

A Study on Sports Culture Attitude of Female Volley-Ballers of Uttar Pradesh

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Abstract

Physiological, mechanical, mental, as well as strategic abilities are all required in ball sports. Players' view of the physical, for example, have a significant impact on individual player performance and team strategies. As a result, athletes must be physically capable of meeting the sport's demands. Volleyball is one of the most popular sports on the planet. Unfortunately, the Indian volleyball players' performance falls well short of international standards. The purpose of this research would have been to analyse the findings among volleyball professionals' suppleness, cardiovascular endurance, power, as well as cardio-respiratory cardiovascular fitness against age-matched subjects. The goal of this study was to find out how female volleyball players felt about various aspects of Uttar Pradesh's sports culture. The subject included 160 female volleyball players from around the state. Between June 20th and July 20th, 2021, a 5-point Likert Scale was used to calculate the subject's information, with the researcher thoroughly instructing on how to utilise all tools and procedures. The Opinions evaluation score of Female Volleyballers has a major impact on the many elements of Uttar Pradesh's sports culture.

Keywords : Female, Sports Attitude, Sports Culture, Volley-Baller.

I. INTRODUCTION

Sport has evolved into a massive and complicated cultural phenomenon. It has such a large reach that virtually everyone has been interested with it in some manner. It has a large number of participants. Various research studies conducted by experts in various sports activities for the selection and development of talent in sports, as well as for improved performance at various levels of competition. The performance of a sportsperson is influenced by a variety of things. Physical, mental, technical, as well as tactical are the four categories. Physical talents are perhaps the most essential among them. Skills, training, motivation, and physiological variables all have a role in performance. The poor performance of Indian athletes as well as sportsmen in international competition has

concerned many people, particularly coaches, physical educators, and sports scientists[1].

Long-term efforts have been undertaken to enhance the standards of our athletes; nevertheless, little progress has been accomplished thus far. Volleyball is one of the most popular sports on the planet. It's a game of strength, agility, and speed. The importance of physical conditioning in this game cannot be overstated. As a consequence, mental wellbeing issues have a significant impact on the performance of the competitors. As a result, the objective of this research was to evaluate several fundamental fitness and strength measures in basketball players, such as flexibility, muscular endurance, power, and cardio-respiratory endurance, and to identify any gaps in the physical fitness level so that we

could make some useful recommendations to improve volleyball players' performance[2]. With this in mind, research was conducted to compare the physical fitness characteristics of university volleyball players and players who compete at a higher level (state level, national level) to age-matched controls and worldwide standards.

Volleyball is a popular sport in which people participate on a daily basis. It requires a lot of short bursts of high-intensity movement, followed by periods of low-intensity exercise. Due to the high-intensity bursts of exercise and the length of the competition, participants would have to have well-developed aerobic and anaerobic alactic (ATP-CP) energy infrastructure. As a result, volleyball players must have a high degree of speed, speed and agility, upper-body and lower-body muscular strength, as well as maximal cardiovascular power [3]. Several studies have looked at the link amongst morphological and biochemical effects in basketball players.

Under typical bio-kinetic conditions, the most voluntarily financial strain that an individual could produce seems to be the result of forceful flexion including all hands and fingers, which requires numerous muscular from the inside of the hand and arm. Estimating resistance training is crucial in sports like football, handball, basketball, volleyball, and baseball, where a high degree of grip strength is necessary for success. Tennis players, for instance, who lack enough grip and forearm strength, might very well acquire laterally epicondylitis, commonly known as racket elbow.

The strength of one's grasp is often neglected or taken for granted, yet it plays an important part in prevention strategies as well as general strength development. In several situations, grip development has already been prescribed as a treatment for ailments like golfers' elbow as well as tennis elbow. Incorrect strength ratios between the elbow as well as forearm muscles are frequently the source of these illnesses[4]. When the forearm flexors, such as the biceps and brachialis, are too powerful for the elbow flexors, unequal stress builds up in the soft

tissue, causing elbow discomfort. Handgrip strength as well as specified arm-anthropometric characteristics in Indian basketball and volleyball players have also been described in recent research.

Resistance training has an impact on a person's biological differences, which is a key topic of demographics study. It's frequently used for a physical examination of physiological health and functional endurance, as well as a diagnostic of overall physical strength, thumb as well as forearms muscular effectiveness, though as a health and nutrition indicator. Handgrip strength appears to be a physiological measure that is affected by a number of factors, including age, gender, as well as body size [5].

