



A STUDY ON THE CONTRIBUTIONS AND ACHIEVEMENTS OF KARNATAKA WOMEN VOLLEY BALL PLAYER MISS.ARPITHA MARY TO INDIAN VOLLEY BALL

Smt Roopa D. E.¹, Dr. Manjunath S. Raipalli² and Dr. N G Kannur³

¹Ph.D Research Scholar, Department of Physical Education, Gulbarga University, Kalaburagi, Karnataka.

²Guest Faculty, Department of Physical Education, Gulbarga University, Kalaburagi, Karnataka.

³Principal, Physical Education, Department of Physical Education, Gulbarga University, Kalaburagi, Karnataka.



ABSTRACT :

Volleyball, an extremely popular team sports, belongs to a group of receiving sports played on teams. Two teams stand on opposite sides of a court divided into two equal parts by a net. The standard court dimensions (9m x 18), net, height (2.24 m or 2.43m) and the number of players (6 x 6) may be towards actual player development or to meet the needs of particulars groups.

KEYWORDS : game volley ball , physical direction , women's Volleyball World Champions.

INTRODUCTION:

Volleyball is a team game in which two teams of six players are separated by a net. Each group attempts to score focuses by establishing a ball on the other group's court under sorted out standards. It has been a piece of the official program of the Summer Olympic Games since 1964.

The entire guidelines are broad. Be that as it may, basically, play continues as pursues: a player on one of the groups starts a 'rally' by serving the ball (hurling or discharging it and afterward hitting it with a hand or arm), from behind the back limit line of the court, over the net, and into the getting group's court. The getting group must not give the ball a chance to be grounded inside their court. The group may contact the roll together to multiple times however singular players may not contact the ball twice sequentially. Regularly, the initial two contacts are utilized to set up for an assault, an endeavor to coordinate the ball back over the net so that the serving group can't keep it from being grounded in their court.

The rally proceeds, with each group permitted upwards of three back to back contacts, until either (1): a group makes a slaughter, establishing the ball on the adversary's court and winning the rally; or (2): a group submits a blame and loses the rally.

The group that wins the rally is granted a point, and serves the ball to begin the following rally. A couple of the most well-known issues include:

- 1) Causing the ball to contact the ground or floor outside the rivals court or without first ignoring the net.
- 2) Catching and throwing the ball.

- 3) Double hit: two back to back contacts with the ball made by a similar player.
- 4) Four back to back contacts with the ball made by a similar group. net foul: contacting the net amid play;
- 5) Foot blame: the foot traverses the limit line when serving

The ball is typically played with the hands or arms, yet players can lawfully strike or push (short contact) the ball with any piece of the body.

Various predictable systems have advanced in volleyball including spiking and blocking (on the grounds that these plays are made over the highest point of the net, the vertical hop is an athletic ability underlined in the game) and additionally passing, setting and concentrated player positions and hostile and protective structures.

VOLLEYBALL IN KARNATAKA

Volleyball was introduced in Karnataka during the early part of 20th Century, by the influence of Y.M.C.A. Madras to 1951.

The Karnataka State Volleyball Association was formed in July 1951, under the president of Sri. Eqbal Hussein, retired Judge of High Court of Karnataka and Sri. V.M. Rangaswamy was the Secretary to organize and popularize the game in the state.

As a major step of organization, the association began to form direct Association at the district head quarters, at that time 12 clubs were affiliated to the Association.

In the year 1954, Hassan formed the District Association and in the subsequent years, Tumkur, Mandya, Mysore, Bangalore and Kolar district formed the district association Karnataka State Volleyball association Karnataka state Volleyball association has 19 district volleyball association. Each district must have a minimum of seven teams to form a district volleyball association. The executive committee met in the year 1973 and passed a resolution that the state championship shall be open to the district association. These might activate the formation of district association and remain in the rules of the state association.

The contribution of any women Volleyball player in terms of high performance and achievements at National and International level plays a vital role in the promotion of volleyball game. The contribution of Karnataka State Volleyball player in terms of high performance and achievements at National/International level plays a very important role in the promotion of Volleyball game in Karnataka and India in general.

To find out what kind of contribution and achievements by Arpitha Mary Karnataka State Volleyball players to Indian Volleyball game, the present study is taken into consideration.

STATEMENT OF THE PROBLEM:

The problem formulated for the present study is **“A Study on the Contributions and Achievements of Karnataka Women Volleyball player Miss.Arptha Mary to Indian Volleyball”**.

