
Effect of Resistance Training Enhancing Volleyball Skill among Tribal Adolescence of Tirupattur District

¹ Kumaresan. S, ² Dr. James. J

¹(Ph.D.) Research Scholar, YMCA College of Physical Education, Chennai –35, Tamil Nadu.

²Assistant Professor, YMCA College of Physical Education, Chennai –35, Tamil Nadu.

Email: ¹kumareza89@gmail.com, ²drjamesymca@gmail.com

ARTICLE DETAILS

Research Paper

Keywords:

Flexibility, resistance tribal adolescence.

ABSTRACT

Tribal adolescents are brave enough to lead their lives with the support of sports, but their participation in sports is inadequate. Through this study, resistance training shall be implied among tribal adolescents for developing bio motor skills. The prime focus of the study is to develop bio motor skills to attain the goal through resistance training. The samples chosen for the study were from Tirupattur district, Tamil Nadu, India. The samples are tribal adolescents, and 30 samples were chosen for this study. A simple random sampling method was chosen for selecting samples, and the respective samples are age-grouped from 16 to 18 years. The selective samples were split into two groups, such as the experimental and control groups. 15 samples were chosen for each group. The Wilmore's Flexibility Test was used to examine bio motor flexibility. The outcome of the target group revealed that there is considerable enhancement in bio motor components such as flexibility among tribal adolescents in Tirupattur district.

Introduction

One of the significant things that must be concentrated on during the process of training the tribal adolescence is to enrich the level of their unique bio motor requirements, which is the prime through which the player can participate well during the match, and this process of enhancement can only be

successful through resistance training, the most developed training for those unique bio motor requirements, and that process of determining the best training can support them to achieve those expected bio motor abilities in a positive way. resistance training support various bio motor components, such as flexibility. This study shows how the tribal adolescence adopted the respective skills and showed the effect of these skills on their performance in volleyball games.

Review of Literature

Nayak and Singh (2021) mentioned in their study that tribal volleyball players are very strong in speed, agility, cardio- respiratory endurance, and flexibility. There is a huge difference between tribal and non-tribal people in every aspect of life, i.e., rituals, customs of living, etc. Therefore, there is a great chance that there may be a huge variation in blood pleasure and body composition. Hence, it is a great belief among the common people of India that tribal and non-tribal people differ in their strength, speed, agility, and flexibility and that they should be availed of unique physical activities.

Boichuk et al. (2020) highlighted that for the empowerment of technical and tactical performance of volleyball players, special physical fitness can be attained for the age group of 16 to 18 years with the condition of viable active participation.

Fleh (2021) stated that resistance training improves ability and speed in basic physical requirements and aids in the development of accuracy and flexibility during the match. The resistance training the volleyball players to play actively and quickly during the match.

The objectives of the studies are, To Recognize the effect of resistance training in enhancing the flexibility speed of the experimental group. To Prepare exercises according to the style of resistance training to increase the agility speed of the experimental group.

Research Hypotheses

1. There is a positive effect of resistance training in enhancing the speed of flexibility of the Tribal adolescence.

2. There is a great effect of training accordingly to the module of resistance training of increasing the speed of flexibility among Tribal adolescence.

Research methods

The objective of the experimental research is to determine the effect of resistance training on the bio motor components of flexibility in tribal adolescence. 30 tribal adolescents from the Tirupattur district, Tamil Nadu, were randomly selected. The selected samples were split into two clusters, each consisting of 15 participants. The control group participants had regular training, but resistance training was given to the experimental group to enhance their bio motor level so that the tribal adolescents could be involved in volleyball.

Training sessions

There were twelve weeks of training sessions. There were 40 minutes of training per day given to the experimental group. Those 40 minutes consist of a 10-minute warm-up, 20 minutes of resistance training, and 10 minutes of warm-down. Each week, 10% of extra training was implemented, ranging from 30 % to 60 % of training.

Data collection

The samples were divided into two clusters, such as the experimental group and the control group, and were analysed on selected bio motor variables. Flexibility was analysed and tested before the interventions, and the scores were documented and saved with their respective units as pre-test scores. The experimental group underwent the respective resistance training programme for a period of twelve weeks. At the end of the twelve-week training period, the experimental group participants had undergone various treatments and training. The post-test was conducted after the treatment on selected bio motor variables. In the end, the collected data was statistically analysed to identify the effect of resistance training among tribal adolescents.

