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Comparison status of explosive power and endurance between handball and volleyball male players of Delhi

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Abstract

The purpose of the study was to compare the physical fitness components of Handball and Volleyball male players. To fulfill the objective of the study, 50 handball male players and 50 volleyball male players were selected from Delhi state who was attending national camps. The data were collected in different coaching camps. The age of the selected subjects ranged from 19 to 25 years. Standing broad jump and 600 meter run/walk test were used to measure the selected physical fitness components of the players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant difference between handball and volleyball male players of their differences in selected physical fitness components tests.

Keywords: Explosive Strength, Endurance, Handball, Volleyball Delhi.

1. Introduction

In the world of competition, every effort is being made to train the players, so that they give their best performance in competitions. The performance of the players of a particular country in international sports competitions, especially in Asian and Olympics games is a matter of great pride for their respective countries. In the context of competitive sport, physical fitness is pre-requisite. Physical fitness is an ability of the human body to meet demands imposed on it by the environment and daily life. Physical fitness is an essential quality in man. A person who is good in strength feels superior and tends to be well adjusted, while a person who is poor in strength feels inferior, a tendency towards social difficulty and not adjusted. Handball, volleyball, Kho-Kho, Kabaddi, wrestling helps in developing explosive power and endurance.

2. Purpose of the study

2.1 Comparison Status of Explosive Power and Endurance between Handball and Volleyball Male Players of Delhi Methodology

The purpose of the study was to compare explosive strength and endurance components Handball and volleyball male players. To achieve the desired objective of the study, only those players were selected from Delhi state who were attending national camps. Only two physical fitness components were tested to collect the data i.e. standing board jump and 600 meter run/walk test. T-test was used to compare these components of handball and volleyball male players of Delhi. The age of the selected subject ranged from 17 to 18 years.

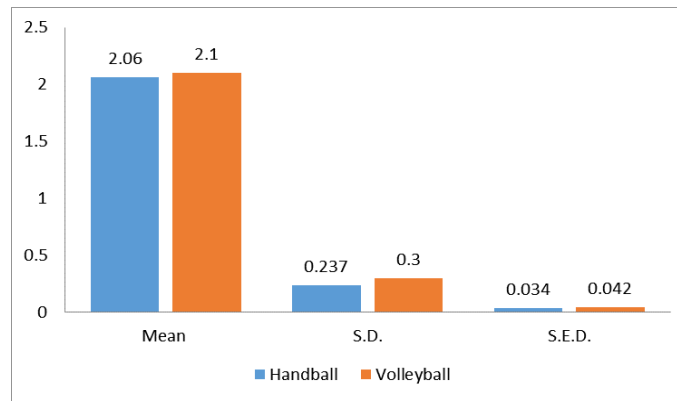
3. Result and Discussion

Table 1: Comparison of explosive power between handball and volleyball male players

Game	N	Mean	S.D.	S.E.D.	t
Handball	50	2.06	0.237	0.034	0.73
Volleyball	50	2.10	0.300	0.042	

Significant at 0.05 level

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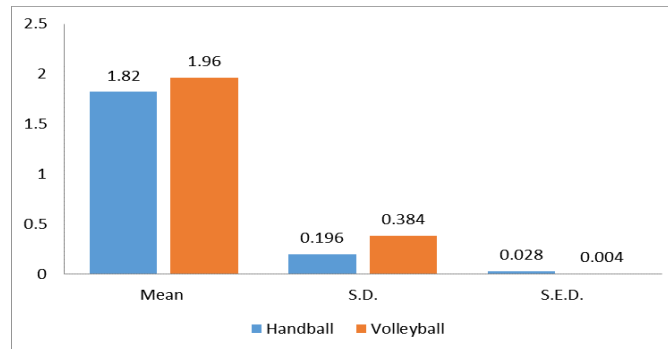


As shown in table – 1 that the mean score of standing board jump of handball and volleyball male players were 2.06 and 2.10 respectively and SD of standing board jump of handball and volleyball players were 0.237 and 0.300 and ‘t’ value was 0.65 for significant 0.05 level. It meant that volleyball male players have better than handball male players of Delhi.

Table 2: Comparison of Endurance between Handball and Volleyball male Players of Delhi

Game	N	Mean	S.D.	S.E.D.	t
Handball	50	1.82	0.196	0.028	2.272
Volleyball	50	1.96	0.384	0.004	

Significant at 0.05 level



As shown in table – 2 the Mean score at 600 meter run/walk test of handball and volleyball male players were 1.82 and 1.96 respectively and SD of 600 meter run/walk test of handball and volleyball male players were 0.196 and 0.384 and ‘t’ value was 2.272 significant at 0.05 level. IT means that volleyball male players have better in 600 meter run/walk test as compare to handball male players

4. Acknowledgment

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5. Conclusion

It is evident that volleyball male players have better than handball players.

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