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## RESEARCH ARTICLE

**"Assessing the changes introduced in some morphological and basic motor variable and specific to young people aged 14-15 years".**

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### Abstract

Research - experimentation, it includes a total of 60 entities of both sexes group of 30 boys and 30 girls, aged 14-15 years, who practice basketball. In this experiment were treated 7 morphological tests and 11 specific variables of basic motor is applied method of T-test and are gaining valuable results, presenting changes in all variables as a whole in favour of the group of boys. The results achieved reflect the best this study with young adults in question.

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### Introduction:-

Contemporary basketball, increasingly based on scientific research and cyber attitude modelling processes in training sessions with regular pace, while refraining contemporary level. The basic aim of these programs lies in the training progress and results achieved, increasing the overall qualities and skills, basic and specific which are necessary for the successful maintenance training sessions and monitoring of competitive activities in modern trends. Such activity requires disclosure of legal and linkages between different fields of psychosomatic status, which are responsible or acting in the execution of various tasks in the motor sport of basketball. Relying on contemporary basketball, we should try to prepare the training sessions as well, to give greater complexity and variability of motor skills, which are aimed at achieving pace, dynamics and attractiveness, personality player and successful achievements in the game of basketball.

### The aim of study:-

The aim of the experiment is to introduce change occurring in some morphological and basic motor variable and specific to young people of both sexes (boys and girls) aged 14-15 years. In order to achieve systematic analysis of changes by applying the prescribed tests and situational basic motor skills between boys and girls of the same age. The main purpose is to establish the changes introduced between the youth of both sexes of the same age.

### Main hypothesis:-

In this research we addressed two hypotheses as follows:

- H1- Hopefully there will be presented morphological changes in tests between the two sexes.  
H2- Hopefully the changes occur during tests in the space of basic motor and situational skills between boys and girls.

**Work methodology:-****Model of entities:-**

In this experiment-study model (model) of the examinees are young people of both sexes (boys and girls) aged 14-15 years who exercise basketball. The sample included a total of 60 entities, 30 girls and 30 boys, who were tested in schools in Pristina basketball. Morphological tests were treated in the morning, while specific tests of basic motor, are addressed during training sessions. The testing is done during March and April of 2016. Furthermore, the morphological tests have been done during the morning hours. The all tests have been done in the sports centre including all primary schools in Pristina. Study contains 7 morphological variables, 4 basic motor tests and 7 specific variables, as follows:

**The sample of variables:-**

Research - experimentation includes seven morphological variables, 4 tests from basic motor space and 7 specific variables.

**Morphological variables:-**

Body height  
Body weight  
Arm's length  
Ankle length  
Palm length  
Palm width  
Foot length.

**Basic motor tests:-**

Running 20m.  
Jumping heights  
Hopping distance  
Throwing filled medicinal ball- medicine ball

**Specific motor variables:-**

Left hand free throw.  
Right hand free kick.  
Side kick with the help of 3m table (right).  
Side kick with the help of the table 3m (left).  
Shot for 3 points.  
Dribble with obstacles  
20m dribble round trip.

**Methods of processing the results:-**

In this experiment will be applied methods of processing the results of which will enable the provision of sufficient information for the realization of this study. This study will confirm occurring changes between the two acquired groups (boys and girls), to testing morphological variables and basic motor and situational skills, with the application of the T-test method.

**Achieved results and their interpretation:****The changes introduced at manifest space:****T-test method for the morphological variables:**

Achieving certification of statistical differences between the two groups (boys and girls) will reflect through T-test method, which is applied to each morphological variables. Through this method, verify changes both arithmetic averages and what is their standard error. To show statistical validity through this method, first we have to know the value of T test, which for both groups is  $T > 1.97$ , with the level of statistical significance  $p < 0.05$ .

Based on the results presented in Table 1, we can conclude that valid statistical differences between the two groups anthropometric space, valuable changes are presented in six Anthropometric variables in favour of boys in addition to the weight of the body which has not significance level  $p < 0.05$ , while all the others have shown Sig.000, such as: Bodhei, Armlen, Anklen, Pallen, Palwid and Foolen.

