

SUMMARY

PHYSICAL EDUCATION

Physical education is the perfect combination of theory and practical. It involves 50% theory and 50% practical. Here, practical means all sports i.e. Athletics, Adventure Games, Aquatic Games, Major Games, Combat Games, Ball and Rocket Games, Recreational Games, etc. there are total 44 games and Volleyball is one of them.

DEFINITION OF PHYSICAL EDUCATION

“Physical Education is broad and great education than other education. All education is involved in physical education. It is education through physical activities for the all round development of total personality of a child to its fullness, perfection in body, spirit and mind”.

Rustam and Khel Ratan,

Prof. Ramesh Kumar (Tiger)

VOLLEYBALL HISTORY

Volleyball has come a long way from the dusty-old YMCA gymnasium of Holyoke, Massachusetts, USA, where the visionary William G. Morgan invented the sport back in 1895. It has seen the start of two centuries and the dawn of a new millennium. Volleyball is now one of the big five international sports, and the FIVB, with its 220 affiliated national federations, is the largest international sporting federation in the world.

Volleyball has witnessed unprecedented growth over the last decade. With the great success of world competitions such as the FIVB World Championships, the FIVB World League, the FIVB World Grand Prix, the FIVB World Cup, and the FIVB Grand Champions Cup as well as the Olympic Games, the level of participation at all levels internationally continues to grow exponentially.

THE ORIGIN



William G. Morgan (1870-1942), who was born in the State of New York, has gone down in history as the inventor of the game of volleyball, to which he originally gave the name "Mintonette".

The young Morgan carried out his undergraduate studies at the Springfield College of the YMCA (Young Men's Christian Association) where he met James Naismith who, in 1891, had invented basketball. After graduating, Morgan spent his first year at the Auburn (Maine) YMCA after which, during the summer of 1895, he moved to the YMCA at Holyoke (Massachusetts) where he became director of physical education. In this role he had the opportunity to establish, develop and direct a vast programme of exercises and sport classes for male adults.

His leadership was enthusiastically accepted, and his classes grew in numbers. He came to realise that he needed a certain type of competitive recreational game in order to vary his programme. Basketball, a sport that was beginning to develop, seemed to suit young people, but it was necessary to find a less violent and less intense alternative for the older members.

WORLD WIDE GROWTH

The physical education directors of the YMCA, encouraged particularly by two professional schools of physical education, Springfield college in Massachusetts and George Williams College in Chicago (now at Downers Grove, Illinois), adopted volleyball in all its societies throughout the United States, Canada (in 1900 Canada became the first foreign country to adopt the game), and also in many other countries: Elwood S. Brown in the Philippines (1910), J. Howard Crocker in China, Franklin H.

Brown in Japan (1908), Dr. J.H. Gray in Burma, in China and in India, and others in Mexico and South American, European and African countries.

By 1913 the development of volleyball on the Asian continent was assured as, in that year, the game was included in the programme of the first Far-Eastern Games, organized in Manila. It should be noted that, for a long time, Volleyball was played in Asia according to the "Brown" rules which, among other things, used 16 players (to enable a greater participation in matches).

An indication of the growth of volleyball in the United States is given in an article published in 1916 in the Spalding Volleyball Guide and written by Robert C. Cubbon. In that article Cubbon estimated that the number of players had reached a total of 200,000 people subdivided in the following way: in the YMCA (boys, young men, and older men) 70,000, in the YWCA (girls and women) 50,000, in schools (boys and girls) 25,000 and in colleges (young men) 10,000.

In 1916, the YMCA managed to induce the powerful National Collegiate Athletic Association (NCAA) to publish its rules and a series of articles, contributing to the rapid growth of volleyball among young college students. In 1918 the number of players per team was limited to six, and in 1922 the maximum number of authorized contacts with the ball was fixed at three.

Until the early 1930s volleyball was for the most part a game of leisure and recreation, and there were only a few international activities and competitions. There were different rules of the game in the various parts of the world; however, national championships were played in many countries (for instance, in Eastern Europe where the level of play had reached a remarkable standard).

HISTORY OF VOLLEYBALL IN INDIA

Tracing the history of Volleyball is an onerous task and to comprise the gathered information in a nutshell is still a more difficult job. We Indians are generally not bothered about our past unlike Europeans and Americans who record and keep all major events for the sake of future generation. There is a general belief that the game was introduced in India through the Madras YMCA in 1920. Some other believes that Mr.

J.H. Gray had brought it in 1900. He was also credited with popularizing the game in Myanmar (Burma) and China. But reliable information push back the birth of the game in India to three or four more years.

When the Kunnamkulam YMCA was formed on Jan., 1, 1880 it was only the seventh in the country after Calcutta (1857), Trivendrum (1873), Bombay (1875), Madurai (1884), Bangalore (1885) and Otty (1886). The Madras YMCA was started only in 1890.

