Analysing young soccer athletes essay

Chapter 4

RESULT AND FINDING

4. 0 Introduction

The determination of this survey is represented in this chapter. For analysis of demographic informations of participants the descriptive statistics were used. The descriptive statistics were used to find the frequence and per centum of demographic informations of the participants. Then, the interferential statistics were used to find the comparing between two types of school and the relationship of nucleus musculus strength with place of jocks, degree of engagement, physical preparation, balance, flexibleness and low back hurting.

This chapter will be divided into 2 chief subdivisions:

1. Descriptive statistic of demographic informations

    1. Type of school

    2. Age

    3. Weight and height

    4. Body Mass Index (BMI)

    5. Year of engagement

    6. Position in association football

    7. Degree of competition

    8. Duration of preparation

    9. Low back hurting

    0. Hypothesis proving

1. Comparing two agencies

2. Correlation between two variables

3. Association between two variables

1. Drumhead

4. 1 Descriptive statistics of background information of participants

A sum of 104 immature male association football jocks (*Nitrogen* = 104) were included and analyzed with age between 13 to 17 old ages old. The constituent collected were type of school, age, weight, tallness, organic structure mass index (BMI) , twelvemonth of engagement, place in association football, degree of competition

4. 1. 1 Type of school

Figure 4. 1. 1 Frequency of immature male association football jocks harmonizing type of school

Figure 4. 1. 2 showed the frequence of participants involved in the survey based on the type of school. It showed that more participants involved in the survey were from the athletics school comparison than conventional school.

4. 1. 2 Age

Age	Conventional school, N (%)	Sport school, N (%)	Average ± (SD)
13	5 (38. 5)	8 (61. 5)	

14	15 (55. 6)	12 (44. 4)	
15	10 (45. 5)	12 (54. 5)	15. 10 (1. 333)
16	12 (57. 1)	9 (42. 9)	
17	6 (28. 6)	15 (71. 4)	

Table 4. 1. 1 Frequency and per centum of age of participants

Table 4. 1. 1 showed the frequence and per centum of age of participants harmonizing to the type of school. In conventional school, the highest engagement is among 14 old ages old pupils which 15 topics, meanwhile in the athletics school 17 old ages old pupils showed the highest figure of engagement in the survey. The lowest engagement in conventional school and athletics school were 13 old ages old jocks. The average age of engagement in the survey was 15. 1 old ages old.

4. 1. 3 Weight and height

	Conventional school, *Mean ± (South dakota)*	Sport school, *Mean ± (South dakota)*	Average ± (SD)
Weight (kilogram)	52. 77 (6. 665)	56. 16 (8. 092)	54. 60 (7. 624)
Height (m)	1. 66 (0. 061)	1. 67 (0. 069)	1. 66 (0. 0653)

Table 4. 1. 2 Mean of weight and tallness of participants

Table 4. 1. 2 showed the mean of weight and tallness of participants. The athletics school showed higher value in weight and tallness which was 56. 16kg and 1. 67m severally compare than conventional school's weight and tallness which was 52. 77kg and 1. 66m. The average weight among the participants in the survey is 54. 6kg, meanwhile the tallness is 1. 66m.

4. 1. 4 Body Mass Index (BMI)

Body mass index	Conventional school, *N* (%)	Sport school, *N* (%)	Average ± (SD)
Underweight (& A ; lt ;	22 (68. 8)	10 (31.	

	Conventional school	Sport school	Average ± (SD)
18kg/m^2)		2)	
Normal (18-24 kg/m^2)	26 (36. 6)	45 (63. 4)	19. 66 (2. 037)
Overweight (&A;gt;24 kg/m^2)	0 (0. 0)	1 (100)	

Table 4. 1. 3 Frequency and per centum of BMI classs of participants

Table 4. 1. 3 showed frequence and per centum of BMI classs of participants. It showed that bulk of the topics present with normal BMI which 26 jocks (36. 6 %) in conventional school and 45 jocks (63. 4 %) in the athletics school. The average BMI among the participants is 19. 66 kg/m^2 .

