



IMPACT FACTOR (SJIF) 2021= 7.380

ISSN 2319-4766

AN INTERNATIONAL PEER REVIEWED & REFEREED JOURNAL
**SCHOLARLY RESEARCH JOURNAL
FOR INTERDISCIPLINARY STUDIES**

APRIL-JUNE, 2021, VOL- 10, ISSUE-54

Special Issue of Department of Physical Education
Lokmanya Mahavidyalaya Warora, Dist. Chandrapur, (MS)

Effect of Corona Pandemic on Various Sports Sectors



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ANALYSIS OF PHYSICAL FITNESS VARIABLES OF VOLLEYBALL AND KHO-KHO PLAYERS**Dr. Ajay S. Bonde**

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Abstract

Volleyball and Kho-Kho games are majorly popular in Maharashtra; they are played at every district of Maharashtra as well as in India. Kho-Kho game has reached up to international level and Volleyball is already an international game. Volleyball and Kho-Kho games are highest participated sports amongst school and colleges. kho-kho game is having nearly hundred years of history and Volleyball has got 125 years of history. Due to its popularity there was a curiosity in the mind of researchers to know comparative result of physical fitness variables of these two games. This study purpose was to compare the variables of physical fitness between Volleyball and Kho-Kho players of college boys. 15 Volleyball and 15 Kho-Kho players from Sipna Arts, science and commerce college, Chikhaldara were selected to achieve the purpose of the study, who didn't participate in any of the coaching program or special training. However they were allowed to participate in their regular physical activities in the college as per their daily routine. The subjects taken for the study were aged between 18 to 25. For the study, the physical fitness variables selected were agility and flexibility. To find out whether there was any significant difference between Volleyball and Kho-Kho players, the dependent 't' ratio was used. The result of the study showed that there was a significant difference in agility and flexibility between Volleyball and Kho-Kho players of college boy's.

Keywords: Agility, flexibility

Introduction: Brief history Volleyball: William G. Morgan (1870-1942), who was born in the State of New York, has gone down in history as the inventor of the game of volleyball, to which he originally gave the name "Mintonette A brief report on the new game and its rules was published in the July 1896 edition of "Physical Education" and the rules were included in the 1897 edition of the first official handbook of the North American YMCA Athletic League." In 1900 Canada became the first foreign country to adopt the game. By 1913 the development of volleyball on the Asian continent was assured as, in that year, the game was included in the program of the first Far-Eastern Games, organized in Manila. Until the early 1930s volleyball was for the most part a game of leisure and recreation, and there were only a few international activities and competitions. There were different rules of the game in the various parts of the world. Brief history Kho-Kho: India is famously known for its rich culture, heritage and forms of art. Yet, there are a few notable sports and games which are believed to have originated from the state of India. Kho-Kho being one of those, has always been at the heart of rural India. People from all walks of life, love to play this game though it is nothing but a highly modified version of 'Run Chase'. Originating in Maharashtra, Kho-Kho in ancient times was played on 'raths' or chariots and was known as RATHERA. The present appearance of the game was an adoption from

the time of World War I in 1914. But at that time, there were neither any dimensions of the playground nor the poles which demarcate the central line. The modern form of Kho-Kho was shaped by the Deccan Gymkhana of Pune which was founded by Lokmanya Tilak. The Deccan Gymkhana tried to structuralise this ancient game by including and modifying some rules and regulations to make it more acceptable amongst common people. The very first Kho-Kho competitions in the modern form can be traced back to the year 1914, but it was not until the year 1959 that the game was played at the national level. In between this period various efforts were undertaken to globalize Kho-Kho but none of them bore any success. The Kho-Kho Federation of India was then established as Akhil Bhartiya Kho Kho Mandal in the year 1955 and it was under this federation that the first national championship was held in Vijayawada during the 1959-60 seasons. In the modern scientific age, athletes are being trained by highly sophisticated means for better achievement in their own participating sports. A sport is an outdoor or indoor activity involving mental and physical effort and skill, a game where people compete with each other as per fixed rules. People take up sports activity during their free time, usually for amusement, recreation, entertainment or fun. It is used to be considered, a part time, an appendage and a peripheral activity to the core of life which life can do without a refuse for the escapist. But such a definition of sports has undergone a big change in the modern days when sports have become indispensable for life to be wholesome and meaningful, both playing sports and watching sports. Fitness means an ability of an individual to live a well balanced and happy life. It involves not only physical but emotional, intellectual, spiritual and social aspects of an individual. Interdependence and Interaction of these phases of a man's health are such that any deviation from normal in any aspects of these components of fitness will make a man unable to meet the demands placed on him by his work or way of life. Physical fitness is the capability of lungs, blood vessels, muscles and the heart to function an optimal efficiency.

Methodology: For the purpose of this study was to compare the physical fitness variables between Volleyball and Kho-Kho players of college. To achieve the purpose of the study , selected 15 Volleyball and 15 Kho-Kho boys players from Sipna Arts , science and commerce college, Chikhaldara. Who didn't participate in any of the coaching program or special training? However they were allowed to participate in their regular physical activities in the college as per their daily routine. The subjects taken for the study were aged between 18 to 25. For the study, the physical fitness variables selected were agility and flexibility.

Analysis and interpretation of data: Single group design used for the study. The following statistical procedure was used to analyze the obtained data. To find out whether there was any significant difference between Volleyball and Kho-Kho players, the dependent 't' ratio was used. To test the level of significance of difference between the means 0.05 level of confidence was fixed.

