Effect of functional training and resistance training on leg explosive power and spiking among female volleyball players

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Abstract

The body is the temple of soul and can be a sound mind only in healthy body. To attain the harmony body, mind and spirit, the body must be physically fit. The future of the nation depends on today’s younger generation and the health of the people is the wealth of the nation. Performance sports aim at high sports performance and for most physical and psychic capacities of sports men are developed to extreme limits. The purpose of the Study Effect of Functional Training and Resistance Training on Leg Explosive Power and Spiking among Female Volleyball Players. The study was formulated as a true random group design consisting of a pre-test and post-test. The subjects (N=60) were randomly assigned to three equal groups of twenty female Jr. College volleyball players in each. The groups were assigned as experimental group I (Functional Training), Experimental Group II (Resistance Training) and control group respectively. Pre-tests were conducted for all the 60 subjects on selected physical fitness and performance variables. After the experimental period of twelve weeks post-test were conducted and the scores were recorded. The post-tests were conducted on the above said dependent variables after a period of twelve weeks training on functional training and resistance training. The difference between initial and final scores of selected variables was the effect of respective experimental treatments. The statistical significance was determined using statistical application ANCOVA. In all cases 0.05 level was fixed to test the significance.

Keywords: Leg explosive power and spiking, resistance & functional training, volleyball players

Introduction

The body is the temple of soul and can be a sound mind only in healthy body. To attain the harmony body, mind and spirit, the body must be physically fit. The future of the nation depends on today’s younger generation and the health of the people is the wealth of the nation. Performance sports aim at high sports performance and for most physical and psychic capacities of sports men are developed to extreme limits.

Objective of the study

The objective of this study was to assess the effect of functional training and resistance training on selected physical fitness and performance variables among female volleyball players. The investigator also interested to assess the levels of selected physical fitness and performance variables who undergo this training schedule. As an interventional programme, the investigator suggested two different packages of training, namely, functional training and resistance training for the benefit of female volleyball players. The initial and final scores on selected variables would prove the varied effect of experimental treatment and thus the objective of this study was to find out the effect of functional training and resistance training on selected physical fitness and performance variables among female volleyball players.

Selection of subjects

The purpose of the study was to find out the effect of functional training and resistance training on selected physical fitness and performance variables among female volleyball players. To facilitate the study, 60 female volleyball players from different Jr. Colleges in Telangana state were randomly selected as subjects and their age were 16 - 18 years.
They were assigned into three groups, namely, experimental group I, experimental group II and control group. Experimental group I served as functional training group, experimental group II served as resistance training group and the third group served as control group (CG). The requirement of the experiment procedures, testing as well as exercise schedule were explained to the subjects so as to get full cooperation of the effort required on their part and prior to the administration of the study. The investigator got individual consent from each subject.

**Experimental design**

The study was formulated as a true random group design consisting of a pre-test and post-test. The subjects (N=60) were randomly assigned to three equal groups of twenty female volleyball players in each. The groups were assigned as experimental group I – (Functional Training), Experimental Group II (Resistance Training) and control group respectively. Pre-tests were conducted for all the 60 subjects on selected physical fitness and performance variables. After the experimental period of twelve weeks post-test were conducted and the scores were recorded.

The post-tests were conducted on the above said dependent variables after a period of twelve weeks training on functional training and resistance training. The difference between initial and final scores of selected variables was the effect of respective experimental treatments. The statistical significance was determined using statistical application ANCOVA. In all cases 0.05 level was fixed to test the significance.

**Compilation of analysis of covariance results on leg explosive power**

The statistical analysis comparing the initial and final means of Leg explosive power due to Functional training and Resistance training among female volleyball players is presented in Table-1.

<table>
<thead>
<tr>
<th>Table 1: Ancova results on effect of functional training and resistance training compared with controls on leg explosive power</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source of Variance</td>
</tr>
<tr>
<td>Between</td>
</tr>
<tr>
<td>Within</td>
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<tr>
<td>Between</td>
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<tr>
<td>Within</td>
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<tr>
<td>Between</td>
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<tr>
<td>Within</td>
</tr>
</tbody>
</table>

*Significant

As shown in Table 1, the obtained pre-test means on Leg explosive power on Functional training group was 35.85, Resistance training group was 34.30 and control group was 37.65. The obtained pre-test F-value was 1.32 and the required table F-value was 3.16, which proved that there was no significant difference among initial scores of the subjects. The obtained post-test means on Leg explosive power on Functional training group was 38.55, Resistance training group was 36.75 and control group was 37.80. The obtained post-test F-value was 0.50 and the required table F-value was 3.16, which proved that there was no significant difference among post-test scores of the subjects.

Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F-value 49.36 was greater than the required value of 3.16 and hence it was accepted that there was significant differences among the treated groups. Since significant differences were recorded, the results were subjected to post-hoc analysis using Scheffe’s Confidence Interval test. The results were presented in Table-2.

