



Effect of specific training on selected physical fitness variables among college level women volleyball players

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Abstract : *The present study is to find out the effect of specific training on the selected physical fitness variables among college level women volleyball players. 30 women Volleyball players who have represented the college were selected from J.M.J College for Women, Tenali. The subjects were between 17 and 21 years. They were divided into two groups of fifteen in each. One group was acted as the experimental group and another group was acted as control group. The experimental group underwent the specific training for 6 weeks 3 days per week. Each training session was for one hour in the evening from 5.00 PM to 6.00 PM. To achieve the result, the collected data on following criterion measures namely physical fitness variables that is shoulder strength, agility. The standardized tests will be taken before and after the specific training. Shoulder strength was tested using modified pushups , agility was tested using 4x10 shuttle run. The paired 't' test was applied to analyzed the collected data and in all cases the criteria for the statistical significance was set at 0.05 level of confidence.*

Key Words: World War, Volleyball, championship

Interdiction

Canada was the first country after U.S.A. to play volleyball [1900] and Cuba introduced the game in 1905. The game spread from one country to another, mainly through the efforts of Y.C.M.A., which is a world. Wide organization where ever the Y.C.M.A. Physical Director went, volleyball went with them. Volleyball was one of the popular army sports during the First World War and the American Soldiers carried the game to many parts of the world. Volleyball has now spread for and men and women throughout the world play wide and it. It is estimated that the game is popular in more than thirty-five countries.

Volleyball is today an international game. The first step towards achieving international status

was taken when the representatives of several countries interested in volleyball met at Berlin during the Olympic Games in 1936. The International Volley ball Association was formed in the year 1947 with it'shead quarters in Paris. More than twenty countries are now members of this association. The first world Volleyball championship was held in 1949 at Prague, Czechoslovakia, when twelve countries were represented. Reports go to say that the championship was held at winter stadium with thousands of people witnessing the matches each day. Russia easily became the champions defeating Czechoslovakia in the finals. It is interesting to note that soviets put on the field, their second team in most of the matches. The second world championship was held in 1952 at the famous Dynamo stadium in Moscow, U.S.S.R. Teams from



11 countries competed for the world title. Forty to fifty thousand spectators watched the great thrills of International Volleyball. Russia annexed the championship without losing a single set throughout the tournament.

Statement of the Problem

The purpose of this study is to find out the effect of specific training on selected physical fitness variables among college level women volleyball players.

Delimitation

- 1) The subjects were restricted to women volleyball players.
- 2) As per their College records their age was 17 to 21 years.
- 3) On a random sampling 30 students were selected from J.M.J College for Women, Tenali (AP)
- 4) The training schedule is a period of six weeks only.
- 5) The study is confined only to the selected specific training.

Limitation

- 1) The previous experience of the subjects in the field of sports and games which influence the training is not considered.
- 2) Health habits and food habits are not taken into consideration.
- 3) The weather condition such as atmosphere temperature and humidity during test period are also not considered.

Hypothesis

- 1) It was hypothesized that there may be significant difference due to specific training on selected physical fitness variables namely Shoulder

Strength and agility among college level women volleyball players.

Significance of the Study

- 1) This study will help to identify the suitable training method increase the performance on selected physical fitness variables.
- 2) This study also helpful for physical education teacher and coaches to adapt this training programmed to improve the physical fitness variables among college level women volleyball players.
- 3) The result of this study may be help to the physical educationist to plan suitable programmed for college level women volleyball players.

Methodology

Selection of Subjects

The purpose of this study was to find out the effect of specific training on selected physical fitness variables among college level women volleyball players. Thirty volleyball players were selected from J.M.J College for Women, Tenali (AP). The subject's age ranged from 17 and 21 years. Thirty subjects were selected at random and subjects were divided into two equal groups designed one experimental group and another Control Group. Thus each group consisted of 15 subjects.

Selection of Variables

The Investigator reviewed the available scientific literature and on the basis of discussion with experts, feasibility, criteria, availability of instruments, equipment's and the relevance of the variables to the present study. The



following variables were selected for the present study.

Independent Variables: Specific Training

Dependent Variables:

Physical Variables

- 1) Agility
- 2) Shoulder Strength

Experimental Design

The selected subjects (N=30) were divided into two groups each consisting of fifteen. The experimental group underwent the specific training for three days in a week for one hour from 5.00 pm to 6.00 pm for six weeks in total and the control group was not involved in any

specific training but were of the investigator in engaged in their usual activities.