Table 1: Computation's Ratio of (shuttle run) for Volleyball and Kho-Kho players of college boys players.

Group	Number	Mean	S.D.	Obtained 't' ratio
Volleyball	15	2811	395.86	3.85*
Kho-Kho	15	2295	336.62	

Significance of 0.05 level, $t(0.5)19=2.06$

Diagram showing mean Agility(shuttle run) performance of Volleyball and Kho-Kho boys

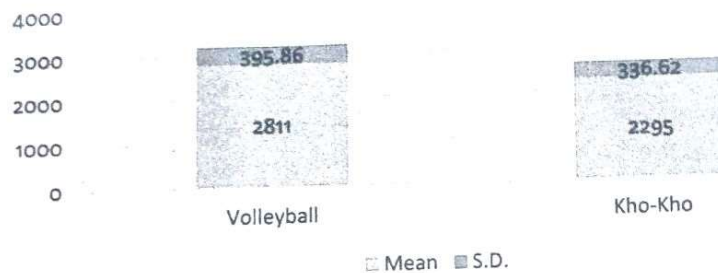


Diagram: showing mean agility (shuttle run) performance of volleyball and Kho-Kho college boys. The analysis of the data in table 1 revealed that the mean agility of college volleyball and Kho-Kho boys were 2811 and 2295 respectively. The standard deviation of Volleyball players was 395.86 and Kho-Kho players was 336.62. The mean difference in Agility of Volleyball and Kho-Kho players were 515. The standard error of mean difference in endurance of two groups were 134.27. The obtained 't' ratio in endurance was 3.85. The obtained 't' value of 3.85 was greater than the required table value of 2.05 at 0.05 level of confidence with 28 degree of freedom. It was found to be statistically significant. The mean value of flexibility (12 minutes Run/Walk) performance of Volleyball and Kho-Kho college.

Table 2: Computation 'T' Ratio of flexibility (12 minutes Run/walk) for Volleyball and Kho-Kho players of college boys

Group	Number	Mean	S.D.	Obtained 't' ratio
Volleyball	15	24.31	3.61	4.05*
Kho-Kho	15	28.76	2.94	

Table 2 revealed that the mean flexibility of college Volleyball and Kho-Kho boys were 24.31 and 28.76 respectively. The standard deviation of Volleyball and Kho-Kho players in flexibility were 3.61 and 2.94 respectively. The mean difference in flexibility of two groups was 0.7. The standard error of mean difference is speed of two groups were 0.22. The obtained 't' ratio in

flexibility was 3.17. Since the obtained 't' ratio value of 3.17 was greater than the required table value of 2.05 at 0.05 level of confidence with 28 degree of freedom. It was found to be statistically significant.

Diagram showing Mean flexibility Performance of Volleyball and Kho- Kho college boys



Diagram: showing mean flexibility performance of volleyball and Kho-Kho college boys

Conclusion: The result of the study showed that there was a significant difference in Agility and flexibility between Volleyball and Kho-Kho players of college boys. As a result it was concluded that specific motor fitness test should be used for talent identification and monitoring purposes need to replicate the demands of the sports as closely as possible.

Recommendation:

- (01) Some new research should be carried out on these Volleyball and Kho-Kho players at different level of performance and different variables.
- (02) In the present study sample size of Volleyball and Kho-Kho players was very small. Therefore it is recommended to replicate such an investigation with larger sample size.
- (03) The present investigation involved Volleyball and Kho-Kho players. The fitness profile at national and international level may be accentuated for various reasons. Therefore an investigation involving Volleyball and Kho-Kho players of national and international standard may be undertaken.
- (04) The result of the present study may also be useful in future for development of training program and searching the player's talent identification for Volleyball and Kho-Kho players.

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CERTIFICATE

OF PARTICIPATION

Dr. Prahlant Govindrao Gawande.

Has successfully contributed and published a paper entitled here with

*Analysis of Physical Fitness Variables of Volleyball and
Klo - Klo Players.*

In an

International Peer Reviewed & Refereed

**SCHOLARLY RESEARCH JOURNAL FOR
INTERDISCIPLINARY STUDIES**



Dr. Yashpal D. Netragaonkar
Editor in Chief for S R Journals



ISSN 2319-4766 SJIF 2021 : 7.380

April-June, 2021 Volume 10, Issue 54



Lok Shikshan Sanstha, Waroda's
LOKMANYA MAHAVIDYALAYA, WARORA
Dist. Chandrapur (Maharashtra)



Affiliated to
Gondwana University, Gadchiroli (Maharashtra)



This is to certify that Dr. Mr. Mrs. Prashant Govindrao Gawande of
Dr. O. P. V. Edu & Sports, Arts, Science & Commerce College, Chikhaldam, Amnoli has attended One-Day National
E-Seminar on "Effect of Corona Pandemic on Various Sports Sector's" organized by Department of Physical
Education & Sports Lokmanya Mahavidyalaya, Warora, Dist. Chandrapur on 12 June 2021, Saturday.

He/She has presented a paper entitled ANALYSIS OF PHYSICAL FITNESS VARIABLES OF
VOLLEYBALL AND KHO-KHO PLAYERS and published in an International Peer Reviewed and Refereed
Journal, Scholarly Research Journal for Interdisciplinary Studies, Impact Factor (SJIF)-7.380, ISSN 2319-4766.


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