Towards the best of the researcher, data on the relationships between hand- and arm-anthropometric characteristics as well as grip strength in volleyball players has mainly remained unpublished. In fact, handgrip strength has much been a better predictor of total body endurance. Traditionally, there would have been significant associations amongst handgrip strength as well as several morphological features. The objective of the present study would have been to find links between physical health as well as selected hand as well as arm anthropometric features in order to increase participant performance and minimize sport-specific injuries, which was really a practical goal. The recent study's hypothesis though is that Indian female volleyball players would have stronger turn it into an output than controls, but also that muscular endurance would also have clear associations with the chosen shoulder and forearms morphological parameters [6].

An athlete's success is largely determined by anthropometric dimensions and morphological features. Over the last several decades, there has been a huge growth in interest regarding anthropometric features and body composition of athletes from various international competitions. All ball sports need a wide range of skills, encompassing physical, technical, mental, but also tactical. Physical talents of players seem to be more essential amongst them

because they have a significant impact on player skill and team strategies.

Altitude generally identified as the most important person's appearance in volleyball, since teams manipulate the ball above your heads. With the exception of right upper extremities length as well as right forearm chest circumference, all Eminent Indian soccer players have significantly higher values that their shows that the number throughout this study. The athletes' regular physical activity and training may be to blame for some of these discrepancies. When tried to compare compared their global peers, Indian female volleyball players had poorer median height and build values that female volleyball players from the United States as well as Turkey. The quantity of ferocity with which the individuals participated possibly account for these differences. As per data, Indian inter-university women volleyball players had a much larger length and body weight compared, which might also make achieving a reasonable jumping distance more challenging even though they may lift additional weight [5].

Strong associations were discovered between handgrip strength, a physical performance measure, including 2 hands- as well as 4 arm anthro-pometric parameters. Handgrip strength was previously found to have substantial connections with several anthropometric features, with males having a stronger grip than females [6].

Athlete's attitudes towards physical education and physical activity have a significant role in his performance. Positive attitudes are an important steady steering wheel driving the athletes towards performance enhancement. Better mental and physical health is central to human happiness and well-being. It also makes an important contribution to state and nation progress, as physical and mental health populations live longer and act positively. Sports attitude is a psychological idea, a mental and emotional entity that inheres in or characterizes a person in the relevance of physical activity and sports. They are complex and are an acquired state through

experiences[7]. The purpose of this study was to determine the Attitude of female volleyball players on various dimension of sports culture of Utter Pradesh.

II. LITERATURE REVIEW

Grit and determination is certainly necessary for top athletic performance, according to the research. Grit and determination seems to be an underlying psychological quality of aerobic fitness, according to D. Vinson and A. Parker. Regrettably, even though many people recognise the value of grit and determination, few completely comprehend it. "While sports people frequently discuss mental toughness, it is rarely defined explicitly." Players and coaches have been using this word all the time without really understanding the individual and what it really entails.[8].

L. Sullivan and M. Molcho conducted research to determine the variations in grit and determination amongst cricket players of various ages. To do this, ninety cricket teams between the ages of 10 and 21 were chosen from either the Chennai District, whom practise the games on a daily basis and compete in various events. All of the participants completed the Mental Toughness Questionnaire, a standardised sports psychology instrument created by Dr. Goldberg. The study's findings revealed there had been a substantial difference throughout grit and determination among cricket players, with the 18-21 year old group having much more grit and determination than that of the other age categories. This might be related to their gaming expertise [9].

Y. Koc investigated the effects of psychosocial interventions upon that mental resilience qualities of table-tennis professionals, including generalized relaxing, visualisation, as well as a blend of the following. The research included 32 national-level table-tennis players between the ages of 12 and 17. The findings show that all three psychological therapies improved sportspeople's grit and determination. However, a combination strategy that included both relaxation as well as visualisation therapy had the greatest influence on psychological hardiness [10].

R. A. Laar and colleagues investigate the impact of healthy psychological strength scores inside the early stages of something like the tournament on succeeding amongst Malaysian footballers. The survey method from Loehr's 1986 Psychological Performance Instrument (PPI) was utilised in this study. The differential in mental strength among elite and non-elite players, as well as professional and amateur players, was assessed. Aside from that, there's a link between the players' category, position, overall success as well as the seven mental toughness dimensions. The findings of the comprehensive study revealed whether Malaysian professional athletes had exceptional grit and determination [11].

According to B. G. Kurowski et al., a key study discovered that Korean national coaches and athletes seemed to have a positive mindset regarding students' performance, as well as a positive attitude toward self-concept as well as character building, which included social, moral, and general components. Female international athletes were more enthusiastic in participating in athletics than their male colleagues. International sportsmen have a more positive perception of competitive competitors. National level athletes in Korea showed a more favourable view toward sports activity than national and international coaches [12].