Means of collecting information and equipment used as research tools.

Sit and reach measurement box – Flexibility

Self-observation by the researcher

Research tools

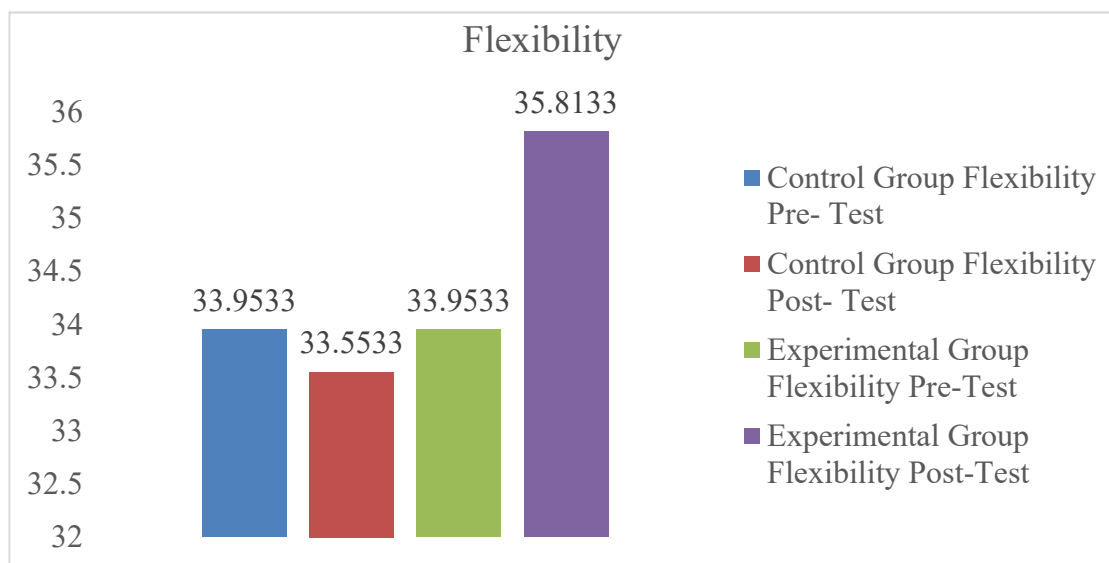
Test and measurements

Statistical tools

Ms- Excel, SPSS - Paired sample T-Test and SPSS - Paired statistics.

Statistical Analysis

The Flexibility mean values of the control group and experimental group. Table 1 displays the control group's pre-test mean value is 33.95 and the post-test value of 33.55. The post-test score has to be increased, but without training, the control group value is nothing change, even the mean value is decreased. This value shows there is no improvement in the control group. As the experimental group's pre-test mean value is 33.95, and the post-test score is 35.81. This value shows that the mean value has increased. The Flexibility of bio-motor components, the value has increased through resistance training. This study strongly proved that there was a significant effect was done among the experiment group.



The paired values clearly show that the experimental group performed well compared to the control group. Thus, resistance training is effective to enhance bio-motor components Flexibility.

Study Outcomes and Discussion

The outcomes of the study revealed that the experimental participants in resistance drill for a phase of 12 weeks were competent to enhance their skill in selected bio motor variables. Subsequently, analysing the

two values, the investigator unearthed that there were considerable variances between the control group and the experimental group. There was a considerable difference in the harm and stretching abilities of the experiment group.

Conclusions

- The enhancement of bio-motor flexibility by using resistance training had a positive effect on the experimental group.
- The training has a positive effect on the enhancement of range flexibility and adapting nature.
- The ability enhancement of tribal Adolescence to play actively following resistance training.

References

1. Gulati, A., Jain, R., Lehri, A., & Kumar, R. (2021). Effect of High and Low Flexibility on Agility, Acceleration Speed, and Vertical Jump Performance of Volleyball Players. *European Journal of Physical Education and Sport Science*, 6(11), 3652. <https://doi.org/10.46827/ejpe.v6i11.3652>.
2. Nayak, A., & Singh, D.K. (2021). A Comparative study on selected fitness variables of tribal handball and volleyball players. *Indian Journal of Physical Education, Sports and Applied Science*, 11(2), April. <https://doi.org/> (if available)
3. Suresh, N., & Kavithashri, P.K. (2021). Effects of SAQ with resistance training on physical and skill performance of Tribal football players. *International Journal of Physical Education, Sports, and Health*, 8(2), 70-73.