Purpose of the study:

The purpose of the study is to assess the contributions and achievements of Karnataka State Volleyball player Arpitha Mary who represented India at International level by making his complete profile.

Objectives of the study:

- To find out the contribution of Karnataka State Volleyball players to Indian Volleyball in the form of performance and achievements at International level.
- To make a profile of Arpitha Mary who represented India at International level.

HYPOTHESES OF THE STUDY:

- Miss. Arpitha Mary Karnataka State Volleyball player would have contributed to Indian Volleyball in the form of performance and achievements at National and International level.

Significance of the study:

- This study assumes great significance given to its comprehensive study to delineate the contribution of Arpitha Mary Karnataka State Volleyball player to Indian Volleyball.
- It reveals his contributions to Indian Volleyball at International Volleyball matches in the form of performance.
- The study further contributes and explores the role of Karnataka state Volleyball player to Indian Volleyball and also making the profile of Volleyball player is the record of information for further research studies as well as very helpful to coaches, trainers and state Volleyball federations of India.
- The profile of Volleyball player contributes as motivational factor for the upcoming young Volleyball players of Karnataka and India in general.

METHODOLOGY

The present study was designed to investigate the contributions and achievements of Karnataka State Volleyball player towards the promotion of Volleyball game in the Karnataka State and India in general and also to study their philosophy with regard to sports as a profession in India, their quality as a player and their contribution to the game of Volleyball at national and international level. Data/Information for this investigation was derived from the Primary sources i.e. direct observation, Questionnaires, Personal records, Archival records, Documents, Pictorial records and Secondary sources. Based on the objectives laid down in the present the following methods were used to obtain the data,

Design of the Study**Sources of Data and Information:**

The different sources and methods used by the researcher to gather data and information about the contribution of Karnataka State Volleyball player to Indian Hockey. There are four major sources and methods that have been identified by researcher to obtain the information and data are direct observation, Documents, Archival records and Participation. It is further divided as the collection of data and information for this investigation as both primary and secondary resources.

Primary Resources:

The original data, material and information is collected from the following primary resources,

(a) Direct Observation:

The researcher himself is a university level Volleyball player and he knows some of the history and profile of Volleyball players. His direct involvement in the Volleyball enables him to observe the official records of player in Volleyball federation being a direct observer and that will lead the researcher to get first hand information.

(b) Documents:

Researcher visited various sports institutions such as volleyball Federation of India (VFI), and Karnataka State Volleyball Association, Bangalore to get the related data information of the study in the form of Photo's, News Papers, Articles, Books and Administrative records etc. Pictorial records from a large repertoire of photographs available with different sources such as personal albums, official photographs that were found relevant to different occasions have been chosen as documents for the study. The published materials in the News Papers, Sports Magazines and Books etc. These are studied and information retained as documents for the investigation.

(c) Archival Records:

The official records in the sports websites of Sports federation's survey records, Life time achievements and name lists, etc. were searched and studied and information and data are retained for the study.

Secondary Resources:

To get deeper insight into the study the survey method in used for the further study.

(a) Survey:

The survey of state and national volleyball federations or associations is done to get the data and information about the contributions of Arpitha Mary Karnataka State volleyball player who represented India at international level.

ANALYSIS OF DATA AND INTERPRETATION OF RESULTS.

The present study was designed to investigate the contributions and achievements of Arpitha Mary Karnataka State volleyball players to Indian volleyball towards the promotion and development of volleyball game in Karnataka and country in general and also to study sports motivation with regard to sports as a profession in India, their quality as a players, their professional leadership qualities, and their contribution to the game of volleyball at National and International level. The present study is conducted on Arpitha Mary, Karnataka State volleyball player who represented Indian volleyball team at International level. Based on the findings the analysis of data and interpretation of results are presented in the following way.

Miss Arpitha Mary

**Early Life and Education.**

Arpitha Mary belongs to a Dornahalli town situated at Mysore District Karnataka state. She was born on 05th November 1993 to Smt. Rose Mary and Shri. Mariyappa Balu Couple's. Arpitha Mary's Father is a proud Farmer and mother as House maker. Arpitha mary Elder Brother Mariyan George he is a Volleyball and Handball Player he is participated South Zone inter university Championships repeated.