III. METHODOLOGY

1.1. Design:

For this study, State representative female volleyball players were considered as a subject from over the many districts of Uttar Pradesh. 160 female volleyball players were active and with the regular under the supervision of qualified coaches put their opinions through questionnaires (Google form), 5 Point Likert Scale (1. Strongly disagree; 2. Disagree; 3. Disagree; 4. Agree; 5. Strongly agree) was used for calculating the subject's information in between 20 June to 20 July 2021.

1.2. Sample:

All-female respondents represent the volleyball games, Researcher carefully instructed how to fill questionnaires through the Google form, used all tools and techniques as per the prescribed format which is suggested by the physical education experts. Reliability determined through test-retest method and validity assumed by subjective rating from experts was developed by the researcher under the guidance of experts was used to fathom out the attitude of volleyball players on the various dimension of sports culture.

1.3. Data Collection:

Table 1 shows opinion rating score of female volley-ballers.

Table 1: Opinion rating score of Female Volley-ballers

<i>Statements</i>	<i>Strongly Agree</i>	<i>Agree</i>	<i>Undecided</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
India is having a good heritage of sports.	31.25%	37.50%	12.50%	18.75%	
Participation in sports is a great reliever from stress generated out of fast competitive life style.	18.75%	37.50%	31.25%	12.50%	
Sports person contribution to the society is greater than that of a non-sportsman.	18.75%	31.25%	31.25%	25.00%	12.50%
Participation in sports is essential for maintaining a health-related quality life.	56.25%	12.50%	31.25%	37.50%	
Physical fitness is of great importance	50.00%	37.50%	12.50%		

for success in any competition.					
Sports person are much disciplined.	50.00%	37.50%	12.50%		
Sports is a way to maintain youthful agile body.	75.00%	18.75%	6.25%		
Physical feelings after strenuous practice session are very enjoyable.	37.50%	37.50%	37.50%		
Parents should encourage children more for studies than sports.	18.75%	25.00%	31.25%	6.25%	
A active life style is essential for optimal mental functioning.	43.75%	37.50%	12.50%	6.25%	
A sport is as important as academic education.	56.25%	27.00%	16.75%		
Sports person are well adjusted in the society.	43.75%	37.50%	6.25%		
Sports should be offered to each student of school/ colleges.	50.00%	37.50%	12.50%		
Sports activity should be a part of school curriculum.	50.00%	50.00%			
Support of family members is very important in one's success in sports.	62.50%	37.50%			
Sports facilities at schools are negligible in our country.	50.00%	31.25%	18.75%		
Media does not give equal importance to all the sports in our country.	56.25%	43.75%			
Scientific training is the base for enhancement of performance.	37.50%	31.25%	25.00%	6.25%	
The better performance of world athletes in comparison to India is because of their advanced scientific training methods.	50.00%	43.75%	6.25%		
The better performance of world athletes in comparison to Indian athletes is because of their better infrastructure and equipment.	56.25%	43.75%			
The better performance of world athletes is because of better incentives given to them in comparison to Indian Athletes.	43.75%	37.5%	18.75%		
In individual game it is possible to reach on top by one's own hard work and performance.		31.25%	37.50%	18.75%	12.50%
Badminton, Lawn Tennis, Table Tennis are game of upper middle class.	50.00%	37.50%	12.50%		
Coach and seniors should be respected.	37.50%	50.00%	12.50%		
Generally parents don't prefer sports as a good career for their children.	43.75%	37.50%	6.25%	12.50%	
Fair play is always rewarding.	18.75%	18.75%	25.00%	37.50%	

India should be given the chance to host Olympic games.	56.25%	43.75%			
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1.4. Data Analysis

