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COMPARISON STUDY ON PHYSICAL FITNESS OF URBAN AND RURAL VOLLEYBALL PLAYERS

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Comparison Study on Physical Fitness of Urban and Rural Volleyball Players

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Abstract – The purpose of the present study was to find out the comparison of physical fitness components of rural and urban Volleyball players. Strength is the extent to which muscles can exert force by contracting against resistance. Speed, distance travelled per unit time. After comparing of the found that rural Volleyball players had high speed and strength than urban Volleyball players. In the end of the study it was concluded that rural player had more effect on speed and strength. On the basis of the analysis of data the Rural Volleyball players were having better mean values among Endurance and Agility than Urban Volleyball players. Volleyball Rural players performed better than the urban male players.

Keywords: Physical Fitness, Urban, Rural, Volleyball Players, etc.

INTRODUCTION

The concept of fitness has a long and involved history. According to the literature on the subject, it can be traced to the work done by Charles Darwin of survival of Fittest. Always the word fitness means on human work play with maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction. There are a number of fitness components that need to be developed. These are the objective to shoot a ball through a hoop 18 inches (46 cm) in diameter, 10 feet (3.0 m) high mounted to a backboard at each end. Volleyball is one of the who world's most popular and widely viewed sports (Bouchard and Shephard, 1994. Cataldo, 1999. Charles, 2006. Chen *et. al.*, 2003). A team can score a field goal by shooting the ball through the basket during regular play. A field goal scores two points for the shooting team if a player is touching or closer to, and three points (known commonly as a 3 pointer or three) if the player is behind the three-point line. The team with the most points at the end of the game wins, but additional time (overtime) may be issued when the game ends with a draw. The ball can be advanced on the court by bouncing it while walking or running or throwing it to a team mate (Shukla *et. al.*, 1995). It is a violation to move without dribbling the ball, to carry it, or to hold the ball with both hands then resume dribbling. The purpose of the present study was to find out the comparison of physical fitness component of rural and urban female Volleyball players (Singh, 1962. Gabbett

et al., 2007. Jackson and Baker, 1986. Mondal and Chapraborty, 2010).

REVIEW OF LITERATURE:

Though there is controversy regarding the definition of fitness particularly regarding its fulfilling all the requirements in criteria. Physical fitness is a general concept defined in many ways by differing physical educationist as One's ability to perform daily task with efficiency, without undue fatigue and reserve ample energy to enjoy vigorous leisure time activities and to meet unforced emergency. Here two major categories are considered: general fitness defined as a state of health and well-being, and specific fitness is a task-oriented definition based on the ability to perform specific aspects of sports or occupations (Neeur, 2005). Physical fitness is generally achieved through correct nutrition, exercises, hygiene and rest. Physical fitness is a set of attributes that are either health- or skill-related. The degree to which people have these attributes can be measured with specific tests. These definitions are offered as an interpretational framework for comparing studies that relate physical activity, exercise, and physical fitness to health. According to Roger Bannister, "Physical Fitness is a state of mental and physical harmony which enables someone to carry on his occupation to the best of his ability with greatest happiness". A number of effective football fitness training drills can be applied to the average person to get into great physical shape. Football is one of those sports that

require the athlete to be fit in all areas. Strength, speed, agility and stamina are all qualities and abilities that a football player must possess. As such, football training drills are designed to get the football player in optimal shape. On the other hand, volley ball is one of the competitive sports in the world (Purath, 2009). Performance and achievement of volleyball players depends upon the optimum level of fitness. Singh, D. N and Vays, R studied on physical fitness on volley ball players and significant difference was observed among the groups. Kirtania and Biswas studied on some physical fitness components among 12-14 years athletes and non-athlete. Athletes were selected as subject from SAI in different centre and significant difference was observed among the groups.

