



COMPARISON OF INTERVAL BETWEEN JUMP AMONG INTERNATIONAL MALE AND FEMALE VOLLEYBALL PLAYERS

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ABSTRACT The purpose of investigation was to compare the interval between jump among international male and female volleyball players and as per the availability of match videos the purposive sampling was considered for selection of subjects. In each category four matches were analyzed according to the playing position by the help of video analysis in adopted format. For comparison of mean of male and female volleyball players on selected variable 't' test was used as a statistical technique and finding shows that there was significant difference on interval between jump of middle blocker and no significant difference among setter, outside player and opposite player between male and female volleyball players.

KEYWORDS : interval between jump, Volleyball**INTRODUCTION**

Volleyball, game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned. To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches the court surface—that teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net. A team is allowed only three touches of the ball before it must be returned over the net.

Volleyball places a large number of demands on the technical and physical skills of a player. During the course of play, players are required to serve, pass, set, attack, block and dig the ball. Playing volleyball requires flexibility, good balance, upper and lower body strength and speed in order to be played effectively.

Due to specialization and position of play each player have to tackle different physical and temporal demands during game and according to this difference more accountability of performance of players can be achieve by giving more weightage on these variables along with other performance factors and on the basis of this concept the study was conceptualized to Compare the Interval between Jump among Male and Female Volleyball Players.

METHODOLOGY

For the present study 16 international teams of senior category in male and female were selected as subject by employing purposive sampling. According to position of play outside hitter, middle blocker, opposite player and setter were selected as subject from each selected team except the libero and four matches in each category were analyzed. . Video analysis was used for collection of data on selected variable according to the position of play. By the help of laptop on slow motion mode the data were recorded.

T-test was used in order to examine the significant difference among male and female volleyball players and the level of significance was set at 0.05. and all statistical technique were computed by using SPSS version 17.

RESULT AND DISCUSSION

Comparison between male and female volleyball players on selected variable were presented in table 1.

Table 1
Comparison of Interval between Jump among Male & Female Volleyball players

Interval between Jump	Playing position	Male		female		Cal. "t"
		Mean	SD	Mean	SD	
	Setter	52.75	4.50	56.50	6.25	.974
	Middle Blocker	80	5.72	68.25	6.98	2.661*
	Outside Player	81.75	6.18	77.75	6.25	1.012
	Opposite Player	70.75	10.75	68	7.93	.374

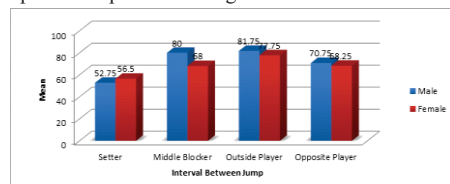
* Significant at 0.05 level, Tab. 't'.05 (6) = 1.98

Table-1 reveals the Mean, Standard deviation and cal. 't' of male and female volleyball players on selected variables. the 't' value of setter, middle blocker, outside hitter and opposite player on interval between jump according to playing position are .974, 2.661, 1.012, &.374 respectively.

A significant difference was observed only in middle blocker between male and female players and other playing position were shown no significant difference among male and female group.

In female category duration of rally is longer than the male because service and spikes are not as powerful as compare to male players. Emergency techniques of volleyball also strengthen the defense which cause longer rally. Due to longer rally interval between jumps of middle blocker shows significant difference among the male and female players. In every rally of the game middle blocker is the only player who has to jump for block on every opponent attack along with own attack development. In female more balls are given to middle blocker for attack due to weak block and better 1st pass.

The graphical representation of mean of selected playing position of each group has been presented in figure 2 and 3.

**CONCLUSION**

In volleyball the training has been given according to the interval, rally and on the basis of playing position. Player's involvement in play according to their playing position must be given more emphasis to utilize the players wisely and to insure the high performance so this element must be an integral part of systematic training plan of our coaches. In this regards the research in Volleyball has been increased with the purpose to provide information regarding player, player's requirement, and characteristics of playing position.

For this purpose the study was conducted to compare the selected variables according to playing position of male and female volleyball players and it was concluded that there was significant difference on interval between jump of middle blocker between male and female player and no significant difference were found among setter, outside group and opposite player.

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