COMPARATIVE STUDY ON PHYSICAL FITNESS AMONG VOLLEYBALL AND BEACH VOLLEYBALL PLAYERS IN NORTHERN TELANGANA STATE

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ABSTRACT

Physical fitness is the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies. The components of physical fitness include cardio respiratory endurance, muscle strength, muscle endurance, flexibility and body composition. Physical fitness involves the performance of the heart and lungs, and the muscles of the body. Regular exercise keeps a person physically strong and mentally, emotionally strong as well. The purpose of the study is to find out strength, speed and stamina between women Volleyball and women beach Volleyball players in northern Telangana state.

Keywords: Sports; physical fitness; Body Mass Index; Exercise.

INTRODUCTION

Fitness is the ability of a person to perform a specific function. Regarding specific function, fitness is attributed to person who possesses significant aerobic or anaerobic ability, i.e. strength or endurance. Attributes of fitness includes strength, endurance, power, speed, balance and coordination. Physical fitness refers to a set of attributes that related to the ability to perform physical activity. A well rounded fitness program will improve a person in all aspects of fitness, rather than one, such as only cardio/respiratory endurance or only weight training. A comprehensive fitness program tailored to an individual typically focuses on one or more specific skills and on age or health related needs such as bone health.

Developing research has demonstrated that many of the benefits of exercise are mediated through the role of skeletal muscle as an endocrine organ. The Physical Activity Guidelines published by Disease Prevention and Health Promotion suggests that all adults should avoid inactivity to promote good health mentally and physically.
OBJECTIVES OF THE STUDY

1. To find out the significant difference between women Volleyball players and women beach Volleyball players in relation to their strength.
2. To study significant difference between women Volleyball and women beach Volleyball players in speed.
3. To analyze significant difference among women Volleyball players and women beach Volleyball players in stamina.

METHODOLOGY

The samples were collected from the selected 18 women Volleyball players and selected 18 beach Volleyball players in Hyderabad who participated in University level sports meet during the academic year 2016-17 was considered. Physical fitness test administered on players, i.e., Muscular strength (Bench press test), Speed 50Metres and Stamina (Muscular Endurance-Pushups).

The Indian male reformers played an important role in the sphere of women education. The initial step was taken by men like Radha kanta Deb, the Secretary of the Calcutta school society, and later by Keshab Chandra Sen and the Brahma Samaj. In western India Mahadeb Govinda Ranade began to promote female education through Parthana Samaj. In northern India Swami Dayananda Saraswati and his Arya Samaj played a crucial role in popularizing female education among the women. But it is true that the real motive behind the initiative taken by British Government for female education was different than the male. They wanted to educate the wives of their civil servant so that the loyalty towards the Raj could be extended among the inner world of the Bengali community. They also believed that the Eastern educated Indian wives would gave birth only western minded child. But Indian reformers truly wanted the developing a progressive society. If women were educated, the society could no longer be characterized as decadent and backward.

RESULTS AND DISCUSSIONS

Table 1. Showing the Mean values, SE, CD and p-value between women Volleyball and beach Volleyball players in relation to their Muscular Strength (Bench press test).

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Subjects</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>t-value</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Volleyball players</td>
<td>18</td>
<td>19.305</td>
<td>1.715</td>
<td>5.354</td>
<td>0.012</td>
</tr>
<tr>
<td>2.</td>
<td>Beach Volleyball players</td>
<td>18</td>
<td>17.541</td>
<td>1.416</td>
<td>4.341</td>
<td>0.002</td>
</tr>
</tbody>
</table>

Table 2. Showing the Mean values, SE, CD and p-value between women Volleyball and women beach Volleyball players in relation to their speed 50Metres.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Subjects</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>t-value</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
<td>Volleyball players</td>
<td>18</td>
<td>6.148</td>
<td>1.585</td>
<td>3.954</td>
<td>0.015</td>
</tr>
<tr>
<td>4.</td>
<td>Beach Volleyball players</td>
<td>18</td>
<td>3.589</td>
<td>1.416</td>
<td>2.341</td>
<td>0.002</td>
</tr>
</tbody>
</table>

Table 3. Showing the Mean values, SE, CD and p-value between women Volleyball and women beach Volleyball players in relation to their Stamina (Muscular Endurance-Pushups).

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Subjects</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>t-value</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.</td>
<td>Volleyball players</td>
<td>18</td>
<td>3.277</td>
<td>1.416</td>
<td>4.341</td>
<td>0.002</td>
</tr>
<tr>
<td>6.</td>
<td>Beach Volleyball players</td>
<td>18</td>
<td>4.984</td>
<td>1.585</td>
<td>4.954</td>
<td>0.015</td>
</tr>
</tbody>
</table>
CONCLUSION

In the current study the results showed that there was a significant difference between women Volleyball and beach Volleyball players in strength, speed and stamina, scientifically proved that Volleyball players have better strength and speed than beach Volleyball players. Beach Volleyball players have more stamina than Volleyball players.

REFERENCES