



Study the Flexibility of Maharashtra State Junior level Volleyball player

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Abstract:

The purpose of this study was to study the flexibility of Maharashtra state junior level male volleyball player. It was a descriptive survey study, in which 96 junior level male volleyball players age of 14 to 18 years were selected as sample from all the participated teams in the Maharashtra state junior level volleyball championship, held at Jalgaon. Each subject was evaluated for flexibility of different body region. The sit & reach, shoulder & wrist and Bridge up flexibility test were used to measure flexibility of lower back & hamstring, shoulder & wrist and abdominal & back flexibility. Data was subjected to statistical treatment like mean, standard deviation and Pearson correlation coefficient in order to find out most significantly correlated flexibility test for junior level male volleyball player. Statistical analysis of the data occur from flexibility tests indicate that, there was significant relationship between sit & reach flexibility test and shoulder & wrist flexibility test ($p=0.001$). But there was not any significant relationship between sit & reach flexibility test and bridge up flexibility test ($p=0.583$). And there was also negative significant relationship between shoulder & wrist flexibility test and bridge up flexibility test ($p=0.001$). At the concluding we can use either sit & reach or shoulder & wrist flexibility test to measure the flexibility of volleyball player.

Key words: Flexibility, Sit & Reach, Shoulder & wrist, bridge up

INTRODUCTION

In present era, physical education and sports is an essential part of education. It contributes directly to development of physical competence and fitness. It also helps the youth to be aware of the worth of leading a physically active lifestyle. The healthy and physically active youth is more likely to be academically motivated, attentive, and promising. In other words, we can say that physical education and sports is exclusive to the school core curriculum. It is the only programme that provides the opportunities to youth to learn motor skills, progress mental and physical fitness. The benefits of physical gained from physical



activity such as disease prevention, safety and injury avoidance, decreased morbidity and premature mortality, and increased mental health.

Physical Education Programme Physical education curriculum can offer youth with the appropriate knowledge, skills, behaviours, and confidence to be physically active for life. Moreover, physical education is the basis of a school's physical activity programme. In the same vein, participation in physical activity is correlated with academic advantages like improved concentration, memory, and classroom behaviour. According to World Health Organization (2001), it includes development of physical abilities and physical conditioning; motivating the students to continue sports and physical activity; and providing recreation activities.

Development of Physical Abilities and Physical Conditioning Physical education facilitates to build up and practice physical fitness entails basic motor skills (Barton et al. 1999) and gets hold of the competency to perform various physical activities and exercises. Physical fitness builds mentally sharper, physically comfortable and also able to deal with the day-to-day demands (Jackson, 1985). Further, endurance, flexibility, strength and coordination are the key components of physical fitness. Moreover, to execute the physical exercises and sport, youth must be developed basic motor skills.

Motivating the Students to Continue Sports and Physical Activity Teachers always motivate the youth to contribute in sports and physical activities as well as academic education programmes. Further, they always direct and instruct them, sports and physical activity are vital part of academic education. They have also guided the youth; we cannot think wholesome development of human personality without sports and physical education. Moreover, they have also to manage a meeting in which discusses their parents about the importance of sports and physical activity as well as academic education. Further, teachers must engage parent or family members in physical activity, for example, by giving youth physical activity 'homework' which could be performed together with the parent's viz., family walks after supper or playing in the park (WHO, 2001).

Providing recreation activities Institutions must focuses on implementation of physical activity course which facilitate to make enjoyable participation to all youth in physical activity programme which provides the youth with a collection of ideas for active games and activities and the skills and fitness to play them (Fox and Harris, 2003) in order to reduce the stress, anxiety, drug abuses and obesity. Promoting the Social Values among Youth Physical education and sports play a vital role in promoting the social values among the youth. Moreover, physical education is considered as a school subject, which facilitate to prepare the youth for a healthy



lifestyle and focuses on their overall physical and mental development, as well as imparting important social values among the youth such as fairness, self-discipline, solidarity, team spirit, tolerance and fair play (Bailey, 2005).

