



IMPACTS OF PHYSICAL FITNESS TRAINING PROGRAMMES ON SELF- ESTEEM AND ETHICS OF VOLLEYBALL PLAYERS

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Abstract: The aim of the research was to determine the effects of physical fitness training programmes on Self-esteem and Ethics of volleyball players. Only one group was targeted experimental group, there was no control group. The 30 male volleyball players participated in the study and their age ranged between 19-30 years. Training was given to the experimental groups. The data was collected through respondents in the form of different experimental tests. A training program was planned for 12 weeks, 5 days a week and 90 minutes a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running, jogging, climbing, jumping row and cross country. The result reveals that there was significant effects of Physical fitness training programme was found in Self-esteem and Ethics aspect of Volleyball players.

Key Words : Self-esteem, Ethics, volleyball, Physical fitness

INTRODUCTION

Volleyball is a organized team sport that can be enjoyed by people of all ages and skill levels. One of the many benefits of volleyball is the fact that it can be played year-round in both an indoor and outdoor setting. The regular engagement of exercise and sporting not only Burning calories, Keep a Toned Body, Heighten the Body's Metabolic Rate, Rejuvenate Vital Organs in the Body, Improve the social attributes of an individual, Reduce the stress and anxiety levels, Escape the risk of obesity and gathering body fat, Improves muscle and nerve coordination but also improve the Learning ability self esteem and Ethics . Volleyball coaching ethics include principles such as **competence**, integrity, professional responsibility, respect for participants and dignity, concerns for others' welfare, and responsible coaching. In the modern society, sport has become one of the special phenomena, a matrix of mentality and behavior, especially interesting due to the fact that the whole person with his psycho-physical and spiritual aspect is involved in the activity. Sport as one of the segments in human life, raises the man at all his levels. A successful athlete, coach and theorist Antun Šafarić points out that "sport should achieve specific biological, social and educational goals. Sport develops freedom of creation and turns a man into the subject, and not just an object (Šafarić, 2012).

The research conducted by Brkljačić et al. on the attitudes of athletes about ethics in today's sports have shown that athletes recognize ethical moments in sport, in terms of what is and what is not moral, but also point to the inability to define and recognize ethical dilemmas in sport. Volleyball is a **team game played with a ball and a net**. There are teams on either side of the net. One team hits the ball over the net line and into the other team's court or area, the other team must then hit the ball back over the net and in bounds within three tries without letting the ball contact the floor.

METHODS

Only one group was targeted experimental group, there was no control group. The 30 male volleyball players, participated in the study and their age ranged between 19-30 years. Training was given to the experimental groups. The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses. The study area was restricted to Marathwada region of Maharashtra.

PROCEDURE OF TEST

Pre and post-test was taken on 30 Volleyball Players from various colleges, voluntary to participate in the Physical fitness training programmes. Exclusion criteria were the presence of chronic medical conditions such as asthma, heart



disease or any other condition that would put the subjects at risk when performing the experimental tests. The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during the programmes. They completed an informed consent document to participate in the study. All 30 acted as experimental group for Physical fitness training programmes with no control groups.

APPLIED TRAINING PROGRAM

A training program was planned for 12 weeks, 5 days a week and 90 minutes. a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running, jogging, climbing, jumping row and cross country. There was training programmes in the academic schedule of physical education department. The exercise session should consist of the following procedure: Warm - up period will be approximately 10 min., this was combine callisthenic – type stretching, exercise and progressive aerobic activity. However, cool down period was 5 to 10 min. **Happiness and Kindness aspect measure through the questionnaire** .The data was collected through respondents in 30 volleyball players from different colleges of Swami Ramanand TeerthMarathwada University Instructions was given to the volleyball players.

RESULTS

Table -1

Mean Scores and Standard Deviation of selected Components of volleyball players.