Mr. K.T. Paul from Calcutta was deputed to orgnise the YMCA activities here in its formative years. He was joined by Mr. J.H. Fowler later. The YMCA then was functioning in a small building which had a small courtyard. It was very difficult to get flat ground in Kunnamkulam – as its name indicated it is a town of hill and dales –for games like football, rugby or cricket. The YMCA ground was just enough to have a Volleyball court so Mr. Fowler native of American who had learned the game at home, prepared a court and taught the game to the locals. While inaugurating the court Mr. Fowler said, “This is the first time the game of Volleyball is being played in India”. The year was 1896-97.

The game picked up in popularity very fast for several regions: the game was different from other game played in area; it could be played in the heart of the old town near their homes, the locals, most of them very tall, had the strength and stamina to play the game. The Volleyball of those days was very different from today. The old timers says the height of the net was only six feet six inches, any number of touch were allowed, each team had nine players, etc.

NATURE OF THE GAME

Volleyball is a sport played by two teams consisting of 12 players each on a playing court, divided by a net. The object of the game is to send the ball over the net in order to ground it on the opponent’s court and to prevent the same effort by the opponent. The team has three hits or contacts to return the ball.

To play volleyball one has to be good at vertical jump, known as explosive power. A volleyball match can be played for five sets which means a match can last about 90

minutes, during which a player can perform 250 -300 actions dominated by the explosive type of strength of the leg muscles. The total number of actions as jumps takes up around 50-60% high speed movements and change of direction in space about 30% and as falls about 15%. The spike and block actions are dominated by the corresponding explosive type of strength which is referred to as a player's vertical jump which is usually the key to winning point.

TYPES OF VOLLEYBALL GAMES

There are mainly three types of volleyball games in India

1. Smashing volleyball

Smashing in volleyball is like hitting or spiking. It is called smashing because you are hitting the ball so hard and the ground it is like you are smashing something to the ground. Smashing/spiking/hitting is using great force off the attack line to score on your opponent. You can also hit from the back row. Smashing volleyball game is the major game which is played in India and worldwide.

2. Beach volleyball

A variation of the game rivaling the original sport of volleyball in popularity, beach volleyball evolved from the recreational games of volleyball played on many beaches around the world. It became an official Olympic sport in 1996. This version, rather than being played on indoor hard courts, is played on sand courts which may either be formed naturally or built specifically for the purpose. Instead of a team of six, each team consists of only two players, but otherwise the rules are almost identical with some exceptions including:

- The size of the court (16m x 8m)
- The block counts as the first contact
- The banning of the open-hand *dink* or *dump* plays where a player uses his or her finger tips to redirect the ball into the opponent's court instead of a hard spike. A dink may be performed with a closed hand or knuckle

- Stricter rules around double-contacts during hand setting
- The time limit for serve is 5 seconds
- Games are usually played to 21 points, rather than 25 as common in indoor volleyball. The first team to win two sets wins the match. If a third deciding set is required, it is played to 15.

3. Shooting volleyball

In shooting volleyball the team consists of normally 7 players. Three players play at the back side, three players play center of the court, and one player stands in front of the net. Any ball that goes into the net is to be thrown out by the player who is standing in front of it, also known as the net man. Some players also smash the ball with high vertical leaps like Olympic volleyball but there is no setter in team. In this game players hit the ball with both hands by punching it with both hands. They try to hit as fast as they can in order to force a mistake from opponent players and try to get rebound as a set ball for any player to smash it with jump using one hand and if the player standing under the net misses the ball then defender try to take ball using under hand and give maximum height to it. When one player smashes the ball with great skill the spectators give prize money to that player and the game has to stop at that time.

Shooting volleyball court is 35 ft and 70 ft in length. Net height was 8 ft before some years but nowadays the net height is 7.2 ft to 7.5 ft (2.20m) The ball size is same to handball. Shooting volleyball is popular in Pakistan (Punjab) and India, especially North Indian States.

INSTITUTIONAL SPORTS FOR VOLLEYBALL GAMES IN NORTH INDIA

Promotion of volleyball game requires rigorous efforts at the level of both the individual and the government. The role of government in this field becomes all the more important in a developing country like India where around 40% of the population live under poverty line. In such a country, it becomes extremely essential for the government to locate and find out the sports talent, to provide them education and training, to provide them well nourished and balanced diet required for a sports person and to make them

available the latest equipment so that they may feel encouraged and concentrate all their energies and efforts on improving their performance in their respective games.

At this stage, therefore, it would be pertinent to know the different agencies created by the Government in the field of volleyball game, what functions have been assigned to them as well as the policy of the government for the promotion of volleyball in North India.

