DERTERMINE MOTOR PERFORMANCE PARAMETERS OF INTERCOLLEGIATE HANDBALL AND VOLLEYBALL WOMEN PLAYERS

MR. EDWIN THOMAS
ASSISTANT PROFESSOR, NATIONAL COLLEGE, TRICHY, TAMILNADU
DR.T. PRIYA,
PHYSICAL DIRECTRESS, AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN, TRICHY.

ABSTRACT

Finding the motor traits that improve performance in volleyball and handball was the aim of the study. This led to 40 intercollegiate volleyball and handball players from AIMAN COLLEGE, National College, and Bharathidasan University taking part in the probe. The motor skills of vertical jump, broad leap (with arms spread), responsiveness, and aerial acrobatics were chosen and assessed to examine these motor performance traits. The "t" test was employed to conduct a statistical study. The broad jumping, vertical standing leaping, and response time of volleyball players are superior. Handball players are exceptionally agile due to the caliber and nature of the games, as well as the coaching and training techniques employed by Bharathidasan University.

Keywords: Agility, Standing Broad Jump, and Reaction Time

INTRODUCTION

The study's primary objective was to compare the motor performance characteristics of male collegiate volleyball and handball players. The study's scope was limited to male collegiate athletes. The study assessed volleyball and handball skills. Each college's underappreciated players were the only ones. The motor skills include standing broad jump, vertical jump, agility, and reaction time. The study solely looked at intercollegiate handball and volleyball players from Bharathidasan University, National College, and AIMAN COLLEGE. There may be differences in certain motor performance factors between male volleyball and handball players, according to the hypothesis.

METHODOLOGY

SELECTION OF SUBJECT

The researcher selected forty athletes from each group, including volleyball and handball players from participating colleges.

SELECTION OF VARIABLES

The conditions that the experimenter can control or observe are known as variables. The following factors were thought to be significant in the current study:

MOTOR PERFORMANCE VARIABLES

- Agility
- Reaction time.

- Standing broad jump.
- Vertical jump.

DATA ANALYSIS AND INTERPRETATION

The study sought to analyses Bharathidasan University, National College and AIMAN COLLEGE intercollegiate handball and volleyball players. motor fitness metrics. The data obtained was processed, and this chapter summarizes the conclusions. This study recruited 40 athletes from the college intercollegiate handball and volleyball competitions.

Table 1: Showing the mean value ± standard deviation and 't' scores

variables	N	Intercollegiate players		T value
		Handball	Volleyball	
Agility	**40**	9.7247±.38720	9.9734±.35032	2.73*
Reaction time	**40**	.14651±.017666	.14258±.023134	2.20*
Standing broad jumb	**40**	2.2687±.23454	2.5010±.18960	4.22*
Vertical jumb	**40**	2.7679 ±.11822	2.7822 ±.09882	5.31*

*** significant at 0.05 level.**

The agility means and standard deviation for the two groups of volleyball and handball players are displayed here. At the 0.05 level, 2.73 is significant because it is more than 2.00. The mean and standard deviation of each team's players' reaction times are shown in the above table. The computed value of 2.20 is significant at the 0.05 level and more than the table value. The mean score and variation of the standing broad jump are shown in the table above. The "t" score for the two groups is 4.22, which is higher than the table value. The vertical jump mean and standard deviation for the two groups are displayed in the above table. The calculated "t" score is 5.31, which is significant at the 0.05 level and higher than the table value of 2.00. The findings are consistent with the researcher's hypothesis, and the theory supports the findings.

SUMMARY

The purpose of the study was to investigate the motor performance characteristics of basketball and volleyball players. To do this, a research of 40 female Bharathidasan University intercollegiate handball and volleyball players was carried out. Using the "t" test for statistical analysis, handball and volleyball players were examined for variations in specific motor fitness characteristics.

CONCLUSION

The following conclusions were drawn in consideration of the limitations of the previous investigation. Volleyball players had greater vertical standing jump, broad jump, and reaction

time than handball players, while handball players have an edge in agility. The findings were reached due of the games' Bharathidasan University National College training and coaching methods.

REFERENCES

- Chauhan, S. N., & Das, R. (2018). A Comparative Study of Sports Competition Anxiety between Basketball and Volleyball Players. International Journal of Physical Education and Sports, 3(04), 15-18. [2] Gould, D.,
- Male Players of different Sports. Journal of Tourism, Hospitality and Sports, 17, 38-41.
- Khan, M. S. (2017). A comparative study of sports competition anxiety among the difference male athletes.
- International Journal of Physical E ducation, Sports and Health, 3(5), 534-537.
- Lindwall, M., Johnson, U., & Rylander, P. (2016). Group dynamics in sports. SISU Sports Books.
- Martens, R., Vealey, R. S., & Burton, D. (1977). Sports competitive anxiety test. In R. Martens, Competitive anxietyin sport (pp. 247-264). Champaign: Human kinetics books. Retrieved from ISBN 087322644
- Rastogia, N. K., &Katiyar, V. (2014, September). A comparative study of sports competition anxiety test between college level chess and cricket players. International Journal of Physical Education, Fitness and Sports, 3(3), 22-15. Retrieved from www. ijpefs.nonolympictimes .org
- Singh, M. C., & Singh, R. N. (2015). Comparative study on anxiety level between boys and girls football players.
- International Journal Of Research- Granthaalayah, 3(9), 96- 100.
- Soltani, H., Hojati, Z., &Hossini, S. R. (2016). comparative analysis of sports competitive state anxiety among team sports and individual sports athlete of Iran. Physical Education of Students, 5, 57-61.doi:10.15561/20755279.2016.0508
- Weinberg, R. S., & Gould, D. (2003). foundation of sports & exercise pyschology (3 ed.). Champaign, IL: HumanKinetics.
- Yadav, M., &Kerketta, I. (2017). Analysis of sports competitive anxiety level among different university level team game male players. International Journal of Physical Education and Sports, 2(6), 24-28.
- Soni A., Verma R., Joshi M.C.Sports goods foundation of India: A case study of a solution based NGO.Prabandhan:Indian Journal of Management, 9(4),2016.
- Yousaf A., Bashir M., Amin I.Youth motivations to watch sports in Indian context: Exploring crossnationality and cross-gender differences.Management and Marketing,10(4),2015.
- Gupta A., Yousaf A.Determinants of sponsor brand recall: An empirical investigation in context of sports sponsorship.
- International Journal of Applied Business and Economic Research,13(3),2015.
- Khan M.T., Devi R.Perception of Olympian and Arjuna awrdee Zafar Iqbal on coaching philosophy and doping in sports.International Journal of Recent Technology and Engineering,8(2),2019.
- Singh C.The Namdhari sports academy: Development of a religious belief into a renowned sports academy.
- International Journal of Innovative Technology and Exploring Engineering,8(7),2019.