



## AN EXAMINATION WAS TO THINK ABOUT WELLBEING RELATED WELLNESS OF RANI CHENNAMMA UNIVERSITY INTERCOLLEGIATE HANDBALL AND VOLLEYBALL MALE AND FEMALE PLAYERS

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### ABSTRACT

*The state of being fit or “in condition” is of primary concern to any nation or people. The vigor of the individual demands upon his fitness for the task at the hand and basic at any task in fitness for the living itself to the athlete, the concept of training and fitness is the familiar one. Any athletes know that in order to be good at his sport. He must undertake training in skills, attitudes and physical well-being. For those who have few athletes aspirations fitness is just as essential although the ways it is acquired are not clearly marked out, as is the athletes program .*

**KEYWORDS:** Adaptability, Arm Strength, Arm Explosive Power.

### INTRODUCTION

Fitness for life is such a broad concept that the inclination is to break it into distinguished parts – “fitness for what? – implying that life has many specific fitness aspects. Obviously, fitness for the clerk of the court is different from the fitness for the bricklayer. Yet each must maintain the functional integrity, which will enable him to go beyond his job limitations (Rao, Although The Term Physical fitness has a questionable connotation, numerous attempts have made to evaluate “The Functional Capacity for the Task”. Both muscular performance and organic function have been used as criteria for measuring fitness One of the most valid reliable and easy to administrate tests of physical fitness in terms of heat recovery rate is the Harvard Fatigue Laboratory Test of physical fitness. Usually referred to as the Harvard step test It appears that “physical fitness can be maintained only be continuing to train muscularly at least a minimal level. There is no “easy” way to fitness is lying on a vibrating couch, being massaged or riding an electricity driven bike, will do little to maintain physical condition. Active dynamic exercise is the only way to organic efficiency such exercise results is strength, agility, flexibility, co-ordination and ultimately endurance .

It recognizes the interdependence of all the parts and system and thus discards “Physical Fitness” Social Fitness” and “Emotional Fitness” as fictional and illusory if there is fitness of the whole and one develops or maintains fitness through attention to all the desirable practices of human well-being Fitness is affected favorably or unfavorably by the influences, which contribute to, or detract from, all of the functioning parts of the organisms and the organism as a whole Physical education is generally concerned with specific aspects of fitness dealing with physiologic competence. This is not to indicate that such concern can be placed in vacuum called “Physical” or “The Body” and be treated in isolation from the whole .

“The study must be need vigorous form in order to obey the soul; a good servant ought to be robust. The weaker the body, the more it commands the stronger it is, the better it obeys...In order to think we must exercise’s our limbs our and senses and our organs, which are the instrumental of our intelligence. In order to derive all the advantages possible from these instruments, it is necessary that the body which furnishes them should be robust and sound” .

These are not hollow words or the fiction (not real/kalpanic) of an idealist philosophy brain; they are more significant with a stark/strong/rigid reality a reality which the individuals and the nations must take cognizance notice of health and fitness is sine quonon of human life. Healthy and fit citizen is an asset while a weak person, a liability is truism; the former commands and the latter demands; realizing that human efficiency and productivity are very much dependent exclusively on ones health and dependent exclusively on one's health and fitness almost all the countries have given adequate attention to this vital aspect of their life The importance of health and fitness through the medium of physical activity can hardly be under estimated in the modern times when the lifestyle is changing rapidly tremendous urbanization and mechanization of daily routine has resulted not only in hurrying and scurrying but has also deprived people of natural vitality (energy). Vigor (active strength –utsah) muscular power so essential for a purposeful life .

### **Hand ball**

Hand ball is adyanamic, popular and exciting sport that requires athleticism, strenght and satmina, great fitness and most of all, team work. It is sport where players are encouraed to be athletic, be flamobant and inventive, and above all, work together as team, it is one of the most popular sports in the world. Handball is a very fast, dyanmci and exciating game that utilizes movements If all the world's sports (Hardayal Singh, 1984).

Hand ball is believed to be one If humanity's oldest games. Some historians speculate that it predates soccer since humans have always been better at manipulating ojects with their hands than with their feet (Hardayal Singh, 1984).

### **Volley ball**

Volleyball,an extremely popular team sport, belongs to group of receiving sports played on teams. Without coming into direct physical conatct with the opposing team, each side tries to put the ball into the opponents' court in such a manner that it falls to the floor or cannot be returned over the net. The ball may be played a maximum If three on each team before it must be played into the opponents court. Faults result in points being awarded or chage in service. Retaining = having in the initiative=offensive playing style, willing to take risks with the aim of scoring more points.

### **THE STATEMENT OF PROBLEM**

The principle motivation behind the investigation was to think about the Health related wellness of the Rani Chennamma University intercollegiate handball and volleyball people payers.

