

Influence of Relaxation Technique on Selected Performance Variables among Volleyball Players

Dr. K. M. Valsaraj

Associate Professor and Head, Dept. of Physical Education, Lucknow Christian College, Lucknow

Abstract – *The purpose of the study was to find out the effect of relaxation technique with and without drills training on skill performance of volleyball. To achieve the purpose of the present study forty volleyball players were selected and they were divided into two groups. Group I underwent relaxation technique with drills training with and Group II underwent relaxation technique without drills training. The data were collected and analysed by using dependent 't' test and magnitude of improvement on performance of volleyball such as passing and serving. The results indicated that there was a significant improvement in both experimental group and also there was significant difference exist between the group I and II while improving serving and passing skills in Volleyball.*

◆

INTRODUCTION

The present study is mainly concerned with volleyball players who participated in the intercollegiate level competition. Now days, the game volleyball is becoming as a professional sport rather than the competitive sport. So the competitiveness among the volleyball players is growing up day by day with different color. Reason for such competitiveness is arise naturally among the players, because of pressures such as equal competition, concern about fulfilling the expectation of their teachers, coaches, parents and peer group and personal needs. It leads to mental and physical stress. In high level stress, the player's vision may have to be narrow and could not understand the things around them. Hence having the high level stress, players are unable to show their real effort in matches though they are having the needed physical and mental resources. Hence the physical education teachers and coaches are in need to study the means and methods needed to face such competitive pressures whereby they can equip their players to perform well. As far as means and methods for high performance in sports are concerned, they are varied with the nature and type of competition such as low level competition and high level competition. In high level competition, sport is demanding high level mental toughness. Mental toughness of a player can be strengthened only through the implication of cognitive based training. Cognitive based training helps them to realize the nature of internal and external pressures whereby they can easily face the competitive pressures

and to show their talents in time. Having this thirst, the investigator has encouraged to study.

METHODOLOGY

Selection of Subjects

To achieve the purpose of the present study forty volleyball players were selected and they were divided into two groups. Group I underwent relaxation technique with drills training with and Group II underwent relaxation technique without drills training.

Selection of Variables

Serving and passing were selected as dependent variables. The selected variables were tested with standardized test items. The drills training with and without relaxation technique were selected as independent variables.

Collection of Data

Administering AAHPER Volleyball skill test collected the data on serving and passing performance. Pre-test and post-test data were collected two days before and after the training programme. In both cases, the data were collected into consecutive days.

Analysis and Interpretation of Data

The data were collected and analysed by using dependent 't' test and magnitude of improvement on performance of volleyball such as passing and serving.

TABLE II

COMPUTATION OF "T" RATION FOR SERVING PERFORMANCE OF EXPERIMENTAL GROUPS

Group	Sum of Pre test	Sum of Post Test	Difference between pre and post test	Sum of D ₂	Obtained 't' value	Tabulated 't' value
I	427	518	91	843	4.28*	2.09
II	344	373	29	281	1.83	

- Significant of 0.05 level $t_{0.05} = 2.09$

Table II shows that, the result of Group I (Drills Training with Relaxation Technique) Indicate the Post – test means (25.9) was significantly greater than the pre-test mean (21.35). The obtained 't' value 4.28 was greater than the table value at 0.05 level is 0.09. It was concluded that the drills training with relaxation technique produced a reliable increase in the serving performance of 4.55.

TABLE II (A)

MAGNITUDE OF THE EFFECT OF TRAINING OF SERVING

Group	Pre test mean M_{pre}	Post – test Mean M_{Post}	Mean difference between Pre and Post test M_D	Magnitude of effect
I	21.35	25.9	4.55	21.31%
II	17.2	18.65	1.45	8.43%

Table II (a) shows that the group I (Drill Training with Relaxation technique) having the gain of magnitude effect was 21.31% of the Pre – test and represents nearly 21% improvement.

TABLE II

COMPUTATION OF "T" RATIO FOR PASSING PERFORMANCE OF EXPERIMENTAL GROUPS

Group	Sum of Pre test	Sum of Post – Test	Difference between pre and post test	Sum of D ²	Obtained 't' value	Tabulated 't' value
I	135	183	48	220	4.57*	2.09
II	100	130	30	132	3.13*	

- Significant of 0.05 level $t'_{0.05} (19) = 2.09$

Table III shows that the results of Group I (drills training with Relaxation Technique) indicate the post-test mean (9.15) was significantly greater than the Pre-test mean (6.75). The obtained 't' value 4.57 was greater than the table value at 0.05 level is 2.09. It was concluded that the drills training with Relaxation Technique produced a reliable increase in the Passing performance of 0.24.

TABLE III (A)

MAGNITUDE OF THE EFFECT OF TRAINING OF PASSING

Group	Pre test mean	Post test Mean	Difference between Pre and Post test M_D	Magnitude of effect
I	6.75	9.15	2.4	33.56%
II	5.00	6.5	1.5	30.00%

Table III shows that the group I (Drills Training with Relaxation Technique) having the gain of magnitude effect was 35.56% of the Pre – test and represents nearly 36% improvement.

CONCLUSION

1. The practice of relaxation technique with and without drills training improves the performance of volleyball skills such as passing and serving.
2. The practice of relaxation technique with drills training outperformed than the practice of relaxation technique without drills training on volleyball skills such as passing and serving.

REFERENCES:

- Deepak Jain, "Teaching and Coasting" New Delhi, Khel Sathitya Kendra, 2001.
- May Wise, "Volley ball Drills for Champions" U.S.A. Human Kinetics, 1999.
- RANGANATHAN. P.P. "Volleyball A Guide to Playing and Coaching" New Delhi, Friends Publications, 2001.
- Rosemary A. Payne. "Relaxation Techniques" London Churchill Living, 1995.
- Williams, J.F. "The Principles of Physical Education" (Meerut, College Books House, 2000).