



PHYSICAL FITNESS COMPONENTS OF VOLLEY BALL AND KABADDI WOMEN PLAYERS

Shashiraj Teli

Physical Education Director, K. L. E. Society, S S M S Arts, Science, Commerce College,
Athani, Belagavi Dist, Karnataka.

ABSTRACT

It has been rightly said physical fitness and wellness are ones richest possessions; that can not be purchased they are to be earned through regular and systematic fitness program and positive lifestyle habits.

While participating in fitness programs many benefits can be derived, the most important benefit of all is those individuals enjoy better quality of life one can enjoy this life to its fullest potential. A physically fit person seems to enjoy a healthy life.

Purpose of the study was to compare the fitness components of Volley ball and Kabaddi women players. For this study one hundred subjects were selected from volleyball and Kabaddi game. Tests were conducted on the selected physical fitness components and the data collected was analyzed by using statistical technique 't' test. The results showed that, there is a significant difference in women volleyball and Kabaddi intercollegiate players.



KEY WORDS : *physical fitness and wellness , fitness programs.*

INTRODUCTION:

Physical fitness does not appear all of a sudden. It starts clear before the birth of the baby. A healthy matter alone can bring forth a healthy child. The child also must be brought up in healthy ways. Cleanliness, proper diet and the physical activities will make the young are strong and activities should continue according to the age group. The greatness of nation depends mainly on health, physical fitness and efficiency of the people.

Physical fitness provides capacity for activity. Physical fitness has been consider as one of the most important requirement of the sports performance, greater the physical fitness better the physical endurance and precise will be movement, which are essential for any sports. Greater the physical fitness and longer can a person keep going and more efficient will be his performance and capacity for recovery from fatigue.

The importance of health and fitness through the medium of physical activity can hardly be under estimated in the modern times when the lifestyle is changing rapidly tremendous urbanization and mechanization of daily routine has resulted not only in hurrying of scurrying but has also deprived people of natural vitality(energy).

It has been rightly said physical fitness and wellness are ones richest possessions; that cannot be purchased they are to be earned through regular and systematic fitness program and positive lifestyle habits.

Every one performs physical activity in order to sustain life. However the amount varies from one individual to another based on the personal; lifestyles and other factors; physical fitness is the capacity to carry out reasonability well various forms of physical activities without being unduly tried and includes developing qualities important to the individual's health and Well being.

While participating in fitness programs many benefits can be derived, the most important benefit of all is those individuals enjoy better quality of life one can enjoy this life to its fullest potential. A physically fit person seems to enjoy a healthy life.

PURPOSE:

The purpose of the study was to compare the physical fitness components of Kuvempu University Inter Collegiate women volley ball and Kabaddi players.

METHODOLOGY

Present study was conducted on fifty players consist of twenty-five volleyball and twenty-five Kabaddi inter collegiate women's players. They were selected randomly during Inter Collegiate Tournaments. The subjects were in the age group of 17-25 years.

FINDINGS:

Table-1. Showing the mean, standard deviation and 't' score of the (50 mtrs Dash (Sec).

Sl. No	Group	Sample Size	Mean \pm standard deviation	SEM	SEM ²	't' Value
1	Volley ball	25	7.30 \pm 0.45	0.090	0.008	0.32
2	Kabaddi	25	7.34 \pm 0.37	0.075	0.005	

* Significance at 0.05 level 't' value 2.07

Table-1 Shows the mean value and standard deviation of the two groups i.e. Inter-Collegiate Volley ball & Kabaddi women's players with 't' score. The 't' score on calculation is 0.32 which is lesser than table value i.e. 2.07 and is not significant at 0.05 level.

Table-2 Showing the mean, standard deviation and 't' score of the standing broad jump(mtrs).

Sl. No	Group	Sample Size	Mean \pm standard deviation	SEM	SEM ²	't' Value
1	Volley ball	25	163.06 \pm 21.28	4.25	18.11	1.29
2	Kabaddi	25	170.32 \pm 18.32	3.66	13.42	

* Significance at 0.05 level 't' value 2.07

Table-2 Shows the mean value and standard deviation of the two groups i.e. Inter-Collegiate Volley ball & Kabaddi women's players with 't' score. The 't' score on calculation is 1.29 which is lesser than table value i.e. 2.07 and is not significant at 0.05 level.

Table-3 Showing the mean value \pm standard deviation and 't' score of the Shuttle Run 10x6 mtrs. (sec)

Sl. No	Group	Sample Size	Mean \pm standard deviation	SEM	SEM ²	't' Value
1	Volley ball	25	18.12 \pm 1.13	0.227	0.051	1.45
2	Kabaddi	25	17.62 \pm 1.31	0.263	0.069	

* Significance at 0.05 level 't' value 2.07

Table-3 Shows the mean value and standard deviation of the two groups i.e. Inter-Collegiate Volley ball & Kabaddi women's players with 't' score. The 't' score on calculation is 1.45 which is lesser than table value i.e. 2.07 and is not significant at 0.05 level.

CONCLUSIONS:

1. Kabaddi women players are having better speed and power.
2. Volley ball players are better in agility.

REFERENCES

1. American Association for Health Physical Education and Recreation, Youth Fitness Test Manual, Washington, 1965.
2. Brune Louis, Physical Fitness Test Manual, Washington, 1963.
3. Chanran Saha Umesh "Comparison of Selected Anthropometric Measurements and Physical Fitness Variables of Tribal and Non-Tribal Students of Tripura".
4. Charles A Bucher; Administration of School Health and Physical Education Programme" (St. Louis: The C.V. Mosby Company, 1958), p. 196.
5. Donald K. Mathew (1978); Measurement in Physical Education (Philadelphia: W.B. Saunders Company,).