to assess anthropometric characteristics, body composition components and physical fitness index (PFI) of the younger college students, to evaluate nutritional fame, and moreover to find out dating among anthropometric trends, body composition and PFI of the contributors of Haldia, Purba Medinipur, West Bengal. Present bypass-sectional observe was done amongst 42 college university students which includes 18 college degree footballers and no sports human beings. Different anthropometric and body composition tendencies have been measured following famous strategies and contraptions.

Hoque, N., (2019) The quick evolution of the sport cricket over the last a long time has delivered about an increase interior the amount of games finished at the neighborhood, regional, countrywide and international level, with a corresponding increase in the bodily demands of the sport. The purpose of the study modified into to determine the anthropometric tendencies and physiological health degree of under-19 Kerala male cricket gamers. total n=97 regular male cricket players among the age 17 to 19 years vintage participated from the six district of southern Kerala in this examine. All participated cricket game enthusiasts have been tested by using way of selected anthropometric measurement and physiological fitness take a look at on their schooling middle [5] [6] [7].

Rockville, M., (2018) Nutrition is a first-rate determinant of fitness, and the resolution of many nutritional issues of public fitness project requires survey statistics. One of the fundamental objectives of NHANES III is to provide facts useful for reading the relationship among eating regimen, nutritional reputation, and health. Similarly to dietary intake methodologies, questionnaire cloth, hematological tests, and dietary biochemistries, the assessment of nutritional reputation calls for a chain of stature, weight, and other anthropometric dimensions [8] [9].

## II. METHODOLOGY

The current review is clear and ex post facto plan 30 subjects were chosen from entomb university cricket players. the time welcoming for study were associated with bowling training. Subsequent to getting institutional bowling ability cricket endorsement, the subjects were educated about test

strategies and afterward were approached to give composed assent.

Subjects:

The objective of the review was to find between relationship factors in evaluating pace bowling gifts among cricketers utilizing determined anthropometric and actual factors. Thirteen male entomb university level cricket players, going in age from 18 to 26 years, were deliberately picked as subjects from member undergrads the Andhra Univesity, Visakhapatnam. Cricket players who have played for the establishment groups were chosen as subjects. The members had somewhere around three years of cricket playing experience and liberated from intense wounds [10] [11] [12].

Procedure: With the end goal of the current review, the subjects (Batsman) were gathered and the directions was conveyed by the analyst in regards to strategy and organization of test. To recognized the actual wellness of the subjects, the chose boundaries for example speed evaluated by 50 meters run (like a flash), solid perseverance surveyed by changed sit ups (in counts), greatest strength surveyed by 1 RM test (in kg), adaptability evaluated by sit and arrive at test (in cm.) furthermore, deftness surveyed by 10x4 meters transport run (in short order) test were chosen as a factors for the current review. To recognize the anthropometric estimation of the subjects, the chose boundaries for example level was estimated by stadiometer (in cm), weight was estimated by electronic weighing machine (in kg), a careful distance was estimated by anthropometric pole (in cm), leg length was estimated by anthropometric bar (in cm), biceps and rear arm muscles was estimated by skinfold caliper (in mm). Legitimate heating up was given to the subjects to obtain them from the injury. Analyzers were allocated for each test station with required gear. The absolute two preliminaries were given to the subjects for the tests and best preliminary was considered as conclusive execution for the current review. Inspiration factor was considered while direct the test to make interest among the subject.

Toward the finish of the organization of test, the legitimate explanation of the nature and the goal of the review was given to the cricketers who had an oddity to be aware for their affirmation and welcomed to get clarification on pressing issues on the off chance that they wished [13] [14] [15] [16].

## III. STATISTICAL TECHNIQUE

Mean and Standard deviations were calculated for every one of the chose factors. The between relationship among the chose anthropometric, actual factors and Cricket Speed bowling capacity, were figured by using Pearson' item second connection coefficients [17] [18] [19].

## IV. RESULTS

Table 1: Relationship of anthropometric factors with the speed bowling performance

S No.	Variables	Correlation	Sig.
1	Body weight	-0.096	0.874
2	Height	0.25	0.499
3	Arm length	0.435	0.275
4	Leg length	0.293	0.467
5	Biceps	0.002	0.897
6	Triceps	0.05	0.857

\*. Correlation is significant at the 0.05 level

The discoveries of table 6 likewise showed immaterial relationship of the multitude of factors with the exhibition of cover drive in cricket. Since the worth of coefficient connection (r) in the event of the multitude of factors, the p esteem was more than 0.05 degree of importance if there

should be an occurrence of every single chosen variable. So the invalid speculation is neglected to dismiss in the event of all chosen anthropometrical factors.