	Conventional school, n (%)	Sport school, n (%)	Average ± (SD)
& A ; lt ; 6 old ages	27 (62. 8)	16 (37. 2)	6. 06 (2. 376)
6-10 old ages	21 (36. 2)	37 (63. 8)	
& A ; gt ; 10	0 (0. 0)	3 (100.	

old ages   0)

4. 1. 5 Year of engagement

Table 4. 1. 4 Frequency and mean of old ages of engagements among immature association football jocks

Table 4. 1. 4 showed mean of old ages of engagements among the topics. It showed that most the immature association football jocks in the conventional school's engagement were less than six old ages which was 27 (62. 8 %) comparison than sport school, 16 (37. 2 %) . The athletics school's immature association football athlete largely involve in association football between six to ten old ages which was 37 (63. 8 %) comparison than conventional school, 21 (36. 2 %) . Besides that, none in conventional school involve in association football more than ten old ages compare than sport school, 3 (100. 0 %) . The mean of year's engagement for all topics was 6. 06 old ages.

4. 1. 6 Players' place in association football

Figure 4. 1. 2 Frequency of players' place in association football harmonizing to type of school

The figure 4. 1. 2 showed the per centum of players' place in association football harmonizing to type of school that involved in the survey. The participant places were classified into guardian, striker, midfield and goalie. Based on the chart, it showed the figure of guardian of athletics school higher than the conventional school, 18 (51. 4 %) and 17 (48. 6 %) consecutively. The figure of striker of conventional school higher than the

athletics school which were 21 (51. 2 %) and 20 (48. 8 %) consecutively. The figure of midfield involved of conventional school lower than the athletics school which were 6 (35. 6 %) and 11 (64. 7 %) consecutively. Last but non least, figure of goalie in sport school was higher than conventional school which was 7 (63. 6 %) and 4 (36. 4 %) severally.

4. 1. 7 Level of competition

Figure 4. 1. 3 Frequency of players' degree of competition harmonizing to type of school

The figure 4. 1. 3 showed the frequence of players' degree of competition harmonizing to type of school of school that involved in the survey. The degrees of competition were classified into school, territory, province, national and international. Based on the chart, it showed the figure jocks in school degree in conventional school higher than the sport school, 21 (91. 3 %) and 2 (8. 7 %) consecutively. The figure jocks in territory degree in conventional school besides higher than the sport school, 21 (91. 3 %) and 2 (8. 7 %) consecutively. In other manus, the athletics school's association football athlete nowadays with more engagement in the province, national and international degree which is 20 (60. 6 %) , 26 (100 %) , 3 (100 %) consecutively compare than 21 (91. 3 %) and 2 (8. 7 %) consecutively, comparison than conventional school merely 13 (39. 4 %) in province degree and none in national and international degree.

4. 1. 8 Duration of nucleus musculus strength preparation

                    Conventional   Sport   Average

school,

	school, *Mean ± (South dakota)*	*Mean ± (South dakota)*	*± (SD)*
Duration of preparation	5. 33 (3. 986)	6. 00 (0. 00)	5. 69 (2. 713)

Table 4. 1. 5 Mean of continuance of nucleus musculus strength preparation

Table 4. 1. 5 showed the mean of continuance of musculus strength preparation. The athletics school showed longer continuance of preparation (6 proceedingss) compare than conventional school (5. 33 proceedingss) The average continuance preparation of nucleus musculus strength among the participants in the survey is 5. 69 proceedingss.

4. 1. 9 Low back hurting

Figure 4. 1. 4 Frequency of LBP happening among the participants harmonizing to type of school

Figure 4. 1. 4 showed the frequence of low back hurting happening among the immature association football jocks. There figure of jocks present of low back hurting was higher in the conventional school which was 5 (37. 5 %) comparison than sport school 3 (37. 5 %) .

4. 2 Hypothesis proving

Core musculus strength was tested by utilizing force per unit area biofeedback unit (PBU) . Specifically, the nucleus musculus strength was tested by taking the topics ability to keep contraction of nucleus musculus within at least 10 seconds. The interferential statistical trials used in this survey were by utilizing independent sample T trial, Pearson product-moment correlativity, Pearson Chi-square and Fisher exact trial.

The interferential statistics were used to measure following void hypothesis:

Hydrogen $_0$ 1: There is no significance difference of nucleus musculus strength between conventional school's jocks and athletics school's jocks

Hydrogen $_0$ 2: There is no correlativity twelvemonth of engagement and nucleus musculus strength between immature association football jocks in sport school and conventional school.

Hydrogen $_0$ 3: There is no correlativity of good nucleus musculus strength and good hamstring flexibleness between immature association football jocks in sport school and conventional school.

Hydrogen $_0$ 4: There is no association between players' place and nucleus musculus strength between immature association football jocks in sport school and conventional school.

Hydrogen $_0$ 5: There is no association of competition degree and nucleus musculus strength between immature association football jocks in sport school and conventional school.

Hydrogen $_0$ 6: There is no association of nucleus musculus strength and low back hurting happening between immature association football jocks in sport school and conventional school.

