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COMPARISON OF LEG STRENGTH AMONG VOLLEYBALL AND HANDBALL PLAYERS



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Short Profile

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ABSTRACT:

The purpose of this study was to compare leg strength among Volleyball and Handball players. Thirty (30) subjects of Volleyball and Handball match practice group belonging to the age group 18-25 years from College of Physical Education, Institute of Professional Studies, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur were selected randomly as subjects. For the purpose of this study and to get up to the valid conclusion researcher had chosen one variable namely Leg strength as dependent variable. to compare

the leg strength of Volleyball and Handball players so one shot experimental research design was used. In order to compare leg strength of Volleyball and Handball Players independent "t" test was employed as statistical technique at the 0.05 level of significance. The score were taken the best of three distances recorded in centimeters and meters only the best trial was recorded. Findings of the study show that there is no significant difference was found between belonging to Volleyball and Handball players in the means of leg strength.

KEYWORDS

Leg Strength and Standing Broad Jump.

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INTRODUCTION

Fitness was based on the attributes an individual has, meaning what he is born with or has acquired, in other words through training. Thus, performance is influenced by inherited abilities (genetic) and training status. An individual who is "naturally gifted" was still need proper training to make the most of their talent. Different sports require different fitness components. During a game the exercise intensity varies continually thus fitness training should be as realistic as possible. Training should not only develop the specific muscles involved in match play, but also improve technical and tactical skills and help keep players interested. Volleyball and Handball are among the world's popular sports, played practically in every nation at varying levels of competence. Successful participation in these sports requires from each player a high level of technical and tactical skills and suitable anthropometric characteristics. All ball games require comprehensive abilities including physical, technical, mental and tactical abilities Explosive strength is always dynamic and is an important ability in almost all the sports. Explosive strength is a complex conditional ability and is a combination of strength and speed. Such physical abilities are important for both Volleyball and Handball to achieve higher levels of performance. It is not a stage for young but for all ages. Physical fitness and motor fitness are often used as inter changeable terms. According to Clarke "Physical fitness has three basic components i.e. muscular endurance, muscular strength and circular-respiratory endurance, whereas motor fitness includes four additional components i.e. muscular power, agility, flexibility and speed". In order to human values conquest in the field of sports holds a unique place. It is success, victory, triumph and domination of some over other team mates and friends because sports are comradeship and friendship. During the present century, sports have become a cultural phenomenon of great magnitude and complexity. It has penetrated most if not all, of our social institution including education, economics, arts, politics, mass communication, international diplomacy and more especially scientific dimension. Today sports have become a form of mass participation. Many participate in sports activities for the fun, health, strength and fitness. It is taking the shape of profession to some with high skills, with ample, financial benefits linked with high degree of popularity. Today almost every nation in the world attaches great importance to the development of sports in order to improve the nation health and for the wellbeing of the future generation.

Since it is difficult for the teachers and coaches to impart systematic and technical training in all component of physical performance and to determine their degree of influence in connection with the performance, they can be best, expose their trainee, to a programme of physical fitness development which might enhance their performance in games and sports in general. There are numerous factors which are responsible for the performance of sportsmen. The physique and body composition including the size, shape and form are known to play a significant role in this regard. The Strength is the ability of muscles to overcome the resistant. It is the capacity of the individual to release maximum force in the shortest period of them. It is the ability of the sportsmen to overcome resistance with high speed. The explosive strength is always dynamic and is an important ability in almost all the sports. Explosive strength is a complex conditional ability and is a combination of strength and speed. Explosive leg strength can be defined as the ability of the leg extensors to apply the maximum force on the shortest time in explosive manner projecting the body or an object.

METHODOLOGY

Total thirty (30) subjects were randomly selected as subjects. Fifteen (15) subjects from Volleyball and Fifteen (15) subjects from Handball from the Department of Physical Education, Institute of Professional Studies, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur. Volleyball and Handball match practice group boys was randomly selected from subject of the study randomly. The standard of the selected subjects were up to the Interschool level. These subjects ranged in age from 18 to 25 years as per the institution records. The subject was from the Department of Physical Education, institute of Professional Studies, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur (M.S.) and living in the institute hostels which is the most useful for the study and researcher can easily control their daily life style and habits too. The variable of this study is leg strength. Leg strength was measure by Standing Broad Jump. The score were taken the best of three distances recorded in centimeters and meters only the best trial was recorded. In compare leg strength of Volleyball and Handball players independent "t" test was employed as statistical technique.

FINDINGS

To analyzing the collection of data, one shot experimental research design was applied to compare leg strength of in order to compare leg strength of Volleyball and Handball players independent "t" test was employed as statistical technique Volleyball and Handball players, level of significance was set at 0.05 and independent "t" test was applied.

Table No. 1
Descriptive Analysis of Leg Strength among Volleyball and Handball players (Standing Broad Jump)

| Player | Mean | SD | MD | SE | 't' |
|------------|------|-------|------|------|------|
| Handball | 2.25 | 0.189 | 0.09 | 0.07 | 1.27 |
| Volleyball | 2.16 | 0.199 | | | |

*Significant at 0.05 level of significance $t(0.05)(28) = 2.048$

Table No.1 shows that there is no significant different of leg strength between Volleyball and Handball players as the obtained "t" value 1.27 is significantly lesser than the tabulated "t'" value 2.048 at the 0.05 level of significance. Graphical representation of above table is made in fig. no. 1.

COMPARISON OF LEG STRENGTH AMONG VOLLEYBALL AND HANDBALL PLAYERS

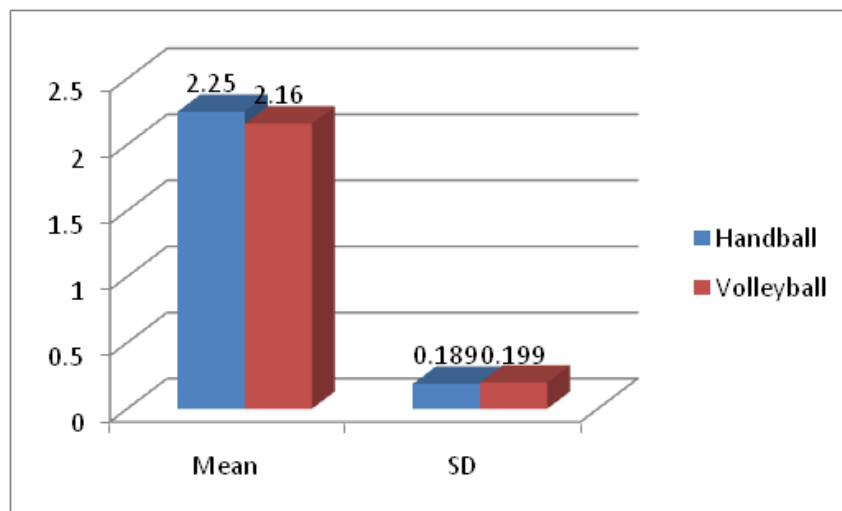


Fig No. 1: Mean and Standard Deviation Values of different games players in relation to Standing Broad Jump.

DISCUSSION OF FINDINGS

Findings of the study show that there is no significant difference was found between belonging to Volleyball and Handball players in the means of leg strength hence both game similar in nature because both game require explosive movement and jump. Both the games require lots of explosive strength in specially in legs as the movements occurs in both of these ball game are huge. It is not once or twice this explosive strength is require but its needed throughout the game which last more than one hours or so. Jumping movements must for both of these selected games which do play vital role in the performance of players as a whole.

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