### **THE DELIMITATIONS OF STUDY**

1. The investigation was confined to Rani Chennamma University intercollegiate handball and volley ball male and female players.
2. The investigation was delimited to the 50 handball and 50 volleyball male and female players.
3. The age of the players was restricted to 18 to 28.
4. The AAHPER Health related wellness test is chosen to survey the wellness of bury university players.
5. The weight record will be utilized to gauge the muscle versus fat state of player.
6. The examination is bound to the accompanying wellness factors.
  - Balance
  - Muscular Strength
  - Flexibility
  - Body Composition
  - Muscular Endurance
  - Cardio Vascular Endurance

### THE LIMITATIONS OF STUDY

1. When testing the subjects the meteorological variety, for example, Air, Temperature, Atmosphere, Pressure, Relative Humidity and so forth were not taken. This would be delimitation for the examination.
2. A physiological factor, for example, Diet, Nutrition, Rest and Practice were not contemplated is another requirement of the investigation.
3. The subjects or players financial statues, propensities and family foundations were not mulled over. This would be delimitation for the examination.
4. Health related physical wellness could be characterized as a logical assemblage of constructive outcomes ordinary and fiery activities with the counteractive action of degenerative ailments such a coronary heart maladies, corpulence and different musculoskeletal disarranges. The accompanying discoveries of the analysts bolster the requirement for propensities related physical wellness. Wellbeing related physical qualification for this investigation is the execution of handball and volleyball players in AAHPER wellbeing related physical wellness test .
5. Cardio Vascular Fitness might be characterized as the capacity of heart and lungs take in and to transports satisfactory measure of oxygen to the working muscle for exercises that includes substantial bulks, to be performed over an extensive stretch of time .
6. Body Composition is utilized to depict the rates of muscle versus fat. Since solid tissue consumes up less room in our body than fat tissue, our body creation, and in addition our weight, decides leanness. Two individuals of equivalent tallness and body weight may appear to be totally unique from one another in light of the fact that they have an alternate body piece .

### METHODOLOGY

The primary reason for this examination was to analyze wellbeing related wellness of Rani Chennamma University Intercollegiate Handball and Volleyball male and female players.

### SAMPLING TECHNIQUE

Basic purposive testing strategy was utilized to gather the information. The subjects were distinguished for the investigation was the players playing at Rani Chennamma University intercollegiate handball and volleyball competitions. The players speaking to their individual universities in the separate diversions. The examination was planned to know the sportspersons wellbeing related physical wellness levels and subsequently the purposive inspecting procedure was utilized to gather the information. The example estimate was 25 each in people handball and volleyball games. All together 100 examples were taken haphazardly to survey wellbeing related physical wellness of the subjects.

These understudies were tried their wellbeing related physical wellness with the assistance of following tests and anticipated wellness segment of each test are given underneath:

- |                            |   |                                  |
|----------------------------|---|----------------------------------|
| 1. Sit And Reach Test      | - | Trunk and Hip Flexibility        |
| 2. Single leg balance      | - | Balance                          |
| 3. Push up                 | - | Muscular quality and continuance |
| 4. Bent knee sit-up        | - | Abdominal continuance            |
| 5. Pull up/flexed arm hang | - | Muscular continuance             |
| 6. BMI                     | - | Body structure (percent fat)     |

Adaptability is the capacity of muscle to perform development with extensive sufficiency (scope of movement). It additionally alludes to useful limit of a joint to travel through a typical scope of movement. It is explicit to a given joint and is in reality more needy upon the musculature encompassing a joint than they in reality more needy upon the musculature encompassing a joint than the genuine body structure of the joint itself .

Strong Strength is the measure of power that can be created by a muscle in a solitary compression .

Solid Endurance is the strong continuance might be characterized as "the capacity of muscle to keep up a specific dimension of strain or to rehash indistinguishable developments or weight over the maximal timeframe with one's maximal endeavors" .

### THE ANALYSES, INTERPRETATIONS AND RESULTS OF STUDY

This examination was intended to think about the wellbeing related physical wellness of Handball and Volleyball players. Fifty handball and fifty volleyball male and female players were taken as subjects for this examination. 't' test was utilized to thought about the mean of handball and volleyball male and female players.

To gauge the above said segments of wellness balance, twisted knee sit ups, pull-ups or flexed arm hang, push up's, sit and achieve tests directing and the scoring was recorded with respect to the guidelines of the AAHPER Tests. The information gathered measurably investigated utilizing fitting statically examination by changing over the crude scores on the institutionalized scores by utilizing standards displays in the supplement.

The information gathered was liable to factual examination by finding the mean and standard deviation. The hugeness was set up by pushing the invalid theory to test. The "t" proportion and the investigation were connected to look at the information gatherings. The "t" proportion was determined to discover the importance distinction between the hand ball and volleyball players' methods for the gatherings at the distinction arranges between the methods were balanced for contrast in starting means and balanced means were tried for hugeness of contrast.

### CONCLUSIONS

1. The male handball players would be wise to wellbeing related physical wellness. Though the female the volley competitors would do well to wellness.
2. The parity variable was critical in regard of male volleyball players than handball players.
3. The solid continuance variable was critical in regard of female volleyball players than handball players.
4. The BMI was critical relationship between's female handball and volleyball players.
5. The aggregate wellness between handball players and volleyball players were critical progressed toward becoming and the way that both the players won't vary much in their execution level.
6. The examples drawn from the investigation demonstrates just handball male players improved execution in force ups, pushups, sit and achieve when contrasted with volley athletes. In female the volley athletes showed signs of improvement execution in equalization, pushups, bowed knee sit ups, sit and achieve test when contrasted with hand competitors.

### RECOMMENDATIONS

1. The same test might be directed on the bury college and national dimension players too.
2. The investigation might be encourage the players and volleyball players in male and hand athletes in female to enhance their execution.
3. The investigation might be directed on various male and female age gatherings.
4. The same examination might be led on various amusement players.
5. The consequences of the examination may choose the players
6. Similar investigation might be led on U.G understudies.
7. Similar investigation might be led in various college grounds.

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