Sr.No.	Components	Volleyball players	
		Mean	Standard Deviation
1.	Age (Year)	22.23	2.33
2.	Weight (Kg)	65.03	7.23
3.	Height (Cm)	175.87	14.12
4.	Competition in one year	7.09	2.33

Table 1 shows the mean (S.Ds.) age of volleyball players was 22.23 (2.33). Their weight was 65.03 (7.23) Kg, and their height was 175.87 (14.12) cm.

Table -2

Mean Scores, standard deviation and t-ratio of the self-esteem of Volleyball players

Dimension	test	Number	Mean	S.Ds	T-ratio
Self-esteem	Pre Test	30	3.39	0.71	4.33*
	Post Test	30	4.30	0.91	

*Significant

Table -2 shows that the mean scores, standard deviation and t-ratio of the self-esteem aspect of universal supreme health for all mental well-being of Volleyball players.

With regards to self-esteem aspect of universal supreme health for all mental well-being of Volleyball players they have obtained the mean values of 3.39 and 4.30 respectively which are given in Table -2 reveals that the significant effects of physical fitness training programme was found out in self-esteem aspect of of Volleyball players.

Mean scores and standard deviation of self-esteem aspect of universal supreme health for all mental well-being score of Pre Test and Post Test of volleyball player are presented graphically in figure-2.

