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## Exploration study of physical fitness among male football and volleyball players

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### Abstract

Physical fitness refers to organic capacity of an individual to perform the task of daily living without under tiredness and fatigue and still have reserve of strength and energy available to meet satisfactory sudden generic placed upon him. The aim of "physical fitness" must be immovable to the qualities of the educated person. The aim of physical education is the optimum development of physically, socially and mentally integrated and adjusted individual through participation in large muscle activities. The investigator administered the physical fitness test on these subjects to measure the physical fitness. Before conducting the test the subjects were explained the procedure involved. The test scores were recorded according to the instructions given by the researcher on the physical fitness and analyzed statistically to find out the significance. For the purpose of analyzing the data, Mean, Standard deviation and the investigation under report studied the difference between Football and Volleyball players of Govt. Boys Sr. Secondary School, Bramhapuri in Chandrapur district of Maharashtra on selected physical fitness variables. To find out the difference between the Football and Volleyball players and selected physical fitness variables means and standard deviation and finally t-test was completed. The present research paper deals with this issue and attempts to focus on the difference between the performances of sportsmen.

**Keywords:** Physical fitness, football, volleyball, players etc.

### Introduction

Physical fitness is important for everyone to stay active throughout their lives. A healthy body houses a healthy mind. One of the true benefits and answers to the question why is physical fitness important is due to the effects it has on your inner- self. Regular physical activity has always been credited with increasing physical fitness. But it is said that what affects our physical selves affects our psychological and emotional selves as well, and that physical activity enhances both mental and physical fitness. Physical fitness is one's richest possession; it can not be purchased and has to be earned through a daily routine of physical exercise. People, who possess optimal physical fitness, tend to look better, feel better and experience good health; all of which contributes to the quality of life. Physical fitness is necessary for success in most of the games and sports. Without a high level of physical fitness, an individual will not be able to withstand the stress and strain caused on the body by various games and sports. Physical fitness, in addition to bringing about performance in games and sports also helps in prevention of injuries in the long run and is an inseparable part of sports performance and achievement.

Physical fitness has been defined in various ways. Some define it as an absence of disease, and some rate this according to the amount of musculature developed, and few define physical fitness as the ability to perform certain sports skills. The American College of Sports Medicine (1990) has defined that, "fitness is the ability to perform moderate to vigorous levels of physical activity without undue fatigue and the capability of maintaining such ability throughout life". Neimann (1990) defines physical fitness as "a dynamic state of energy and vitality that enables one not only to carry out daily tasks, active leisure time pursuits, and to meet unforeseen emergencies without undue fatigue, but also to avoid hypokinetic diseases, while functioning at an optimum level of intellectual capacity and experiencing the joys of life".

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Physical fitness can mean many things. To a physician, physical fitness may simply mean the absence of disease. To a weight lifter, it may be synonymous with large bulging muscles. To a health or physical educator, physical fitness may mean the ability to perform a specific number of calisthenics activities or to run or walk one mile in a certain time. To a health fitness professional, physical fitness means being able to acquire and maintain specific health standards. Physical fitness is a capacity for sustained physical activities. It is the key to success, in every walk of life, the progress of any country depends mainly on the degree of physical fitness of the people in order to make the people fitness conscious the government of India had introduced scheme of "National Physical efficiency Drive". Physical fitness is the capacity for activity. It is a positive and dynamic quality and it is closely related to diet, exercise, rest and emotional outlook. Physical fitness is demonstrated through physical performance the greater the physical fitness, the grater the physical endurance and precision of movement.

**Methodology**

The aim of this study was to compare the physical fitness among the Football and Volleyball Players of Govt. Boys Sr. Secondary School, Bramhapuri in Chandrapur district of Maharashtra State. The investigator administered the physical fitness test on these subjects to measure the physical fitness. Before conducting the test the subjects were explained the procedure involved. The test scores were recorded according to the instructions given by the researcher on the physical fitness and analyzed statistically to find out the significance. The researcher has conducted the three physical fitness test 50 yards (speed), 10 × 6 shuttle run (Agility), 600mtrs (endurance) taken two groups Football and Volleyball players