**Table 2: Multiple Comparisons of Paired Adjusted Means and Scheffe’s Confidence Interval Test Results on Leg explosive power**

<table>
<thead>
<tr>
<th>MEANS</th>
<th>Functional training Group</th>
<th>Resistance training Group</th>
<th>Control Group</th>
<th>Mean Difference</th>
<th>Required C.I.</th>
</tr>
</thead>
<tbody>
<tr>
<td>38.62</td>
<td>38.17</td>
<td>36.31</td>
<td>0.45</td>
<td>0.61</td>
<td></td>
</tr>
<tr>
<td>38.62</td>
<td>38.17</td>
<td>36.31</td>
<td>2.32*</td>
<td>0.61</td>
<td></td>
</tr>
<tr>
<td>38.62</td>
<td>38.17</td>
<td>36.31</td>
<td>1.87*</td>
<td>0.61</td>
<td></td>
</tr>
</tbody>
</table>

* Significant

The post-hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Functional training group and control group (MD: 2.32). There was significant difference between Resistance training group and control group (MD: 1.87). There was no significant difference between treatment groups, namely, Functional training group and Resistance training group (MD: 0.45). The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure 1.
Discussions on findings on leg explosive power

In order to find out the effect of Functional training and Resistance training on Leg explosive power, the obtained pre and post-test means were subjected to ANCOVA and post-hoc analysis through Scheffe’s confidence interval test. The effect of Functional training and Resistance training on Leg explosive power is presented in Table II. The analysis of covariance proved that there was significant difference between the experimental group and control group as the obtained F-value 49.36 was greater than the required table F-value to be significant at 0.05 level.

Since significant F-value was obtained, the results were further subjected to post-hoc analysis and the results presented in Table II proved that there was significant difference between Functional training group and control group (MD: 2.32) and Resistance training group and control group (MD: 1.87). Comparing between the treatment groups, it was found that there functional training was better than resistance group with mean difference of 0.45. However, this difference was not significant between Functional training and Resistance training group among female volleyball players. Thus, it was found that Functional training and Resistance training were significantly better than control group in improving leg explosive power of the female volleyball players.

Results on spiking

The statistical analysis comparing the initial and final means of Spiking due to Functional training and Resistance training among female volleyball players is presented in Table 3.

As shown in Table III, the obtained pre-test means on Spiking on Functional training group was 8.75, Resistance training group was 8.70 was and control group was 9.05. The obtained pre-test F-value was 1.00 and the required table F-value was 3.16, which proved that there was no significant difference among initial scores of the subjects.

The obtained post-test means on Spiking on Functional training group was 10.35, Resistance training group was 9.85 was and control group was 9.00. The obtained post-test F-value was 11.27 and the required table F-value was 3.16, which proved that there was significant difference among post-test scores of the subjects. Taking into consideration of the pre-test means and post-test means adjusted post-test means were determined and analysis of covariance was done and the obtained F-value 32.38 was greater than the required value of 3.16, and hence it was accepted that there was significant differences among the treated groups. Since significant differences were recorded, the results were subjected to post-hoc analysis using Scheffe’s Confidence Interval test. The results were presented in Table 4.
The post-hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Functional training group and control group (MD: 1.58). There was significant difference between Resistance training group and control group (MD: 1.12). There was no significant difference between treatment groups, namely, Functional training group and Resistance training group. (MD: 0.46). The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure-2.

![Bar diagram showing pre-test, post-test and ordered adjusted means on spiking](image)

**Fig 2: Bar diagram showing pre-test, post-test and ordered adjusted means on spiking**

**Discussions on findings**

In order to find out the effect of Functional training and Resistance training on Spiking the obtained pre- and post-test means were subjected to ANCOVA and post-hoc analysis through Scheffe’s confidence interval test. The effect of Functional training and Resistance training on Spiking is presented in Table-IV. The analysis of covariance proved that there was significant difference between the experimental group and control group as the obtained F-value 32.38 was greater than the required table F-value to be significant at 0.05 level. Since significant F-value was obtained, the results were further subjected to post-hoc analysis and the results presented in Table-V proved that there was significant difference between Functional training group and control group (MD: 1.58) and Resistance training group and control group (MD: 1.12). Comparing between the treatment groups, it was found that functional training was better than resistance training in improving passing performance, however this difference was not significant among female volleyball players. Thus, it was found that Functional training and Resistance training were significantly better than control group in improving Spiking performance of the female volleyball players.

**Conclusions**

Within the limitations and delimitations of the study, the following conclusions were drawn.

1. It was concluded that 12 weeks functional training and 12 weeks resistance training significantly improved leg explosive power of female volleyball players compared to control group. It was also found that though functional training showed superiority than resistance training on physical fitness variable, leg explosive power, the difference was not significant as such there was no significant difference between the experimental protocols of this study in altering leg explosive power of female volleyball players.

2. The results of this study made to conclude that 12 weeks functional training and 12 weeks resistance training significantly improved performance spiking among female volleyball players compared to control group. It was also found that there was no significant difference between the experimental protocols of this study in altering spiking ability of female volleyball players.

**Recommendations**

The training protocols suggested in this study may be included in the training schedule of training female volleyball players. The training methods of this study may be implemented to other sports and games which require leg strength which in turn would improve performances of the game.

**References**