OBJECTIVES OF THE STUDY

1. To measure shoulder & wrist, abdominal & back and lower back & hamstring flexibility of Volleyball players.
2. To find out the correlation between tests for Volleyball.
3. To find out most significantly appropriate flexibility test for Volleyball.

LIMITATIONS

The major limitations of this study are that day to day life style, daily physical activity and Socio-economic status of the players

DELIMITATIONS

- The subjects will be taken from the Maharashtra state only.
- The study will be delimited for junior level Volleyball players.
- Only male players will be selected for the present study.
- Only shoulder & wrist, abdominal & back and lower back & hamstring flexibility will be measured with the help of Shoulder & wrist, bridge up and sit & reach flexibility tests for the present study.

METHODOLOGY

This is descriptive co relational study. The researcher is used sits & reach, shoulder & wrist and bridge up flexibility tests for collecting the data. With the help of collected data correlation between each test has been calculated with the help of Descriptive statistics & Spearman co-relation coefficient statistical tools and it helps to find out the most significantly correlated flexibility test for Volleyball.

DATA COLLECTION TOOLS

TEST NAME	BODY PART	MEASURE
Sit & Reach	Lower back & Hamstring	Lower back & Hamstring flexibility
Shoulder & Wrist	Shoulder and Wrist	Shoulder and Wrist flexibility
Bridge up	Abdominal and Back	Abdominal and Back flexibility

PROCEDURE OF THE STUDY

To find out most significantly co-related flexibility test for junior level Volleyball players. The shoulder & wrist, bridge up and sit & reach flexibility test were administered on all 96 players from 8 zone teams namely Amravati, Aurangabad, Kolhapur, Latur, Mumbai,



Nagpur, Nashik, Pune, which participated at the junior state level Volleyball championship, held at Jalgaon. Co-relation between each test was calculated. The test which shows high significant co-relationship with other test would be identifying as a significantly relevant test for Volleyball players.

Analysis of data

The obtained results were presented in below tables which represents the result of descriptive analysis and correlation. The obtained results were presented in the table no.1 and table no.2. which represents the results of descriptive analysis and co relation.

Table No.1
Descriptive Statistics

	Mean	Std. Deviation	N
Sit & Reach	23.08	8.221	96
Shoulder & Wrist	33.33	8.313	96
Bridge Up	52.22	13.932	96

The Sit & Reach, Shoulder & Wrist and Bridge Up flexibility tests were administered on 96 subjects. The mean of sit & reach was 23.08 (± 8.221), shoulder & wrist was 33.33 (± 8.313) and the mean of bridge up was 52.22 (± 13.932).

Table No.2
Correlations

		Sit & Reach	Shoulder and Wrist	Bridge Up
Sit & Reach	Pearson Correlation	1	.321**	-.057
	Sig. (2-tailed)		.001	.583
	N	96	96	96
Shoulder and Wrist	Pearson Correlation	.321**	1	-.336**
	Sig. (2-tailed)	.001		.001
	N	96	96	96
Bridge Up	Pearson Correlation	-.057	-.336**	1
	Sig. (2-tailed)	.583	.001	
	N	96	96	96

** . Correlation is significant at the 0.01 level (2-tailed).

Correlation between sit & reach flexibility test and shoulder & wrist flexibility test 0.321 which was statistically significant at 0.05 significant level ($p=0.001$). Correlation between sit & reach flexibility test and bridge up flexibility test -0.057 which was not statistically significant at 0.05 significant level ($p=0.583$).



Correlation between shoulder & wrist flexibility test and bridge up flexibility test -0.336 which was statistically negative significant at 0.05 significant level ($p=0.001$).

DISCUSSION AND CONCLUSION

In this present study the researcher found that, there is significant relationship between sit & reach flexibility test and shoulder & wrist flexibility test but there is not any significant relationship between sit & reach and flexibility test and bridge up flexibility test, and there is also negative significant relationship between shoulder & wrist flexibility test and bridge up flexibility test. It means, we can say that those volleyball players are good flexible in lower back & hamstring they also good in shoulder and wrist, but they are not good in abdominal and back flexibility.

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