

Research Paper :

Effect of extensive and intensive training methods on physical fitness of volleyball players

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Received : June, 2010; Accepted : October, 2010

ABSTRACT

Thirty six male Secondary and Senior Secondary School volleyball players of Muzaffarnagar District who have opted physical education as an elective subject were selected to achieve the purpose of this study and placed in three groups *i.e.* extensive, intensive and control groups. The average age of the subjects was 14.714 to 15.153 years. Pre-test was conducted for selected variables with the help of standard equipments after that extensive training method to extensive group and intensive training methods to intensive group and no training to control group were administered for 12 week in the evening session from 4 to 6 pm daily and then second post-test was conducted for the same variables with the help of same equipments. Based on obtained data from both the tests and on the bases of statistical calculations, it was concluded that both the training methods had significant improvement in the component of physical fitness of volleyball players.

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Singh, Samey and Singh, Ompal (2011). Effect of extensive and intensive training methods on physical fitness of volleyball players. *Internat. J. Phy. Edu.*, 4 (1) : 1-4.

Key words : Volleyball players, Physical fitness, Training methods

Since long trainers have been using various training methods in their training programmes. Training methods are thought to be useful and beneficial for every sportsman in different phases of training. Investigator has realized its need and importance in his career and taken it as a research project because it affects all the stated variable of physical fitness. It has been observed and reported by so many researchers that following appropriate training method, it improves the physical fitness and its variable of sportsmen but adopting appropriate and regular training, method fulfils the demanded positive health and the level of selected variables of the players of any country which can be helpful in increasing the level of performance of any sportsperson. Investigator has realized its importance as a sportsman. Components of physical fitness are height, weight, strength, muscular endurance on abdominal and shoulder joint, flexibility on back arch and trunk joint and aerobic capacity VO_2 max etc.

METHODOLOGY

Appropriate research methodology was involved for the systematic procedure by which the research started from the initial identification of the problem to its final

conclusion. The procedures and methods were applied in selection of subjects. Experimental design, selection of variables, selection of test items, reliability of the data, orientation of subjects, administration of training programmes and tests, collection of data and statistical procedure were taken into consideration in this study. 36 male Secondary and Senior Secondary School volleyball players of Muzaffarnagar District, who have opted physical education as an elective subject, were selected to achieve the purpose of this study and placed in three groups *i.e.* extensive, intensive and control groups. The average age of the subjects was 14.714 to 15.153 years. Pre-test was conducted for selected variables with the help of standard equipments after that extensive training method to extensive group and intensive training methods to intensive group and no training to control group were administered for 12 weeks in the evening session from 4 to 6 pm daily and then second post-test was conducted for the same variables with the help of the same equipments.

The statistical calculations of the results obtained from both the extensive and intensive training methods before and after training programme, on the collection of data and discussion of results findings are presented. The

study was conducted to determine the effects of extensive and intensive training methods on the component of physical fitness of volleyball players.

OBSERVATIONS AND DISCUSSION

The findings of the study have been presented in the following sub heads :

Height:

Table 1 shows the results of height after statistical analysis which was taken after imparting stated training methods daily in the evening session to the respective groups.

The calculated value of F-test for height are equal *i.e.* 0.95 and 0.95 at the initial stage or study state test before starting the training, when comparing both training groups *i.e.* intensive and extensive training groups to the control group.

The calculated values of F-test, 0.92 and 0.90 have significant difference *i.e.* 0.02 after receiving three months proposed extensive and intensive training methods. This suggests the calculated value of F-statistics seems to be significant at 0.05 levels. This reflects that the statuses of both the training methods are equally significant because calculated differences of 'f-test' values of both the treatments is 0.2 which is negligible and shows that extensive training method is more significant as compared to intensive training method.

Group	Pre-test	Post-test	f-value (Pre-test)	f-value (Post-test)	S.L.
Extensive N=12	M=168.72	169.58	0.95	0.92 df=11	0.05
Intensive N=12	M=172.17	172.78	0.95	0.90 df=11	0.05
Control N=12	M=164.78	165.18			

On the other hand, the improvement or effectivity on increasing height of volleyball players as an average, value of extensive and intensive training methods are 0.86 and 0.61, which show that extensive training method is more positive or significant than the intensive training method.

