



Comparison of Strength Endurance and Agility between College Volleyball and Basketball Players

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Abstract

The purpose of the study was to compare the strength endurance and agility between college men volleyball and basketball players. To achieve this purpose of the study, sixty men players studying in the CSSR & SRRM Degree College, Kamalapuram, YSR (D), Andhra Pradesh, India were selected as subjects at random. The selected subjects were divided into two equal groups of thirty volleyball players and thirty basketball players. Among the physical fitness components, the following variables namely strength endurance and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using standard tests namely bend knee sit ups and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. There was a significant difference between volleyball players and basketball players on strength endurance and agility.

Keywords: Strength Endurance, Agility, Volleyball, Basketball.

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Introduction

Physical activities and sports serving as vehicles to achieve and maintain social relationship with other people. Sports for all becomes a very popular slogan all over the world today. The modern world is a world of competition. In every phase of life people have to face one or other kind of competition. In this competitive world sports and games occupy. The main aim of modern sports competition is to detect and develop human ability at an early stage of life and channelize it in the right direction to realize the achievements aimed at in particular sports and games.

Methodology

The purpose of the study was to compare the strength endurance and agility between college men volleyball and basketball players. To achieve this purpose of the study, sixty men players studying in the CSSR & SRRM Degree College, Kamalapuram, YSR (D), Andhra Pradesh, India were selected as subjects at random. The selected subjects were divided into two equal groups of thirty volleyball players and thirty

basketball players. Among the physical fitness components, the following variables namely strength endurance and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using standard tests namely bend knee sit ups and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

Analysis of the Data Strength Endurance

The mean, standard deviation and 't' ratio values on strength endurance of volleyball players and basketball players have been analyzed and presented in Table 1.

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Table 1. The mean, standard deviation and 't' ratio values between volleyball and basketball players on strength endurance

Groups	Mean	Standard Deviation	't' ratio value
Volleyball Players	34.53	1.00	3.14*
Basketball Players	36.14	1.10	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on strength endurance for volleyball players and basketball players were 34.53 and 36.14 respectively. The obtained 't' ratio value on strength endurance 3.14 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men volleyball players and basketball players on strength endurance. Agility

The mean, standard deviation and 't' ratio values on agility of volleyball players and basketball players have been analyzed and presented in Table 2.

Table 2. The mean, standard deviation and 't' ratio values between volleyball and basketball players on agility

Groups	Mean	Standard Deviation	't' ratio value
Volleyball Players	12.3	0.91	4.61*
Basketball Players	11.1	1.01	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 shows that the mean values on agility for volleyball players and basketball players were 12.3 and 11.1 respectively. The obtained 't' ratio value on agility 4.61 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men volleyball players and basketball players on agility.

Conclusions

1. There was a significant difference between volleyball players and basketball players on strength endurance.
2. There was a significant difference between volleyball players and basketball players on agility.

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