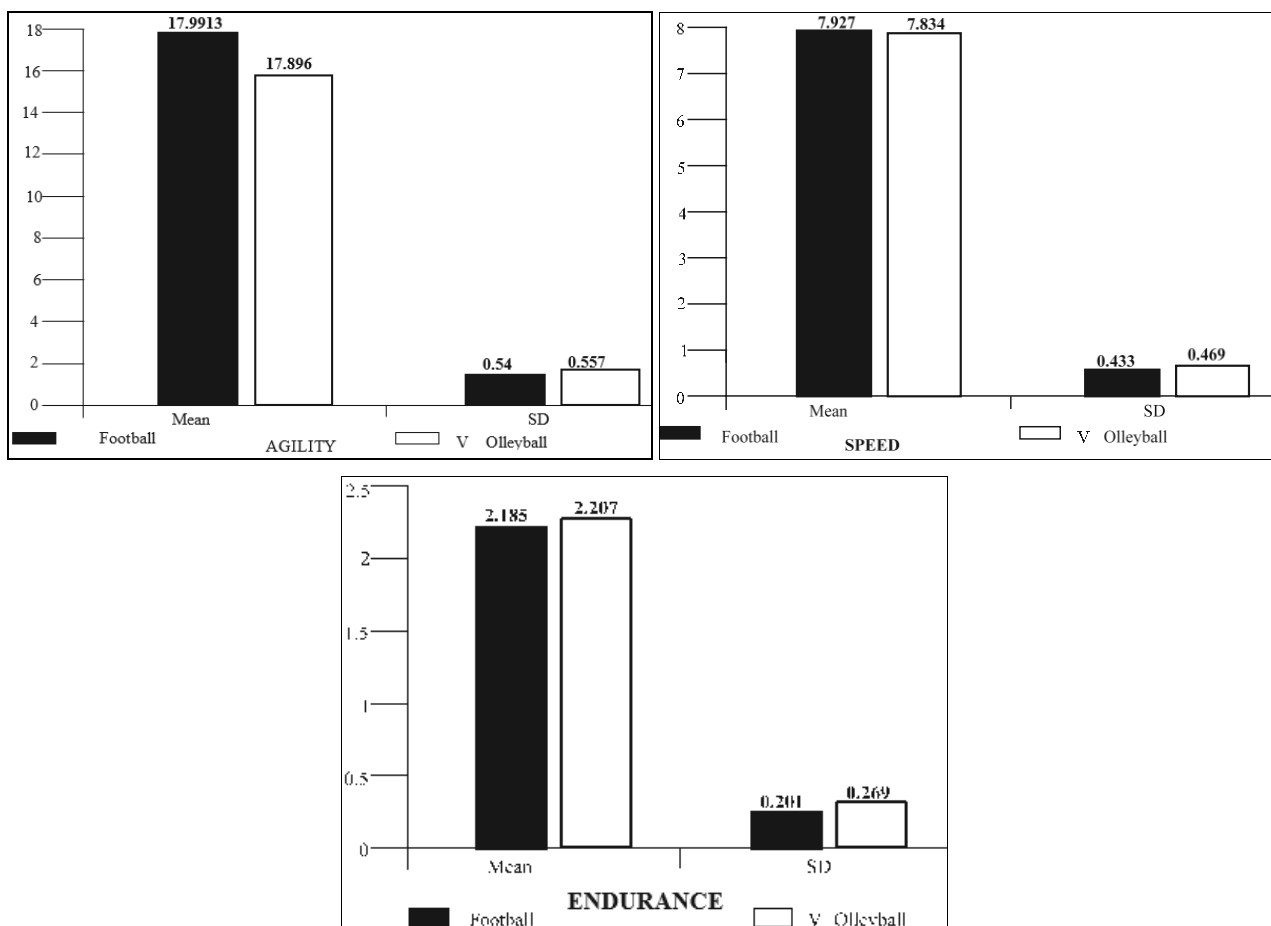
mentioned in the tool for all twenty students selected the subjects were oriented about the test and even they were eager to know the results the data was collected during the Govt. Boys Sr. Secondary School, Bramhapuri in Chandrapur district in 2022. The following apparatus were used in this study. 50 yard dash: Tape, Stop watch, Chunnam. 10 × 6 meter shuttle run: Tape, Stop watch, Chunnam. 600 meter run: Tape, Stop watch, Chunnam, 400 mtrs track.

**Results**

The raw scores of among the Football players and Volleyball players of Govt. Boys Sr. Secondary School, Bramhapuri in Chandrapur district of Maharashtra were converted in to Mean, Standard deviation, Standard error and 't'- ratio and comparison were to find out the significance at 0.05 level. The calculated 't' value is compared with the table value at 2.02 of degree freedom at 0.05 level of confidence which was given by "Clarke and Clarke". The competition of Mean, Standard deviation, Standard error of the Mean and 't'-value of 50 yard dash, 10 × 6 meters shuttle run and 600 meters run of among the Football players and Volleyball players of Govt. Boys Sr. Secondary School, Bramhapuri in Chandrapur district of Maharashtra.

**Table 1:** Components of all Parameters

S. No.	Variable	N	Mean	S.D	t-ratio	p-value
1.	Football	20	7.927	0.433	0.562	0.578
	Volleyball	20	7.8340	0.469		
2.	Football	20	17.9913	.540	0.476	0.658
	Volleyball	20	17.8960	.557		
3.	Football	20	2.185	0.201	0.261	0.796
	Volleyball	20	2.207	0.269		



**Fig 1:** Graphs Components of All Parameters

**Discussions**

A comprehensive discussion leading to final results clearly shows that a significant difference was found between Govt. Boys Sr. Secondary School, Bramhapuri in Chandrapur district of Maharashtra. The obtained results yield a significant difference between the two selected groups wherein Football players scored higher than Volleyball players with regard to speed, agility and endurance. All the selected physical fitness variables were scientifically proved to be better for Govt. Boys Sr. Secondary School, Bramhapuri in Chandrapur district of Maharashtra.

**Conclusion**

The following conclusion may be drawn from the results of the study. The results of the study shows the physical fitness of Football and Volleyball players are above the average. The Football players poses more physical fitness when compare with Volleyball players. The Football players are superior to the Volleyball players in two components of physical fitness.

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