

A STUDY OF INTERCOLLEGIATE VOLLEYBALL PLAYERS OF ANANTNAG CITY AND ANANTNAG DISTRICT ON THE LEVELS OF PHYSICAL FITNESS

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Abstract : *The purpose of this study was to compare the physical fitness of intercollegiate Volleyball players of Anantnag City and Anantnag District of Union Territory of J&K. The motivation behind this examination was to think about the rural and urban intercollegiate Volleyball players and to discover which of these two classes is all the more in great shape in light of tests directed so as one can improve the norm and level of actual wellness in rustic and metropolitan intercollegiate Volleyball players. A total of 100 intercollegiate Volleyball players (Anantnag City 50, Anantnag District 50) were selected randomly during intercollegiate competitions. The research was a descriptive comparative method. The model measures received for this examination were, muscular strength and Endurance, Flexibility and speed. The data arrangement instruments used in the assessment were Sit Ups, sit and reach, 50 yard run. Information of Physical Fitness Components between Anantnag City and Anantnag District Volleyball players was analyzed by utilizing autonomous Sample t test. The degree of importance was kept at 0.05 degree . The measurable examination of actual parts uncovered that in the parameters such as sit-ups, sit and reach, and 50 m dash there was critical contrast between intercollegiate Volleyball players of Anantnag City and Anantnag District. The results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed Anantnag district intercollegiate Volleyball players were found to be better than Anantnag city intercollegiate Volleyball players. Finally the researcher concluded that the Anantnag district intercollegiate Volleyball players are more fit as compare to Anantnag city intercollegiate Volleyball players.*

Keywords: *Physical fitness, Inter College, Volleyball players.*

Introduction:

Fitness concepts in elementary physical education center on children's understanding of fitness as good health, and a working knowledge of activities that promote a healthy level of fitness. Fitness concepts in elementary physical education center on children's understanding of fitness as good health, and a working knowledge of activities that promote a healthy level of fitness. General fitness implies the ability of a person to live most effectively with his/ her potentials, which depend upon the physical, mental, emotional, social and



spiritual components of fitness which are highly interrelated. The purpose of this study was to compare the physical fitness of intercollegiate Volleyball players of Anantnag City and Anantnag District. The motivation behind this investigation was to compare the rural and urban intercollegiate Volleyball players and to discover which of these two classes is all the more in great shape in light of tests managed so as one can improve the norm and level of actual wellness in rural and urban intercollegiate Volleyball players.

Methods:

A total no. of 100 intercollegiate Volleyball players (Anantnag City 50, Anantnag District 50) were selected randomly during intercollegiate competitions. The research was a descriptive comparative method. The criteria used for this examination were , muscular strength and Endurance, Flexibility and speed. The tools used in the study were Sit Ups, sit & reach test , 50 yard dash. Information of Physical Fitness Components between Anantnag City and Anantnag District Volleyball players was compared by using t test. The level of significance was set at 0.05 level of significant.

Table No.1.1

Descriptive statistics of Sit-ups, Sit & reach and Speed between intercollegiate Volleyball players of Anantnag city and Anantnag district

	Anantnag City				Anantnag District			
Variables	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Sit-ups	50	25.22	4.42	0.62	50	29.54	7.08	1.00
Sit & reach	50	15.65	4.93	0.69	50	20.91	3.97	0.56
Speed	50	8.461	0.93	0.36	50	8.17	0.43	0.45

Table No.1.2

Independent sample 't' test of Sit-ups, Sit & reach and speed

Physical fitness variables	't' value	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Sit-ups	3.659	98	0.001	4.32000	1.18063
Sit & reach	5.873	98	0.001	5.26000	0.89556
speed	1.987	98	0.049	0.28960	0.89556

Discussion and Findings :

The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 m dash there was critical distinction between intercollegiate Volleyball players of Anantnag city and Anantnag district. The results of descriptive statistics have indicated that the subjects mean scores in sit-ups, sit and reach and speed in

case of Anantnag city Volleyball players were found (25.2200 ± 4.42299 , 15.6500 ± 4.93245 , 8.461 ± 0.93 respectively while in case of Anantnag District Volleyball players the mean scores in sit-ups, sit and reach and speed were found (29.5400 ± 7.08033 , 20.9100 ± 3.97144 , 8.17 ± 0.43) respectively.

Conclusion :

In the present the outcomes additionally showed that all the actual wellness parts the Muscular strength and Endurance, Flexibility and speed Anantnag area intercollegiate Volleyball players were discovered to be better compared to Anantnag city intercollegiate Volleyball players. Finally the researcher concluded that the Anantnag district intercollegiate Volleyball players were more fit as compare to Anantnag city intercollegiate Volleyball players.

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