The family resides at Dornahalli town Mysore (District) Karnataka (State). Since from her childhood she grew up in Dornahalli and later on shifted to the sports school Vidhyanagar, Bangalore from 2006 to 2008. In the year 2009 to 2012 she joined at women's sports hostel Mysore to pursue her higher level of sports achievement.

Arpitha Mary started taking sports seriously after joining sports hostel at Bangalore and it was because of her parent's encouragement that she went for higher level of sports training at her school and college which made achievements in sports.

Arpitha Mary used to practice morning and evening from two to two and half hour's daily and used to have lots of volleyball match practice and fitness trainings and she was benefitted from special training camps and special coaches.

Arpitha Mary's Sports journey started during her school day's at sports school, Vidyanagar Bangalore. During 2008 she passed her 10th Standard and later in 2010 she passed her P.U.C. Education from Teresion College Mysore and in 2014 she passed her Graduation B.Com from Teresion College Mysore. She passed under Graduation B P Ed in 2015 Mangalore university Mangalore.

Sports Journey.

Arpitha Mary was very much interested in sports from early day's of life in 2009 she participated in school level Karnataka state Volley ball sports held at Bangalore District win a gold Medal and in the same year she represented at Sub-Junior National level competition at Uttar Pradesh win a silver medal and Karnataka state Junior level compaction held at udupi win a silver medal. She represented at 2009 Sub-Junior state level competition held at Mandya win a gold medal.

Arpitha Mary in the following year 2010 participated in college level State Volley Ball competition held at Mangalore win a gold medal.

Arpitha Mary in the year 2010 represented India at International level tournament in the **15th Asian Junior volleyball women championship** held at Vietnam **from 12-20th September 2010** Participated and the team secured 10th position. We can observe that Miss. Arpitha Mary represented in five International Matches playing for the position and having shirt No. 05 as an attacker.

Arpitha Mary represented in the year 2011 Junior National level Volley Ball competition held at Bhubaneswar win a silver medal

Arpitha Mary In 2013 participated at South Zone inter university volleyball championship held at Ernakulam University Kerala represented the university of Mysore university and in the year 2016 she represented at South Zone inter university volleyball championship held at Krishna University Machilipatanam represented the university of Mysore university.

Arpitha Mary participated in the year 2012 60th senior National level Volley Ball competition held at Raipur Rajasthan state and in the year 2013 61st senior national Volley Ball competition held at 2013.

As we can see the overall achievement of Arpitha Mary is immensurable and for this achievement all the credit to her Coaches Mr. Anilkumar during State level, Mr. Ashok.K.C. at National level and Mr.Balachandran at International level.

S L No	Competition Level	Year	Held at	Rustle
01	International 15th Asian Junior Volleyball Women Championship	2010	Vietnam	Participated & The Team secured 10 th position
02	Senior National level	2012	Raipur	Participated
	Senior National level	2013	Rajasthan	Participated
03	Junior National level	2011	Bhubaneswar	Silver Medal
04	Sub Junior national level	2009	Uttar Pradesh	Silver Medal
05	Junior State level	2009	Udupi	Silver Medal
06	Sub Junior State level	2009	Mandya	Gold Medal
07	Inter University level South zone	2011	Ernakulam university Kerala	Participated
	Inter University level South zone	2016	Krishna University Machilipatanam	Participated
08	College level state	2010	Mangalore	Gold Medal
09	School level state	2009	Bangalore	Gold Medal

CONCLUSION:

Miss. Arpitha Mary has represented Indian Volley ball in the 15th Asian Junior Volley Ball women Championship and participated in many higher level games. It is clearly advocated that Arpitha Mary Karnataka State Volley Ball player who has immensely contributed to Indian women's Volley ball and thus played a pivotal role in encouraging young girls in sports field. Being the role model Karnataka State Volley Ball player was being religiously emulated by the younger generation for sports.

Recognizing the everlasting efforts and valuable contributions and achievements rendered to sports by her.

Miss Arpitha Mary presently performing good in the field of Volley Ball at various levels and contributing to Karnataka state Volley Ball and to Indian Volley Ball in the form of performance and achievements at National and international Level.

Finally it is concluded that Miss. Arpitha Mary, Karnataka state Volley Ball player made a very significant and tremendous contribution to Indian Volley Ball in the form of achievements in the field of Volley Ball game at national and international level.

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Dr. Manjunath S. Raipalli

Guest Faculty , Department of Physical Education, Gulbarga University, Kalaburagi, Karnataka.