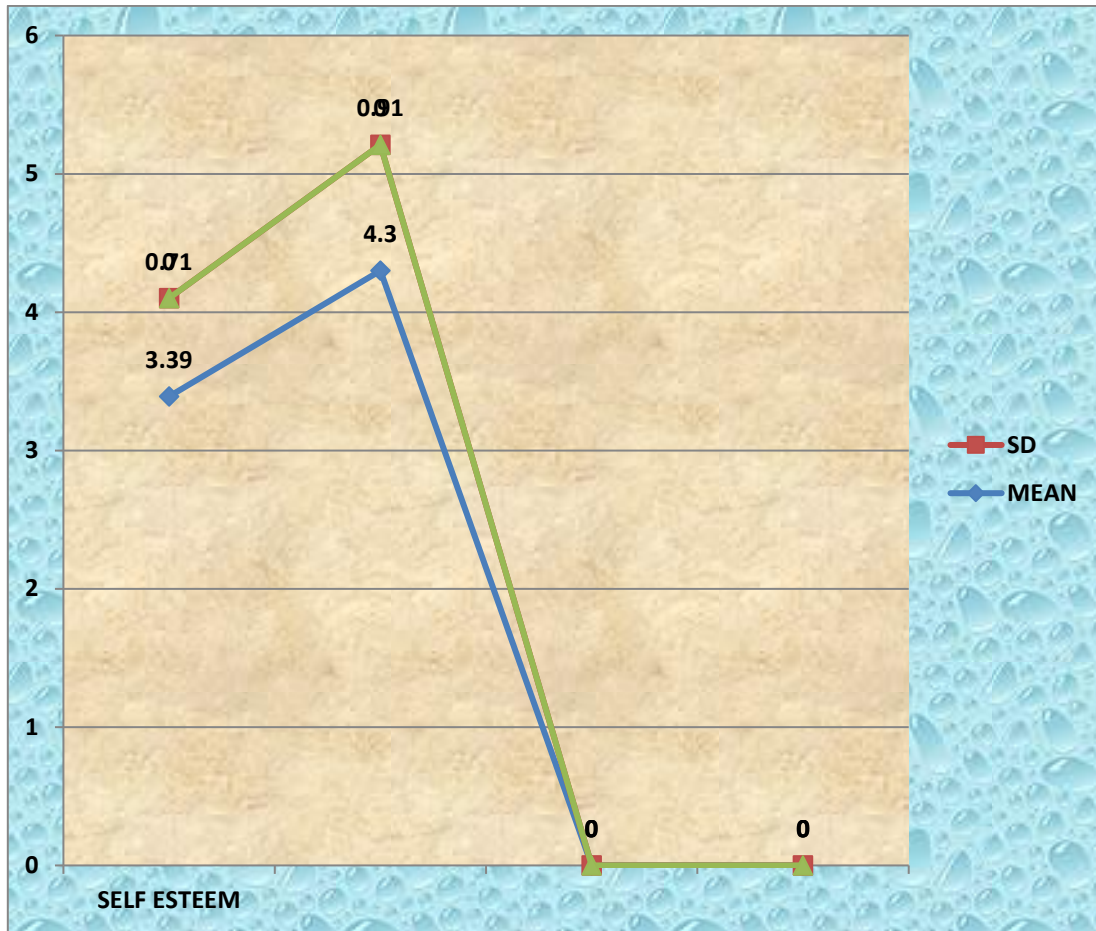


Table -3

Mean Scores, standard deviation and t-ratio of the ethics aspect of universal supreme health for all mental wellbeing of Volleyball players

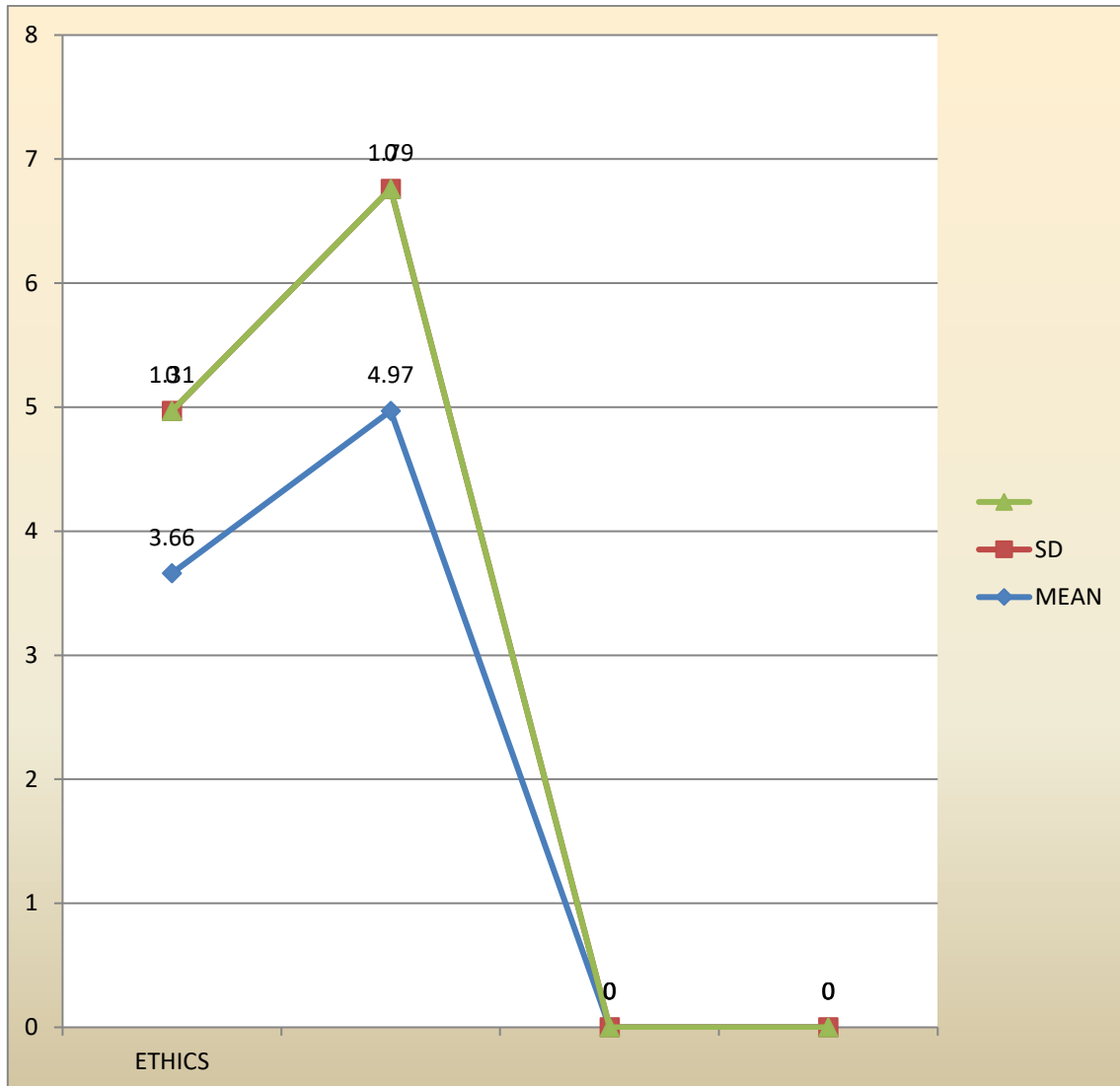
Dimension	Players	Number	Mean	S.Ds	T-ratio
Ethics	Pre Test	30	3.66	1.31	3.27*
	Post Test	30	4.97	1.79	