Statistical Technique

The following statistical procedures were follows to estimate the effect of specific training on selected physical fitness variables among college level women volleyball players the 't' ratio was calculated to find out the significance of the difference between the mean of the initial and final test of the Clarke and state that, the 't' ratio is the ratio of the difference between means and standard error of the difference. **Table I**

Analysis of 't'-Ratio on Pre and Post-test for Control and Experimental Group on agility

Variables	Group Name	Mean		Sd		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Agility	Control	17.96	17.92	0.45	0.48	0.093	14	1.59
	Experimental	17.99	17.61	0.57	0.55	0.06		5.57*

*Significance of .05 level of confidence

Figure II: The Mean Values of Pre and Post Tests of Experimental and Control Group on Agility

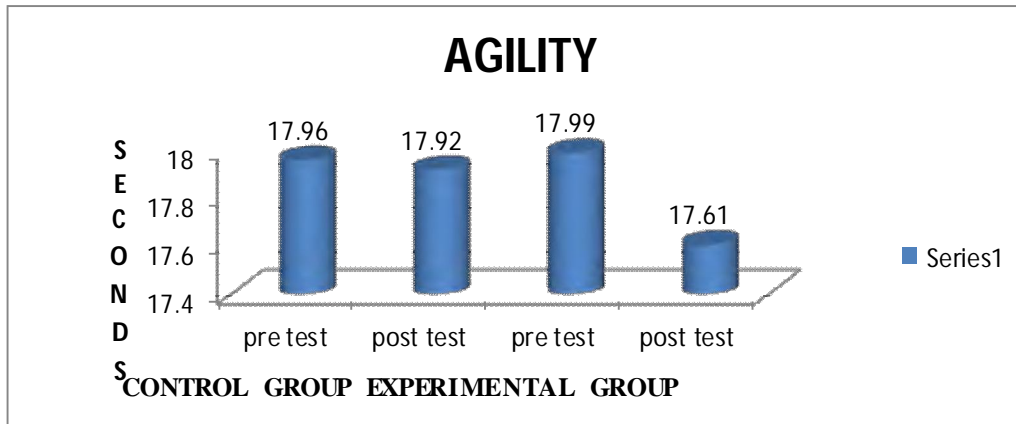


Table II

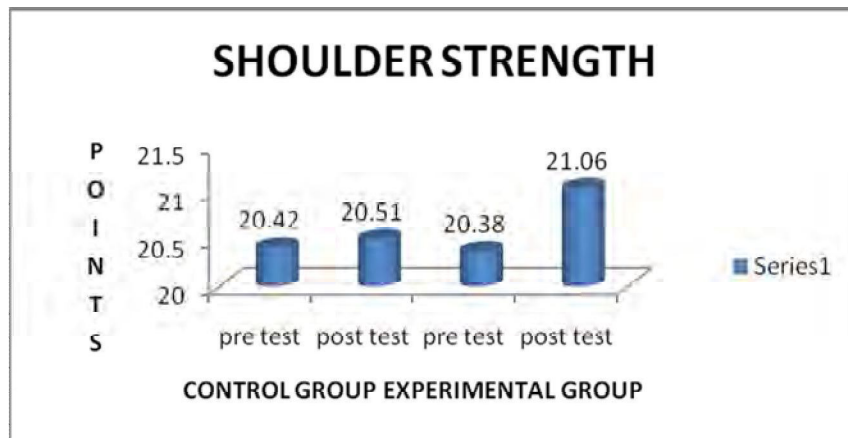
Analysis of 't'-Ratio for the data Pre Post-test for Control and Experimental Group on Shoulder Strength



Variables	Group Name	Mean		Sd		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Shoulder Strength	Control	20.42	20.51	1.83	1.63	0.37	14	1.80
	Experimental	20.38	21.06	1.71	1.85			0.21

*Significance of .05 level of confidence

Figure II
 The Mean Values of Pre and Post Tests of Experimental and Control Group on Shoulder Strength



Discussions on Findings

The result of this investigation showed a significant improvement in the subjects of the experimental Group regular practice of specific training.

The results of this study with the hypothesis of the investigation. Interest on the part of the subject used in this study to improve their specific training might also account for the result and this inference is supported by the further fact that all previous studies of similar nature were conducted on specific training. The six week period for the experimental seen to be produce valid result.

The results of the study reveal that there was a significant difference found among College level Women volleyball players on physical fitness variables also when comparing the mean values of physical fitness variables.

CONCLUSIONS

Within the limitations of study the following were made.

The results of the study showed that there were significant improvements in physical fitness variables Agility and Shoulder Strength after six weeks of game specific training among volleyball players.



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