4. 2. 1 Comparison of agencies difference nucleus musculus strength degree between immature association football jocks in athleticss school and conventional school.

Group		Meter	South dakota
Conventional school (*N= 48*)	PBU reading	63. 70 (*N= 32*)	1. 257
	Contraction continuance	9. 51	0. 990
Sport school (*N= 56*)	PBU reading	63. 70 (*N= 46*)	1. 664
	Contraction continuance	9. 49	1. 333

Note PBU= Pressure Biofeedback Unit

Table 4. 2. 1. 1 Mean of PBU reading and continuance of nucleus musculus contraction among topics

Table 4. 2. 1. 1 showed that the mean of mark of PBU reading and continuance of nucleus musculus contraction for each topics in both schools.

The consequence showed both school achieved positive consequence in PBU reading which 32 topics (41 %) from conventional school and 46 topics (59. 0 %) from athletics school.

Group	Nitrogen	Meter	South dakota	t-stat (df)	p-value
Conventional school	48	63. 70	1. 257	0. 022 (102)	0. 983
Sport school	56	63. 70	1. 664		

Table 4. 2. 1. 2 Mean mark of nucleus musculus strength by utilizing PBU for conventional and sport school

As shown in table 4. 2. 1. 2 the independent sample T-test indicates that there were no important difference of nucleus musculus strength between immature association football jocks in athleticss school and conventional school which P-value 0. 983 (P & A ; gt ; 0. 05) . This proved that, core musculus strength of immature male association football jock for both school has no difference. Therefore, void hypothesis is accepted (H $_O$ 1) .

4. 2. 2 Correlation of twelvemonth of engagement and nucleus musculus strength between immature association football jocks in sport school and conventional school

Group	Year of	P-

		engagement	value
Conventional school	Core musculus strength	-0. 211	0. 149
Sport school	Core musculus strength	0. 224	0. 096

Table 4. 2. 2. 2 Correlation of twelvemonth of engagement and nucleus musculus strength between immature association football jocks in sport school and conventional school

The consequence in table 4. 2. 2. 2 revealed that there were no association (p & A ; gt ; 0. 05) , positive hapless correlativity relationship between the twelvemonth of engagement and nucleus musculus strength (R = 0. 224, P = 0. 149) in athletics school. The information besides showed there were no association (p & A ; gt ; 0. 05) , negative hapless correlativity relationship between the twelvemonth of engagement and nucleus musculus strength (R = 0. 224, P = 0. 096) in conventional school. These indicate that there was no relationship between the continuance of athletes' engagement in association football with the strength of nucleus musculus in each jock in the both studied school. Therefore, the void hypothesis is accepted (Ho2) .

4. 2. 3 Correlation of nucleus musculus strength and flexibleness of hamstring between immature association football jocks in sport school and conventional school

Group	Meter	*South dakota*
Conventional school (*N= 46)*	Right leg flexibleness	30. 85 (*N= 33)*	14. 542
	Left leg flexibleness	33. 23 (*N= 38)*	14. 387
Sport school (*N= 56)*	Right leg flexibleness	29. 02 (*N= 41)*	12. 584
	Left leg flexibleness	33. 02 (*N= 47)*	12. 987

Table 4. 2. 5. 1 Mean mark of flexibleness of right and left hamstring among topics

Table 4. 2. 5. 1 showed that the average mark of flexibleness of right and left hamstring among topics. The consequence showed both schools present with stringency of hamstring as the grade of articulatio genus extension more than 20 IS . 33 topics (68. 8 %) from conventional school and 41 topics (73. 2 %) from the athletics school nowadays with right hamstring stringency. Meanwhile, 38 topics (79. 2 %) from conventional school and 47 topics (83. 9 %) from the athletics school nowadays with right hamstring stringency.

Group	Right hamstrin	Left hamstrin	*p-*

		g	g	value
Conventional school	Core musculus strength	-0. 033	–	0. 825
	–	0. 135	0. 362	
Sport school	Core musculus strength	0. 194	–	0. 152
	–	0. 188	0. 166	

Table 4. 2. 5. 2 Correlation of nucleus musculus strength and hamstring flexibleness between immature association football jocks in sport school and conventional school

The consequence showed that there is no important correlativity between good nucleus musculus strength and good hamstring flexibleness in both school (table 4. 2. 5. 2) . This indicates that, the good nucleus musculus strength non important related to good flexibleness of hamstring as the determination showed that the association football athletes present with good in nucleus musculus strength but presence with hamstring stringency. Therefore, the void hypothesis is accepted (Ho3) .

