



Comparison of Strength Endurance and Agility Between Rural and Urban School Volleyball Players

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Abstract

The purpose of the study was to compare the strength endurance and agility between rural and urban school volleyball players. To achieve this purpose of the study, sixty boys studying in and around Chennai, Tamilnadu, India were selected as subjects at random. The selected subjects were divided into two equal groups of thirty rural volleyball players and thirty urban volleyball 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 namely strength endurance and agility by using 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. The results of the study showed that there was a significant difference between rural and urban school volleyball players on selected criterion variables namely strength endurance and agility.

Keywords: Rural, Urban, School, Volleyball Players, Independent "t" ratio.

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Introduction

The rural school volleyball players of today are some of the most dedicated and talented athletes in the country. They play a sport that is often overlooked, yet they put in countless hours of hard work and dedication to make themselves the best they can be. Many rural schools have limited resources, yet the players manage to still excel despite the limitations. In many cases, they have to practice in school gyms or outdoors, and do not have access to proper training equipment or coaches. Despite this, they still work hard, often on their own, to improve their skills. The teams they play on are often small, and they have to rely on each other to maximize their potential. The players have to learn to trust and rely on each other as a team, and have to have confidence in themselves and their teammates. They also have to be creative, as the resources for the game are limited. The players also have to be resilient, as they often face adversity from opponents and referees. They have to learn to stay focused, and to push through any difficulties they may face. The dedication and hard work of rural school volleyball players is admirable, and they should be recognized for the skills and effort they put in. They

form the sacroiliac joints of are an inspiration to many, and the future of the sport. Urban school volleyball players have the opportunity to be part of a unique and exciting sport. Volleyball is a team sport that requires strong teamwork, communication, and physical fitness. It is important for players to understand the game and its rules in order to have success.

Urban school volleyball players have to be highly skilled and have a deep understanding of the game in order to succeed. Players must have excellent communication skills, be able to read the game, and make quick decisions to react to the opponents' strategies. To be a good volleyball player, players must have strong physical fitness and be able to jump, run, and move quickly to defend the court. To be able to do this, volleyball players must possess strong agility, coordination, and power. Urban school volleyball players must also be able to think quickly and adjust on the court. Players should be able to make reads of their opponent's play, as well as anticipate their opponents' next move. It is important for players to have a deep understanding of the game's strategy so they can make strategic decisions to give their team the best chance of winning.

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Methodology

The purpose of the study was to compare the strength endurance and agility between rural and urban school volleyball players. To achieve this purpose of the study, sixty boys studying in and around Chennai,

Tamilnadu, India were selected as subjects at random. The selected subjects were divided into two equal groups of thirty rural volleyball players and thirty urban volleyball 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 namely strength endurance and agility by using 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 rural and urban volleyball players have been analyzed and presented in Table 1.

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

Groups	Mean	Standard Deviation	't' ratio value
Rural Volleyball Players	49.5	0.88	25.81*
Urban Volleyball Players	43.5	0.92	

* 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 rural volleyball players and urban volleyball players were 49.5 and 43.5 respectively. The obtained 't' ratio value on strength endurance 25.81 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 rural and urban school volleyball players on strength endurance.

Agility

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

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

Groups	Mean	Standard Deviation	't' ratio value
Rural Volleyball Players	8.97	0.42	3.06
Urban Volleyball Players	9.34	0.51	

* 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 rural volleyball players and urban volleyball players were 8.97 and 9.34 respectively. The obtained 't' ratio value on agility 3.06 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 rural and urban school volleyball players on agility.

Conclusions

1. There was a significant difference between rural and urban school volleyball players on strength endurance.

2. There was a significant difference between rural and urban school volleyball players on agility.

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