

## A STUDY ON THE PHYSICAL FITNESS AMONG VOLLEYBALL AND TENNIS-VOLLEYBALL PLAYERS OF SANGLI

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Article Info	ABSTRACT
<p><b>Article History:</b> Received: 17<sup>th</sup> January 2026 Accepted: 22<sup>nd</sup> January 2026 Published: 02<sup>nd</sup> February 2026</p> <hr/> <p><b>Keywords:</b></p> <p><i>Physical fitness, speed, strength, endurance</i></p>	<p><i>This research was conducted to study the difference in Physical fitness among Tennis-Volleyball and Volleyball Players of Sangli District. In this research, 20 Male Tennis-volleyball Players and 20 Volleyball Players between the age group of 17 Years to 19 Years were taken. The AAPHER Youth Fitness Test, consisting of 6 Items were used for the Study. It was found that Volleyball Players have good Physical Fitness compared to the Tennis-volleyball Players. This study shows that the Volleyball Players are good because they do good Physical Training compared to Tennis-volleyball Players. The Volleyball Players are having very good speed, strength, and endurance.</i></p>

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**INTRODUCTION:**

The study aimed to investigate the selected AAPHER Youth Fitness Test, consisting of 6 Items. Field Volleyball is a sport with a long and short history that has undergone quite rapid and radical changes, but Tennis-volleyball does not have a long history. The advent of Volleyball, the Synthetic playing surface has changed the technical, tactical, and physiological requirements of the game at all levels, and Tennis-volleyball players play on open mud ground, with the lack of technical, tactical, and physiological requirements of the game at all levels. To achieve the best possible performance, Physique and body composition play an important role in the playing field Volleyball and Tennis-volleyball. The history of Physical fitness has often been an essential objective of various groups and governments. Early Greek and Chinese Civilizations were concerned with the Physical development of the Individual. Each change in civilization through the ages brought a change in the need for physical fitness. Fit persons are the nation's pride, and they are an asset to the country in all respects of progress and development. Physical fitness is the ability to endure, withstand stress, and carry on in circumstances where an unfit person could not continue. For one to be considered physically fit, the heart, Lungs and muscles have to perform at a normal level for the Individual to continue feeling capable of performing an activity. Fitness is the ability of an individual to life full and balanced life. The total Fit person has a healthy and happy outlook on life. Physical fitness of a player in any game can enhance his ability to execute efficiency skill, at any time under any situation for a longer duration. Sports and physical fitness aim to develop muscular coordination through the worthy use of leisure time through physical activity. Physical fitness provides the capacity to perform an activity. Modern competitive performance demands intensive training every day throughout the year, to maintain Fitness for peak-level performance of peak level. The techniques and skills in sports and games have advanced to the point that competitive sports participants are required to possess a high degree of Physical fitness.

**METHODOLOGY:**

To find out the Physical Fitness among the Volleyball and Tennis-Volleyball Players of Sangli district. Sample were selected 20 Volleyball and 20 Tennis-volleyball players of Sangli district who have taken part in the District championship tournaments for the year 2011-12. To find out the Physical Fitness, the AAPHER Youth Fitness Test, consisting of the following Items are used in the study: 1. Pull Ups, 2.Sit Ups, 3. Run, 4. Standing Broad Jump, 5.50 Yard Dash, 6.600 Yard Run. The above Tests are conducted on selected Volleyball and Tennis-Volleyball Players.

**Table: 1**

	GROUP	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig.(2-tailed)
50 Yard Dash	Volleyball Players	20	6.72	0.45	0.12	-3.30	28.00	0.00
	Tennis-Volleyball Players	20	7.25	0.50	0.14			

600 Yard	Volleyball Players	20	1.81	0.25	0.06	-	28.00	0.05
	Tennis-Volleyball Players	20	1.90	0.30	0.07	2.05		
SBJ	Volleyball Players	20	0.45	0.44	0.09	3.74	28.00	0.01
	Tennis-Volleyball Players	20	0.46	0.32	0.07			
Pull- Ups	Volleyball Players	20	5.50	0.50	0.04	2.14	28.00	0.00
	Tennis-Volleyball Players	20	2.50	0.40	0.10			
Sit-Ups	Volleyball Players	20	2.25	0.39	0.08	-	28.00	0.05
	Tennis-Volleyball Players	20	2.15	0.35	0.04			
Run	Volleyball Players	20	6.50	0.30	0.12	2.53	28.00	0.00
	Tennis-Volleyball Players	20	4.50	0.40	0.10			

**CONCLUSION:**

In conclusion, the present study Table 1 shows the performance of Physical Fitness among Volleyball and Tennis-Volleyball Players. It is found that Volleyball Players are having better performance than Tennis-Volleyball Players in the 50 Yard Dash, 600 Yard Run, Standing Broad Jump, Pull-ups, and Sit-ups, and Tennis-Volleyball Players are found to be good in the Run.

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