*Significant at 0.05 level.

Table -3 shows that the mean scores, standard deviation and t-ratio of the ethics aspect of universal supreme health for all mental well-being of Volleyball players.

With regards to ethics aspect of universal supreme health for all mental well-being of Volleyball players they have obtained the mean values of 3.66 and 4.97 respectively which are given in Table -3 reveals that the significant effects of physical fitness training programme found out in ($t= P < 0.05$) ethics aspect of universal supreme health for all mental well-being of Volleyball players.

Mean scores and standard deviation of ethics aspect of universal supreme health for all mental well-being score of Pre Test and Post Test of volleyball player are presented graphically in figure-3.



DISCUSSION

The happiness aspect is directly related to sports performance. The findings of the study reveal that the significant effects of physical fitness training programme were found out in Self-esteem of Volleyball players. The physical fitness training programme has improved the self-esteem of Volleyball Players. In addition, the result reveals that the significant effects of physical fitness training programme were found out in ($t=P < 0.05$) to Ethics and emptying aspect of Volleyball players. The physical fitness training programme has improved Ethics of Volleyball Players. The physical, mental and emotional benefits of playing volleyball are unparalleled. Ethics simply helps a person in distinguishing between the right and wrong, good and bad, just and unjust, acceptable and unacceptable. It incorporates the ethical standards or the code of ethics guiding a person into the right path by instilling discipline and other virtues in our life's daily activities. There are four key ethics in sports: fairness, integrity, responsibility and respect. Player as well as coach must follow the rules and regulation of their specific game. The rules must be applied equally to both teams by the referees; personal interest or biasness should not be seen in results. Ethics serve as a guide to moral daily living and helps us judge whether our behavior can be justified. Ethics refers to society's sense of the right way of living our daily lives. It does this by establishing rules, principles, and values on which we can base our conduct.

Exercise not only has a positive impact on our physical health, but it can also increase our self-esteem. Self-esteem is how we feel about ourselves and how we perceive our self-worth. It is a key indicator of our mental wellbeing and our ability to cope with life stressors. (Baumeister, R.F., Campbell, J.D., Krueger, J.I. & Vohs, K.D. (2003))

Physical activity has been shown to have a positive influence on our self-esteem and self-worth. This relationship has been found in children, adolescents, young adults, adults and older people, and across both males and females (Lindwall, M. & Aşçı, F.H. (2014))



Participation in regular physical activity can increase our self-esteem (Alfermann, D. & Stoll, O. (2000). and can reduce stress and anxiety. (Salmon, 2001) It also plays a role in preventing the development of mental health problems (Zschucke, , Gaudlitz, . & Strohle,2013) and in improving the quality of life of people experiencing mental health problems. (Alexandratos, K., Barnett, F. & Thomas, Y. 2012) . Ethical behavior in sports can promote ethics-driven behaviors in other areas, such as helping others in need, building trust, respecting dignity, and treating others equally. Additionally, a commitment to ethical behavior can allow athletic programs and athletes at any level to form better connections with their communities. Sports ethics is that branch of the philosophy of sport addressing the specific ethical questions that arise during and around sports competitions.

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