Table 2: Relationship of chosen actual factors with the batting performance

S No.	Variables	correlation	Sig.
1	Speed	0.172	0.453
2	Agility	0.244	0.364
3	Flexibility	0.292	0.265
4	Strength	-0.197	0.56
5	Endurance	0.493	0.08

A. \*. Correlation is significant at the 0.05 level.

The discoveries of table additionally showed irrelevant relationship of the multitude of factors with the presentation of cover drive in cricket. Since the worth of coefficient connection (r) in the event of the multitude of factors, the p esteem was more than 0.05 degree of importance if there should be an occurrence of every single chosen variable. So the invalid speculation is neglected to dismiss in the event of all chosen actual factors [20] [21] [22].

## V. DISCUSSION

Concerning these outcomes it ought to be noticed that progress in cricket relies upon different elements and consistently, fruitful cricket players have exceptional physiological variable performing of methods, elevated degrees of readiness for adjusting the bearings rapidly. great response time for unexpected response against rival's assaults, high degrees of anaerobic power to quick, unstable and dull speed and shot pitch and Yorker , legitimate oxygen

consuming power for fast recuperation between instructional courses, contest adjusts and between the matches are acted in a day, all are the significant factors influencing cricket players execution which can have determinant job in outcome of these players.

Taking into account the consequences of the current review, among anthropometric factors a critical relationship was found alone muscle to fat ratio with progress which among factors impacted these outcomes, we can suggest restricted age reach and close status of players' actual wellness. Another element can be powerful in this space is potential mistakes of judgment. Sport rivalries and their outcomes can likewise be under impact of passing judgment on blunders and the players is more prepared and has a superior actual wellness, upon these mistakes

might beremained inability to accomplish decoration and the consequences of study can experience the ill effects of this issue, in light of the fact that, in the current review accomplishing decoration was separated from everyone else considered as the rule for evaluating the progress of cricket players. Out and out, it very well may be expressed that from the anthropometric, physiological and actual factors were all evaluated in this review, anaerobic and vigorous power, and fat rate, speed and dexterity have more importance in progress of cricket players. In view of the consequences of this review, considering physiological variables should be tended to by cricket trainers in their preparation and planning preparing, wherefore these factors significantly affect cricket uncommonly, in title objectives. The finding showed, the physical and anthropometric factors showed immaterial relationship in the event of the multitude of factors with batting execution of cricketer. The comparative sorts of examinations were attempted by other exploration researchers likewise and for the most part the connections of chosen actual factors and anthropometric factors with the reliant factors were showed unimportant in their space of specialization. The primary explanation of irrelevant outcomes in their games was that the exhibition of any games and sports relying on the multi-layered factors like actual variables, physiological elements, mental factors thus numerous different elements. Just due the slight relationship in the chose physical and anthropometric factors, the presentation of the players can't fluctuate straightforwardly. Notwithstanding, the went against results were likewise been accounted for by some other others analysts in their examinations where they showed the huge relationship of chosen anthropometric with the bowling execution. Little example size, level of execution of cricketer and inaccessibility of complex hardware may likewise be one reason of showing unimportant relationship of chosen physical and anthropometric factors with execution in cricket.

## VI. CONCLUSIONS

Anthropometry and actual wellness are critical to guaranteeing outcome in cricket execution. This study shows that cricketers who are more limited in height are less better with respects than anthropometric and wellness capacities than their taller partners, which makes the last option bunch bound to find actual success in cricket In view

of the examination and inside the restriction of present study following end were drawn:

1. All the chose actual factors showed no critical relationship with the bowling execution of speed in cricket.

2. All the chose anthropometric factors additionally showed no critical relationship with the bowling execution of speed in cricket.

In addition to being aware of the variances that exist for anthropometry, stature and fitness among cricketers at any level, this study provides implications for both coaches and sports scientists at the club level in terms of how this can translate to player performances in accordance to height categories and player positions.

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