



EFFECT OF PHYSICAL TRAINING ON SPEED AMONG VOLLEYBALL PLAYERS

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Abstract

The purpose of the study was to find out the effect of physical training on speed among volleyball players. To achieve this purpose of the study, thirty students from the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, and India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as experimental group and control group. The group I underwent physical training for three days per week for twelve weeks. Group II acted as control who did not participate any special training. The dependent 't' test was used to find out the difference between two means. It was concluded that the experimental group produced significant improvement on speed than the control group.

Keywords: Physical Training, Speed, Volleyball Players.

INTRODUCTION

Volleyball is played in more than sixty countries and more than sixty million people. In Eastern Europe, Asia and South America top games draws crowds, the size of which rival those at soccer matches. Volleyball is considered as a top level competitive sport in more than twenty countries. The game of Volleyball was invented in 1895 by William G Morgan who worked for the Y.M.C.A in Holyoak, Massachusetts. His early form of the game was designed to provide mild exercise for large groups of businessmen. This original game was very simple any number of players batted a basketball bladder backward and forward over a tennis net which was fixed at a height of six feet. Since then the game has developed and spread worldwide. The main reason of its popularity was it can be played indoors and outdoors, need little space compared to other games, and it can be played by both sexes and over a considerable age range.

Play can be tremendously varying standards from a purely recreations level on the beach and in the park, through all levels of clubs and school level competitions, right up to international level. Physical fitness is extremely important for the older population because as a person ages, there is a higher level of fatigue and often pain resulting from arthritis, low back problems, or other ailments. As these conditions worsen over time, many older people become more sedentary thinking that if they rest they will get better. On the contrary, when older people rest and become more inactive, they feel increasingly tired because they have decreased their physical fitness. Thus, it is a vicious cycle: disability and pain cause decreased movement, and decreased movement results in less fitness and a

higher level of dysfunction. A good physical fitness level-regardless of the disability-helps older people maintain their quality of life and can reduce their dependence on others to help with activities of daily living such as climbing stairs, bathing, and doing housework. Muscle strength endurance is the children who exercise regularly will be stronger, more flexible, and thinner, have greater power and have large muscle and bones than similar children who do not exercise regularly". There are many adults who are physically inactive because as children they never acquired the skills that would have allowed them to participate in and enjoy sports and other physical activities. In this way motor skills have quite a lot to do with health-related fitness because you have to have a good skills base in order to perform many health-related fitness activities and exercise.

METHODOLOGY

The purpose of the study was to find out the effect of physical training on speed among volleyball players. To achieve this purpose of the study, thirty volleyball players from Annamalai University, Chidambaram, Tamil Nadu, and India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as experimental group and control group. The group I underwent physical training for three days per week for twelve weeks. Group II acted as control who did not participate any special training. The dependent 't' test was used to find out the difference between two means.

RESULTS

TABLE - I
COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS OF SPEED OF
EXPERIMENTAL AND CONTROL GROUP

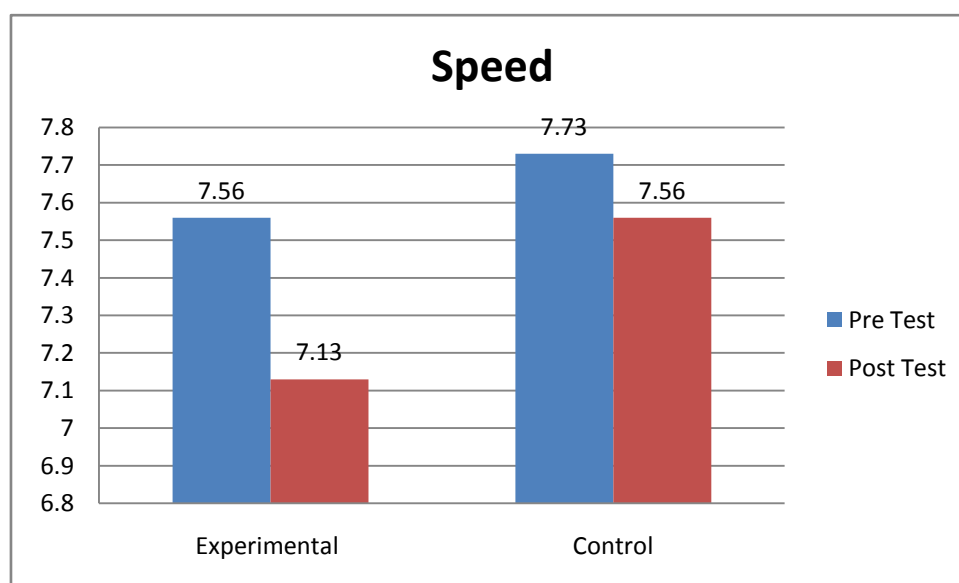
S. No	Variables	Mean diff	SD	σ DM	't' ratio
1	Speed	Exp:0.44	Exp:0.39	Exp:0.10	4.34*
		Con:0.16	Con:0.32	Con:0.08	1.97

*Significant at 0.05 level

An examination of table I indicates that the obtained 't' ratio for speed of experimental group was 4.34. The obtained 't' ratio on speed was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The obtained 't' ratio for speed of

control group was 1.97. The obtained 't' ratio on speed was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant. The mean scores of speed of experimental group and control group was shown graphically in figure I.

FIGURE - I
BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF SPEED OF EXPERIMENTAL AND
CONTROL GROUP



CONCLUSION

It was concluded that the experimental group produced significant improvement on speed than the control group.

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