

Comparative study on BMI among intercollegiate volleyball players

Sanjeev Kumar KS, Vileep KS

Guest Lecturer, DoS in Physical Education, Kuvempu University, Shankaraghatta, Shivamogga, Karnataka, India

Abstract

Introduction: Sports have an undeniable role in the society. As society changes so does sport. Games in the early years were local and informal. The rules were simple and changing according to the number of participating and the local. As cities grew, clubs were formed and interclub competitions began. Eventually cities played against other cities as transportation developed and as coaches, steamboats and railways reduced the time to travel long distance. Finally, there were regional, national and international competitions and corresponding governing bodies. All these developments took time and occurred as cities reached a certain stage of development and inventions occurred to make these improvements possible.

Purpose: The purpose of the study was to compare BMI among Kuvempu University intercollegiate Volleyball players.

Methodology: The purpose of the study was to compare BMI among Kuvempu University intercollegiate Volleyball players. To achieve this purpose sixty male players were selected during intercollegiate tournament each Thirty from Shivamogga and Chikkamagaluru district. Simple random sampling technique was used to select the subjects. In order to measure the body mass index intercollegiate Volleyball players test is used to standing height and weight were measured using standard protocols through a wall mounted stadiometer and weighing machine respectively.

Results: To achieve the purpose of the study data collected was subjected to statistical analysis. The collected data was treated with 't' test statistical technique to know the BMI of Kuvempu University intercollegiate Volleyball players.

Conclusion: Within the limitations of the present study results showed that there was a not significant difference in BMI.

Keywords: BMI, sports, intercollegiate, volleyball, university

1. Introduction

Sports have an undeniable role in the society. As society changes so does sport. Games in the early years were local and informal. The rules were simple and changing according to the number of participating and the local. As cities grew, clubs were formed and interclub competitions began. Eventually cities played against other cities as transportation developed and as coaches, steamboats and railways reduced the time to travel long distance. Finally, there were regional, national and international competitions and corresponding governing bodies. All these developments took time and occurred as cities reached a certain stage of development and inventions occurred to make these improvements possible (Uppal 1992).

Sport is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and the external rewards earned through participation.

In recent times, the field of sports has become popular, since youth in quite large members from developed, developing and under developed countries are participating in large numbers with a recreational and professional approach. The outcome of their quantitative participations is the resultant performance and vast improvement in the sports and games standard. The impact of knowledge of science on sports has raised the standard of sports manifold during the past century. The

improvement in performance as taken place due to the application of the science to various levels, such as improvement in facilities, training methods, conditioning, nutrition, psychological intervention strategies and professionalization of sports itself.

Physical activity provides important health benefits for adolescents, including increased physical fitness, reduced body fatness, favorable cardiovascular and metabolic disease risk profiles, enhanced bone health, and reduced symptoms of depression and anxiety (Physical Activity Guidelines Advisory Committee 2008).

Fitness is a state which often characterizes the degree to which a person is able to function. Ability to function depends upon the physical, mental, emotional, social and spiritual components of fitness, all of which are related to total fitness. While fitness is the maximal, economical and efficient functioning of the body, health is referred to as optimal homeostatic functioning of the body (Hardyal Singh, 1996).

2. Methodology

The purpose of the study was to compare BMI among Kuvempu University intercollegiate Volleyball players. To achieve this purpose sixty male players were selected during intercollegiate tournament each Thirty from Shivamogga and Chikkamagaluru district. Simple random sampling technique was used to select the subjects. In order to measure the body mass index intercollegiate Volleyball players test is used to standing height and weight were measured using standard

protocols through a wall mounted stadiometer and weighing machine respectively.

3. Statistical Analysis

To achieve the purpose of the study data collected was subjected to statistical analysis. The collected data was treated with 't' test statistical technique with the help of SPSS (20th version).

4. Results and Discussion

Table 1: Showing the mean value, standard deviation and 't' score of body mass index

Players	Sample Size	Mean	Std. Deviation	't' value
Shimoga Players	30	21.073	1.956	.641
Chikamagalore Players	30	21.360	1.476	

*Significant at 0.05 level.

It is clear from the above table that calculated 't' value .641 is lesser than the table value so it is not significant difference between Shivamogga and Chikkamagaluru district intercollegiate male Volleyball players on Body mass index. The activity or game like Volleyball players are in time tent in nature. So there is not much structural difference in Body mass index of both players.

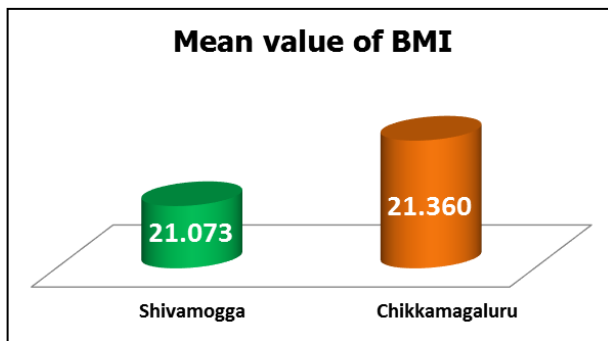


Fig 1: Graphical representation of the comparison of mean value of body mass index between Shivamogga and Chikkamagaluru intercollegiate male Volleyball players.

5. Conclusion

On the basis of the study and within the limitation already cited, the following conclusions were drawn. There was a not significant difference in BMI.

6. References

1. Diane C. Gill. Psychological Dynamics of Sport and Exercise.
2. Everts Edger W, Hathaway Gordon J. The use of the Belt to measure leg strength Administration of Physical Tests, Research Quarterly. 1938; 9(3):62.
3. Bompa Tudor O, Carrere Michael C. "Periodization training for Sports", Library of Congress Cataloging in Publication. 2005; pp. 15-45.
4. Kansal Devendra K. Test and Measurement in Sports and Physical Education, 1996.
5. Masayuki Takeuchi, Takeshi Nakajima. Competition anxiety, self-confidence, personality and competition

performance of American elite and non-elite judo athletes David Matsumoto.