



ISSN: 2249-894X  
 IMPACT FACTOR : 5.7631 (UIF)  
 UGC APPROVED JOURNAL NO. 48514  
 VOLUME - 8 | ISSUE - 8 | MAY - 2019



## INFLUENCE OF SKILL STRENGTH EXERCISES ON SELECTED PHYSIOLOGICAL AND SKILL PERFORMANCE VARIABLES OF VOLLEYBALL PLAYERS

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### ABSTRACT:

The purpose of the study was to find out the influence Skill Strength Exercises training on physiological and skill performance variables of volleyball players. To achieve the purpose of this study was, N(30) thirty intercollege volleyball

players from Ganesh arts and Science College and AVS Arts & Science College, Salem, Tamilnadu were selected as subject at purpose random and their ages ranged from 18 to 24 years. The subjects were divided into two equal groups of fifteen volleyball players each group. The study was formulated as a purpose random group design, consisting of a pre-test and post-test. The groups were assigned as skill strength exercises training and control group in an equivalent manner. The experimental group participated the training for a period of Eight weeks training to find out the outcomes of the training packages and the control group did not participated in any training programmer. Paired 't' test was applied. In this research done all cases 0.05 level of confidence was fixed to test hypotheses. The Skill Strength Exercises group (SSEG) had shown significant improvement in all the subjected physiological variables such as breath holding and skill performance variables such as passing, serving of intercollegiate volleyball players after undergoing on Skill Strength Exercises training group for a period of six weeks.

**KEYWORDS:** Skill Strength Exercises, physiological and skill performance variables, Volleyball players.

### MEDIA ETHICS

The purpose of the skill strength exercises is to increases the skills movements and strengthen of volleyball players. The six fundamental volleyball abilities are passing, setting, spiking, blocking, burrowing, and serving. As player abilities improve, principles increment. This is

vital in the event that you need to have profoundly fruitful volleyball groups. As aptitude improves, the player's desire will increment. As a player learns, they will begin to hope to be increasingly effective. Learning is fun and as ability level improves, players will normally attempt to improve their expertise level. This is a cycle that will never stop. For whatever length of time that aptitude level is improving, players will never move toward becoming "worn out". It's

normal to never be fulfilled. For whatever length of time that the competitor accepts and hopes to improve, they will keep on consistently experience more achievement.

The skill strength exercises involved in playing volleyball will strengthen the upper body, arms and shoulders as well as the muscles of the thighs and lower legs. Playing volleyball also tones and strengthens the cardiovascular and respiratory systems. Improved circulation circulates more blood, oxygen

and nutrients throughout the body, improving the body's functions and your overall health and well-being.

Volleyball is a sport dominated by strength and power. Players need power in their legs to get high in the air and strength in their upper body to spike, block, and dig balls. Strengthening volleyball-specific muscles ensures that athletes are able to reach their maximum performance potential. Passing is regularly thought of as the most significant ability in volleyball. On the off chance that you can't pass the serve, at that point you won't ever set your group in a place to score a point. The significance of serving is regularly underestimated.

**METHODOLOGY**

The purpose of the study was to find out the influence Skill Strength Exercises training on physiological and skill performance variables of intercollegiate volleyball players. To achieve the purpose of this study was, N(30) thirty intercollegiate volleyball players from Ganesh arts and Science College and AVS Arts & Science College, Salem, Tamilnadu were selected as subject at purpose random and their ages ranged from 18 to 24 years. The subjects were divided into two equal groups of fifteen volleyball players each group. The study was formulated as a purpose random group design, consisting of a pre-test and post-test. The groups were assigned as Skill Strength Exercises training and control group in an equivalent manner. The experimental group participated the training for a period of six weeks training to find out the outcomes of the training packages and the control group did not participated in any training programmer. Paired 't' test was applied. In this research done all cases 0.05 level of confidence was fixed to test hypotheses.

