

**COMPARATIVE STUDY OF HAND GRIP STRENGTH AMONG
INTER UNIVERSITY LEVEL SOFTBALL, CRICKET
AND HOCKEY PLAYERS**

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ABSTRACT

The purpose of this study was to compare hand grip strength of inter-university level women Softball, Cricket and Hockey players. The study included 45 inter university female softball (15) cricket (15) and hockey (15) players aged 18–25 years. Handgrip strength (both right and left) was measured among inter-university female softball, cricket and hockey players by using standard handgrip dynamometer. The findings of the present study indicated that the women hockey players had better score on their both left and right side Grip Strength. It is concluded that University level women hockey players possessed better hand grip strength as compared to cricket and softball players.