**Table. No. 1:-** T-test between two groups of morphological variables

	Groups	N	Mean	Std. Deviation	Sig.2-tail.
Bodhei	girls	30	55,3989	7,73984	,059
	boys	30	59,6135	10,01991	
Bodwei	girls	30	163,9562	3,68003	,000
	boys	30	171,2409	6,53666	
Armlen	girls	30	67,4446	5,39092	,000
	boys	30	73,9745	3,03398	
Anklen	girls	30	92,6990	3,86625	,026
	boys	30	95,5136	5,24228	
Pallen	girls	30	15,8994	1,16479	,000
	boys	30	18,1764	1,08324	
Palwid	girls	30	6,9243	,71684	,000
	boys	30	7,6972	,73436	
Foolen	girls	30	24,0000	1,19701	,000
	boys	30	27,4121	1,35073	

T-test method is applied to each variable in basic motor space. Through this method we can confirm changes both arithmetic averages and what is their standard error.

To show statistical validity through this method, you must know the value of T-test, whose value for both groups is  $T > 1.97$ , the level of statistical significance  $p < 0.05$ . Based on the results presented in table 2, we can conclude that statistically valid changes in basic motor space between the two groups are presented valuable changes in all variables, mainly in favour of boys, who have shown results high, due to the nature and development of motor skills.

\*. Correlation is significant at the 0.05 level - 2-tailed.

**Table.No. 2:-** T-test between the two groups in basic motor space

	Groups	N	Mean	Std. Deviation	Sig.2-tail.
Run20m	girls	30	443,2691	28,37621	,000
	boys	30	354,5112	24,43605	
Jumhei	girls	30	27,1116	5,34935	,000
	boys	30	42,8119	8,70011	
Hopdis	girls	30	129,1198	9,23452	,000
	boys	30	178,6211	17,14765	
Medball	girls	30	3,8176	,31529	,000
	boys	30	5,2008	,53901	

**Table No. 3:-** T-test between the two groups tested in space situational motoric

Group Statistics					Sig. 2-tail.
	Groups	N	Mean	Std. Deviation	
Lehan3m	girls	30	,6898	,77352	,114
	boys	30	1,0011	1,01456	
Rihan3m	girls	30	1,0330	1,00135	,001
	boys	30	1,8634	1,05657	
Shetabr	girls	30	,4671	,67771	,000
	boys	30	1,2331	,83841	
Shetabl	girls	30	,1407	,53261	,000
	boys	30	1,0459	,81373	
Shot3poin	girls	30	,5789	,62234	,001
	boys	30	1,2429	1,03001	
Driobs	girls	30	15,7761	,87180	,000
	boys	30	12,7543	,80827	
20mDriob	girls	30	14,5001	1,20130	,000
	boys	30	11,4386	,88626	

T-Test analysis is applied to each variable in the motor space situational. Through this method we can confirm changes both arithmetic averages and what is their standard error.

To show through statistical validity of this method is to know the value of T-Test, which for both groups whose value is  $T > 1.97$ , the level of statistical significance  $p < 0.05$ .

Based on the results presented in Table No.13-may conclude that valid statistical changes in the motor space situational between the two groups are presented valuable changes in all variables except to (Lehan3m) which shows that they have results related while other results are in favour of boys who showed higher scores than girls in situational motoric.

#### **Analysis and verification of hypotheses:-**

Based on the results achieved-earned, we can verify hypotheses as follows:

H1 - The first hypothesis which tells us that the tests are presented morphological changes between boys and girls, we conclude that this hypothesis is fully implemented, because the changes are shown in all tests except to the variable morphology of body weight.

H2 - The second hypothesis, changes occur in the area of basic and specific motor skills between boys and girls. This hypothesis is fully implemented, we are presented changes in all variables of basic motor tests, and to situational variables, the test shot with his left hand 3m, is not present change.

#### **The completion:-**

The results achieved by the youth-won of both sexes, boys and girls aged 14-15 years, morphological variables are treated 7 and 11 basic motor and situational tests, which reflect normal values results with some exceptions in morphological variables, which are normal for this age. The main goal was to prove the changes introduced between the two groups (boys and girls), through the application of the method T-test, it is presented validity among variables morphological group of boys and girls, except test weight, while other tests are group in favour of boys, as well as in the area of basic motor skills and specific results in favour of the group are boys, in all variables with high .000 sig. Results of this research are enough information for teachers and trainers who can apply exercises, situational pupils and basketball, the tests that we have applied in this study, in order to increase the volume and intensity of cargo during the process training and regular hours Physical Education. Of particular importance will be in the selection and orientation tasks right in certain sporting activities in accordance with the capacity and the conditions of subjects, especially when it comes to the sport of basketball.

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