**Table- I. Variables and test items**

S.No	Variables	Test
<b>Physiological variables</b>		
1	Breath holding	Nose clip
<b>Skill performance variables</b>		
2	Passing	Russel-lange serving test
3	Serving	Russel-lange serving test

**RESULT**

**Table II Significance of Mean Gains & Losses between pre and post test Scores on Selected Variables of Skill Strength Exercises Group (RSG)**

S.No	Variables	Pre-test mean	Post-test mean	Mean difference	Std error Dm	't' Ratio
1	Breath holding	23.78	26.07	2.28	0.52	4.41
2	Passing	30.00	32.07	2.07	0.41	5.02
2	Serving	21.86	22.82	0.96	0.19	4.80

\* Significant at 0.05 level

**Table II** shows the obtained 't' ratios for pre and post-test mean difference in the selected variables of breath holding (4.41) passing (5.02) and serving (4.80). The obtained ratio when compared with the table value of 2.14 of degrees of freedom (1.14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the means gain and losses made from pre and post-test were significantly improved in physical variables of breath holding (2.28, p<0.05) passing (2.07, p<0.05) and serving (0.96, p<0.05).

Figure I. Shows the Pre and Post Mean Values of Experimental Group on Selected Variables

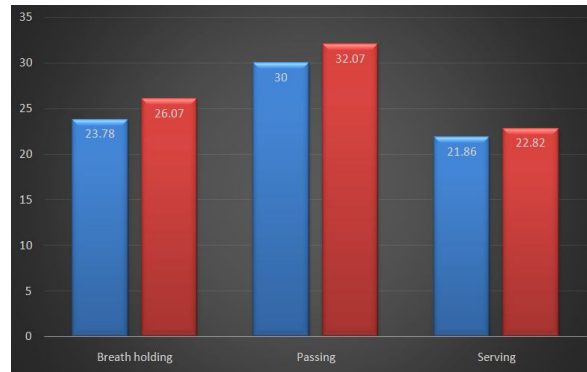


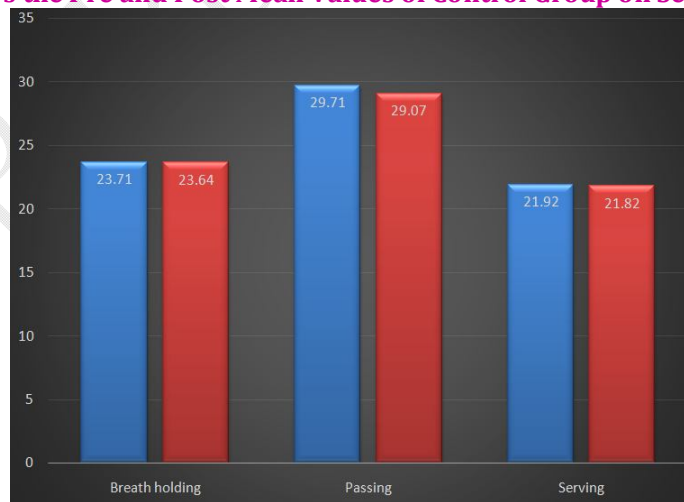
Table III Significance of Mean Gains & Losses between pre and post test Scores on Selected Variables of Control Group (CG)

S.No	Variables	Pre-test mean	Post-test mean	Mean difference	Std error Dm	't' Ratio
1	Breath holding	23.71	23.64	0.07	0.28	0.25
2	Passing	29.71	29.07	0.64	0.85	0.75
3	Serving	21.92	21.82	0.11	0.06	1.86

\* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post-test mean difference in the selected variables of breath holding (0.25) passing (0.75) and serving (1.86). The obtained ratio when compared with the table value of 2.14 of degrees of freedom (1.14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the means gain and losses made from pre and post-test were significantly improved in physical variables of breath holding (0.07,  $p < 0.05$ ) passing (0.64,  $p < 0.05$ ) and serving (0.11,  $p < 0.05$ ).

Figure II. Shows the Pre and Post Mean Values of Control Group on Selected Variables



**CONCLUSIONS**

From the analysis of the data, the following conclusion was drawn:

- The Skill Strength Exercises training group (SSEG) had shown significant improvement in the selected physiological such as breath holding and skill performance variables such as passing and serving of intercollegiate volleyball players after undergoing Skill Strength Exercises training group for a period of six training.

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