Weight:

Table 2 shows the results of weight after statistical analysis which was taken after imparting stated training daily in the evening session to the respective groups.

Group	Pre-Test	Post-Test	f-value Pre-test	f-value Post-test	S.L.
Extensive N=12	M=59.46	58.07	0.07	0.67 df=11	0.05
Intensive N=12	M=58.67	60.92	0.03	0.65 df=11	0.01
Control N=12	M=48.39	52.29	0.00		

The calculated value of F-test, for weight are somewhat equal *i.e.* 0.07 and 0.03 at the initial stage or study state test before starting the training, when comparing both the training groups *i.e.* extensive and intensive training groups to the control group.

The calculated values of F-test 0.67 and 0.65 have significant difference *i.e.* 0.02 after receiving three months proposed extensive and intensive training methods. The calculated value of F-statistics seems to be significant at 0.05 levels. This reflects that the statuses of both the training groups are equally significant because calculated differences of 'f-test' values of both the treatments are 0.02 which is negligible and shows that extensive training method is more significant as compared to intensive training method.

On the other hand, the improvement in decreasing weight as an average, value of extensive and intensive training are -01.39 and +2.25 and it shows that effectivity of extensive training method is more positive or significant in decreasing the average weight of the players as compared to intensive training method.

Mascular endurance (abdominal):

Table 3 shows the results of muscular endurance (abdominal) after statistical analysis which was taken after imparting stated training daily in the evening session to the subjects. The calculated value of F-test for muscular endurance of abdominal muscles are somewhat equal *i.e.* 0.77 and 0.79 at the initial stage or study state test before starting the training, when comparing both training groups *i.e.* extensive and intensive training groups to the control

Group	Pre-test	Post-test	f-value Pre-test	f-value Post-test	S.L.
Extensive N=12	M=34.83	42.58	0.77	0.83 df=11	0.05
Intensive N=12	M=30.67	41.58	0.79	0.45 df=11	0.05
Control N=12	M=29.5	32.33			

group.

The calculated values of F-test, 0.83 and 0.45 have significant difference *i.e.* 0.38 after receiving three months proposed extensive and intensive training. This suggests that the calculated value of F-statistics seems to be significant at 0.05 levels which are negligible and shows that the effectivity of extensive training method is more positive or significant as compared to intensive training method.

On the other hand, the improvement in muscular endurance of abdominal muscles as an average, value of extensive and intensive training methods are 07.75 and 01.91, which shows that the effectivity of extensive training method is more positive or significant than the intensive training method.

Muscular endurance (Shoulders joint):

Table 4 shows the results of muscular endurance (shoulders joints) after statistical analysis which was taken after imparting stated training daily in the evening session to the subjects. The calculated value of F-test for muscular endurance of shoulder's muscles are *i.e.* 0.17 and 0.25 at the initial stage or study state test before starting the training, when comparing both training groups *i.e.* extensive and intensive training groups to the control group.

The calculated values of F-test, 0.16 and 0.52 have significant difference *i.e.* 0.36 after receiving three months proposed extensive and intensive training. This suggests that the calculated value of F-statistics seems to be significant at 0.05 levels. This reflects that the statuses of both the training groups are significant because calculated differences of f-test values of both trainings are 0.25 which is negligible and shows that the effectivity of intensive training method is more significant as compared to extensive training method.

On the other hand, the improvement in muscular endurance of shoulder's muscles as an average, value of extensive and intensive training methods are 05.92 and 08.08, which shows that the effectivity of intensive training method is more positive or significant than extensive training method.

Table 4 : Muscular endurance (Shoulders)

Group	Pre-test	Post-test	f-value (Pre-test)	f-value (Post-test)	S.L.
Extensive N=12	M=38.83	43.75	0.17	0.16	0.05
Intensive N=12	M=33.25	41.33	0.25	0.52	0.05
Control N=12	M=36.08	36.25		df=11	

Flexibility on trunk joint:

Table 5 shows the results of flexibility on trunk joint in men after statistical analysis which was taken after imparting stated training daily in the evening session to the subjects. The calculated value of F-test for flexibility on trunk joint are *i.e.* 0.04 and 0.03 at the initial stage or study state test before starting the training, when comparing both training groups *i.e.* extensive and intensive training groups to the control group.