- Out of total 160 female volleyball Players, 31.25% strongly agree, 37.50% agree, 12.50% undecided and 18.75% disagree with that statement India is having a good heritage of sports.
- Out of total 160 female volleyball Players, 18.75% strongly agree, 37.50% agree, 31.25% undecided and 12.50% disagree with that statement from Participation in sports is a great reliever from stress generated out of fast competitive life style.
- Out of total 160 female volleyball Players, 18.75% strongly agree, 31.25% agree, 31.25% undecided and 25.00% disagree with that Sports person contribution to the society is greater than that of a non-sportsman.
- Out of total 160 female volleyball Players, 56.25% strongly agree, 12.50% agree, 31.25% undecided and 37.50% disagree with Participation in sports is essential for maintaining a health-related quality life.
- Out of total 160 female volleyball Players, 50.00% strongly agree, 37.50% agree, 12.50% undecided with that Physical fitness is of great importance for success in any competition.
- Out of total 160 female volleyball Players, 50.00% strongly agree, 37.50% agree, 12.50% undecided with that sports person are much disciplined.
- Out of total 160 female volleyball Players, 75.00% strongly agree, 18.75% agree, 6.25% undecided with that Sports is a way to maintain youthful agile body.
- Out of total 160 female volleyball Players, 37.50% strongly agree, 37.50% agree, 37.50% undecided with those Physical feelings after strenuous practice session are very enjoyable.
- Out of total 160 female volleyball Players, 18.75% strongly agree, 25.00% agree, 31.25% undecided and 6.25% disagree with that Parents should encourage children more for studies than sports.
- Out of total 160 female volleyball Players, 43.75% strongly agree, 37.5% agree, 12.5% undecided and 6.25% disagree with that active life style is essential for optimal mental functioning.
- Out of total 160 female volleyball Players, 56.25% strongly agree, 27.00% agree, 16.75% undecided with that a sport is as important as academic education.
- Out of total 160 female volleyball Players, 43.75% strongly agree, 37.5% agree, 6.75% undecided with that Sports person are well adjusted in the society.
- Out of total 160 female volleyball Players, 50.00% strongly agree, 37.5% agree, 12.50% undecided with that Sports should be offered to each student of school/ colleges.
- Out of total 160 female volleyball Players, 50.00% strongly agree, 50.00% agree, with that Sports activity should be a part of school curriculum.
- Out of total 160 female volleyball Players, 62.50% strongly agree, 37.50% agree, with that Support of family members is very important in one's success in sports.
- Out of total 160 female volleyball Players, 50.00% strongly agree, 31.25% agree, 18.75% undecided with that Sports facilities at schools are negligible in our country.
- Out of total 160 female volleyball Players, 56.25% strongly agree, 43.75% agree, with that Media does not give equal importance to all the sports in our country.
- Out of total 160 female volleyball Players, 37.50% strongly agree, 31.25% agree, 25.00% undecided and 6.25% disagree with that Media does not give equal importance to all the sports in our country.
- Out of total 160 female volleyball Players, 50.00% strongly agree, 43.75% agree, 6.25% undecided with that the better performance of world athletes in

comparison to India is because of their advanced scientific training methods.

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- Out of total 160 female volleyball Players, 31.25% agree, 37.5% undecided and 18.75% disagree and 12.5% Strongly Disagree with that in individual game it is possible to reach on top by one's own hard work and performance.
- Out of total 160 female volleyball Players, 50% strongly agree, 37.5% agree, 12.5% undecided with that Badminton, Lawn Tennis, Table Tennis are game of upper middle class.
- Out of total 160 female volleyball Players, 37.50% strongly agree, 50% agree, 12.5% undecided with that Coach and seniors should be respected.
- Out of total 160 female volleyball Players, 43.75% strongly agree, 37.5% agree, 6.25% undecided and 12.5% disagree with that generally parents don't prefer sports as a good career for their children.
- Out of total 160 female volleyball Players, 18.75% strongly agree, 18.75% agree, 25% undecided and 37.5% disagree with that Fair play is always rewarding.
- Out of total 160 female volleyball Players, 56.25% strongly agree, 43.75% agree, with that India should be given the chance to host Olympic Games.

IV. RESULTS AND DISCUSSION

Receiving from the Opinions rating score of Female Volleyballers have a significant role on the various dimensions of sports culture of Uttar Pradesh. In a major research, it was

shown that Korean national coaches and athletes had a positive mindset toward students' performance, as well as a positive attitude about self-concept as well as character building within social, moral, and general aspects. Female nationwide athletes were more enthusiastic in participating in sports compared their male counterparts. Athletes from other countries showed a more positive view about athletic sportsmen. National level athletes in Korea would have a more positive mindset toward sports activity than national and international coaches. National level athletes in Korea have a much more positive mindset regarding sports activity versus national and international coaches. While researching university students' perspectives regarding aerobic fitness, researchers discovered that because there was no massive distinction mostly on personality inventory regarding regular physical activity as well as its position in educational programmes amongst science, exercise science, as well as liberal arts majors.

V. CONCLUSION

Mechanical, mechanical, mental, and tactical abilities are all required in ball sports. Players' physical abilities, for instance, have just a big influence on individual performance and team plans. The little differential in grit and determination amongst females and males volleyball players might be attributable to the fact that the players were more or less equal in competence, were so much more emotionally secure, and even had a decent muscular endurance. In a crisis, they can maintain pressure transducer. Both had a strong desire to win the trophy inside the 12th Southeast Asia Championships, which must've been the deciding factor.

As a result, athletes must be physically capable of meeting the sport's demands. Volleyball is one of the most popular sports on the planet. Unfortunately, the Indian volleyball players' performance falls well short of international standards. The goal of this study was to evaluate volleyball players' flexibility, muscular endurance, power, and cardio-respiratory

endurance, as well as compare the results to age-matched controls.

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