4. 2. 4 Association players' place and nucleus musculus strength between immature association football jocks in sport school and conventional school

Group	Position	Presence failing, n (%)	No failing, n (%)	Ten^2 statistic (df)	Phosphorus-value
Conventional school	Striker	7 (33.3)	14 (66.7)	0.000 (1)	1.000 [a]
Defender		5 (29.4)	12 (70.6)	0.182 (1)	0.670 [a]
Midfield		2 (33.3)	4 (66.7)		1.000 [B]
Goalkeeper		2 (50.0)	2 (50.0)		0.592 [B]
Sport school	Striker	6 (30.0)	14 (70.0)		0.142 [B]
Defender		2 (11.1)	16 (88.9)		0.474 [B]

| Midfield | 110 (0. 0) | 0 (100. 0) | 0. 184 [B] |
| Goalkeeper | 2 (28. 6) | 5 (71. 4) | 0. 596 [B] |

[a] Chi-square trials [B] Fisher exact trials

Table 4. 2. 3 Association between nucleus musculus strength and players' place

The information in table 4. 2. 3 showed there were no association (p & A ; gt ; 0. 05) , between the players' place and nucleus musculus strength in both type of school. The consequences indicate that there is no relationship between the athletes' place in association football with the strength of nucleus musculus in each jock either in conventional school or athletics school. Therefore, the void hypothesis is accepted (Ho4) .

4. 2. 5 Association nucleus musculus strength and competition degree between immature association football jocks in sport school and conventional school

Group	Competition degree	Presence failing, n (%)	No failing, n (%)	Ten^2 statistic (df)	P-value
Conventional school	School	9 (42. 9)	12 (57. 1)	1. 524 (1)	0. 217 [a]
District	3 (20. 0)	12 (80. 0)	1. 745 (1)	0. 186 [a]	
State	5 (38. 5)	8 (61. 5)	0. 735 [B]		
National	–	–	–	–	
International	–	–	–	–	
Sport school	School	1 (50. 0)	1 (50. 0)	0. 328 [B]	
District	1 (25. 0)	3 (75.	0.		

	0)	556 [B]	
State	2 (10. 0)	18 (90. 0)	0. 304 [B]
National	6 (23. 1)	20 (76. 9)	0. 487 [B]
International	0 (0. 0)	3 (100 . 0)	1. 000 [B]

[a] Chi-square trials [B] Fisher exact trials

Table 4. 2. 4. 1 Association between nucleus musculus strength and competition degree

The information showed there were no association between the players' place and nucleus musculus strength in both type of school. The determination proved that there is no relationship between the degrees of competition engagement in association football with the strength of nucleus musculus in each jock in the both studied school. Therefore, the void hypothesis is accepted (Ho5) .

4. 2. 6 Association nucleus musculus strength and low back hurting happening between immature association football jocks in sport school and conventional school

Group	LBP happening	Presence failing, n (%)	No failing, n (%)	Ten ^{2} statistic (df)	P-value
Conventional school	Yes	2 (40. 0)	3 (60. 0)	0. 112 (1)	0. 738 [a]
	No	14 (32. 6)	29 (67. 4)		
Sport school	Yes	3 (100)	0 (0. 0)		1. 00 [B]
	No	10 (18. 9)	43 (81. 1)		

[a] Chi-square trials [B] Fisher exact trials

Table 4. 2. 6. 1 Association between nucleus musculus strength and low back hurting happening

The information in table 4. 2. 6. 1 showed there is no association (p & A ; gt ; 0. 05) , core musculus strength and low back hurting happening in both

type of school. Therefore, the void hypothesis is accepted (Ho6) . The consequences explained that there is no relationship nucleus musculus strength and low back hurting happening in both schools' immature male association football jocks.

4. 3 Drumhead

Based on the consequences, all the subjects' nucleus musculus strength has been examined by utilizing PBU has no significance difference of nucleus musculus strength between conventional school's jocks and athletics school's jocks. This can be concluded that the strength between conventional and sport school were same.

Besides that, unexpected consequence shows in correlativity of twelvemonth of engagement with nucleus musculus strength and correlativity of nucleus musculus strength with leg flexibleness in the conventional and sport school. Based on informations analyzed related to the variables, it showed that there is no correlativity between the variables in both schools.

In extra, the informations besides farther analyzed to place the association between place of participants, degree of competition and low back hurting related to core musculus strength in conventional and sport school. The determination in the survey showed that the nucleus musculus strength had no relation to these variables and there in no important difference in both schools.