The concept of fitness has long and involved history. According to the literature on the subject, it can be traced to the work done by Charles Darwin of the survival of the fittest (Ray, 1989). Always the word fitness suggests the ability of an animal or a human to work and play with a maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction. The modern scientific age, in every field of human endeavor systematic, objective and scientific procedures are followed in accordance with the principles based on experience, understanding and application of scientific knowledge. The field of games and sports has been made possible due to research, experimentation and scientific knowledge in games and sports (Veera Naik, 2012). An erroneous notion is prevalent among a sizeable section of people in India that sportsperson in general are less intelligent and less alert than non-sportsperson. They think that much of the physical energy of a sportsperson is spent in his sports pursuits. This drains not only his physical energy but also makes him mentally dull. Consequently, his intelligence and mental ability suffer. They, therefore, are of the opinion that the time develop to sports and games on the plane field is a waste in terms of energy loss and of times, which could be more usefully employed in other (i.e. academic) gainful activity. Psychological factors have a significance effect on an athlete's capacity for training and motivation for competition. Sportsperson of a certain psychological type may be more predisposed to injury. Sports coaches most recognize this characteristic. Factor that are generally believed to influence sports performance include aggression, motivation, anxiety, concentration, self- confidence, emotional state and pain tolerance. With the help of sports psychologist's personality profile of each player may be prepared which may help the trainer in the training camps. The researcher, therefore, has made an attempt to study whether a physically fit person is intelligently fit, since physical education supposedly contributes to the physical as well as mental aspect of the personality. We, the Indians are very much concerned with the performance and status of the sportsperson at deferent levels. But, the performance is final out-put and the status includes various other aspects in addition to the performance. In the world of sports, every participating individual and spectator

generally, eye to the positioned athletes and they also become in the main line light in the field of sports. The selectors at various levels generally considered the performance in the trial and qualifying competitions, whereas, the physical fitness basis most of the time as ignored variable (Jagodo and Eugeniusz, 2011). The performance at high level or outstanding performance is based upon the foundation of the athlete, which should also be strong and potential. The foundation of sportsperson starts from his initial development phase.

To achieve the objectives of the present study 50 female sports people of rural and urban were selected as a sample of the study. The age of the player ranged between 18 to 25 years who constituted as the subjects of the study. The data was collected by tools the 50 Yard Dash and Broad Jump and using statistically analyzed "t" test method.

It is evident from Table 1 that rural female Volleyball players had more speed than urban female Volleyball players. The mean score of rural players was 9.268 whereas, in urban it was 9.216 The SD was 0.646 and 0.581 and SED was 0.173 the 't' value was 0.297 (Fig. 1).

It is evident from the Table 2 that rural female Volleyball players had more strength than urban female Volleyball players. The mean score of rural players was 1.683 where as in urban it was 1.676 The SD was 0.171 and 0.200 and SED was 0.11 The 't' value was 0.1197 (Fig. 2).

Table 1: Speed of rural and urban Volleyball players

Players	N	Mean	S.D.	SED	"t" ratio
Rural	50	9.268	0.646	0.173	0.297
Urban	50	9.216	0.581		

Table 2: Strength of rural and urban Volleyball players

Players	N	Mean	S.D.	SED	"t" ratio
Rural	50	1.683	0.171	0.11	0.1197
Urban	50	1.676	0.200		

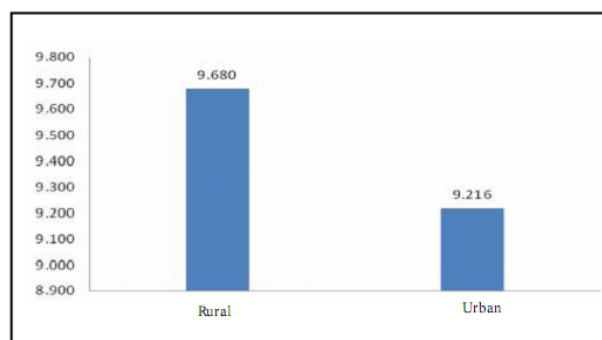


Fig. 1: Speed of rural and urban Volleyball players

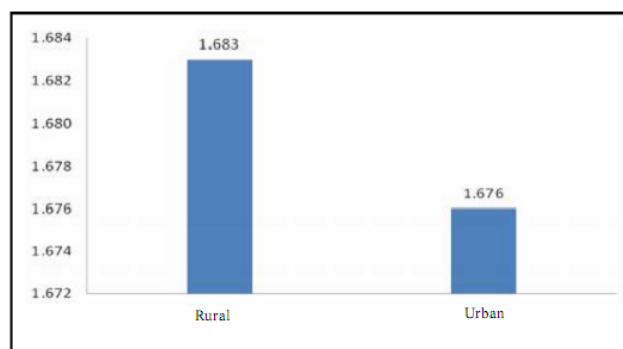


Fig. 2: Strength of rural and urban Volleyball players

CONCLUSION:

In the end of the study it was concluded that rural player had more effect on speed and strength. On the basis of the analysis of data the Rural Volleyball players were having better mean values among Endurance and Agility than Urban Volleyball players. Volleyball Rural players performed better than the urban male players. The purpose of the present study was to find out the comparison of physical fitness components of rural and urban Volleyball players. Strength is the extent to which muscles can exert force by contracting against resistance. Speed, distance travelled per unit time. After comparing of the found that rural Volleyball players had high speed and strength than urban Volleyball players.

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