Table 5: Flexibility on trunk joint

Group	Pre-test	Post-test	f-value Pre-test	f-value Post-test	S.L.
Extensive N=12	M=5.42	11.75	0.04	0.84	0.05
Intensive N=12	M=5.08	12.85	0.03	0.49	0.05
Control N=12	M=3.67	5.10		df=11	

The calculated values of F-test, 0.84 and 0.49 have significant difference *i.e.* 0.35 after receiving three months proposed extensive and intensive training in first phase. This suggests that the calculated value of F-statistics seems to be significant at 0.05 levels. This reflects that the statuses of both the training groups were equally significant because calculated differences of f-test values of both the treatments is negligible but extensive training method is more significant as compare to intensive training method.

On the other hand, the improvement in flexibility on trunk joint as an average, value of extensive and intensive training are 06.33 and 07.77, reflects that effectivity of intensive training method is more positive or significant than extensive training method.

Flexibility on back arch:

Table 6 shows the results of flexibility on back arch in men after statistical analysis which was taken after imparting stated training daily in the evening session to the subjects. The calculated value of F-test for flexibility on back making arch are 0.22 and 0.99 at the initial stage or study state test before starting the training, when comparing both training groups *i.e.* extensive and intensive training groups to the control group.

The calculated values of F-test, 0.50 and 0.07 have significant difference *i.e.* 0.43 after receiving three months proposed extensive and intensive training in first phase. This suggests that the calculated value of F-statistics seems to be significant at 0.05 levels. This reflects that the statuses of both the training methods are

Table 6: Flexibility on back arch

Group	Pre-test	Post-test	f-value (Pre-test)	f-value (Post-test)	S.L.
Extensive N=12	M=26.33	32.14	0.22	0.50 df=11	0.05
Intensive N=12	M=24.67	30.24	0.99	0.07 df=11	0.05
Control N=12	M=22.82	23.58			

equally significant because calculated differences of f-test values of both the treatments is negligible but extensive training method is more significant as compare to intensive training method.

On the other hand, the improvement in flexibility as an average, value of extensive and intensive training are 05.81 and 05.57, reflects that the effectivity of extensive training method is more significant than intensive training method.

Cardio-vascular VO₂max:

Table 7 shows the results of cardio-vascular Vo₂max in men after statistical analysis which was taken after imparting stated training daily in the evening session to the subjects. The calculated value of F-test for cardiovascular VO₂ max of a volleyball players are

Table 7: Cardio-vascular endurance Vo₂max. test

Group	Pre-test	Post-test	f-value Pre-test	f-value (Post-test)	S.L.
Extensive N=12	M=46.48	52.25	0.19	0.32 df=11	0.05
Intensive N=12	M=49.17	56.03	0.80	0.98 df=11	0.05
Control N=12	M=45.53	47.91			

somewhat equal *i.e.* 0.19 and 0.80 at the initial stage or study state test before starting the training, when

comparing both training groups *i.e.* extensive and intensive training groups to the control group.

The calculated values of F-test, 0.32 and 0.98 have significant difference *i.e.* 0.66 after receiving three months proposed extensive and intensive training in first phase. This suggests that the calculated value of F-statistics seems to be significant at 0.05 levels. This reflects that the status of both the training groups were equally significant because calculated differences of F-test values of both the treatments is negligible but intensive training method is more significant as compared to extensive training method.

On the other hand, the improvement in VO₂max of volleyball players as an average, value of extensive and intensive training methods are 05.77 and 06.86 which shows that intensive training method is more significant than extensive training methods in increasing VO₂max.

Conclusion:

The above discussion of result of findings showed that extensive training group had significant improvement in muscular strength and endurance increasing height and decreasing body weight as compared to intensive training method where as intensive training method being more significant in improving flexibility on trunk joint and back arch and VO₂max.

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