DELHI UNIVERSITY SPORTS COUNCIL

The University has highly qualified and experienced University appointed Teachers of Physical Education, designated as Director in Professor's scale and two Dy. Director(s) in Reader scale alongwith a Coach, to Plan, Coordinate and Execute the functioning of Physical Education and Sports Setup in the University, at various levels of Co-ordination and co-operation.

SPORTS AUTHORITY OF INDIA

The **Sports Authority of India** (SAI) is a body set up by the Government of India. It was created in 1984 to help promote sport throughout the country. Presently, it has seven regional centres at Bangalore, Bhopal, Gandhinagar, Kolkata, Sonapat, Delhi, Mumbai and Imphal and two sub-centres at Guwahati and Aurangabad. Netaji Subhas National Institute of Sports, Patiala, the Lakshmibai National College of Physical Education, Thiruvananthapuram are the major sports institutes run by this body. It has also a High Altitude Training Centre at Shillaroo, Himachal Pradesh.

SAI Sports Promotional Schemes

The Sports Authority of India conducts various activities and schemes to promote sports in India. They include:

- National Sports Talent Contest Scheme (NSTC) - for Sub-Junior level trainees
- Army Boys Sports Company Scheme (ABSC) - for Sub-Junior level trainees

- SAI Training Centres Scheme (STC) - for Junior level trainees
- Extension Centre of STC /SAG
- Special Area Games Scheme (SAG) - for Junior level trainees
- Centre of Excellence Scheme (COX) - for Senior level trainees

VOLLEYBALL FEDERATION OF INDIA

Since 1951, **VFI** has had a glorious **history** in India and today we are doing a lot of things for Volleyball, a very popular game in all parts of India. Hundreds of players participate in dozens of **championships and events** (under various categories) held domestically. In the SAF (South Asian Federation) Games as well as the Asian games our players have done well to enhance VFI's prestige by receiving numerous awards and recognitions.

Though, headquartered in Chennai VFI is an active organisation with activities spread across the length and breadth of the country. Our organisation has 74 honorary members in contributing at various levels for the promotion of the game in India. Volleyball is personally very close to my heart and we have indeed tried our best to provide the best facilities to the players as well as ensure development of Volleyball in India.

SIGNIFICANCE OF THE STUDY

The main aim of this study is to describe the challenges and the level of historical development of the volleyball games in Northern India. The objective of this study is to find out the achievements of the volleyball games and volleyball players in Northern India.

This study provides an opportunity to give suggestions for the promotion and development of the volleyball game. This is to find out the why the Northern Indian players are lacking in the volleyball games and what are the main reasons for the lacking in various championships. While our federations state that we have progressed a lot but only participating can never be a criterion of progress, we have to win medals for that. The Indian volleyball team is still in the queue to Olympics. Indian volleyball team has

never participated in the Olympics. After going through all these details, researcher intimate feeling made him to research the reasons behind all this.

STATEMENT OF THE PROBLEM

“HISTORICAL DEVELOPMENT OF VOLLEYBALL GAME IN NORTHERN INDIA”

OBJECTIVES OF THE STUDY

Followings are the objectives of the present research work:

1. To study the development and promotional level of the volleyball game according to the changing scenario in Northern India.
2. To study the motivation, efficiency and interest of the youngsters in the volleyball game in Northern India.
3. To study the various policies and schemes provided by the Indian Govt. for the development of the volleyball game in Northern India.
4. To study all the hurdles and obligations from the society, weak govt. policies for the development of the game and growth of the women players in Northern India.
5. To study the incentive schemes of govt. and other institutions towards the promotion of the volleyball game in Northern India.
6. To give suggestions and recommendations helpful for the development of the volleyball game and also help to remove all the limitations on the women players in Northern India.

HYPOTHESIS OF THE STUDY

Followings are the hypothesis of the study:

1. There is no significant difference in the growth and development levels of the men and women volleyball players in Northern India.
2. Government policies played a vital role in the development of the volleyball games.

3. Government policies and facilities motivated the rural volleyball players significantly.
4. There is no respectable place for India at the International Volleyball games.
5. There are low development of infrastructure, techniques, training and administration to bring about excellence in the arena of volleyball game in India.

LIMITATIONS OF THE STUDY

1. Keeping in view the time and resources. The study is limited to Northern India only.
2. Only those department and agencies, which are organizing and promoting volleyball game in India is discussed.
3. The lack of time and money for the research work is very limited.

RESEARCH DESIGN

A research design is the arrangement of condition for collecting and analysis of data in a manner that aims to combine relevance to the research purpose with economy in the procedure. Research designs are of four types namely:

- *Exploratory (formulative),*
- *Descriptive and*
- *Diagnostic and*
- *Experimental.*

In the present study, descriptive-cum-exploratory research design has been adopted.

SAMPLE DESIGN

It refers to a well knit for obtaining a sample from the area under the study known as universe or population. It refers to the technique or the procedure that the researcher adopts the modest-operandi of taking the sample.

SAMPLE UNIT

In the present study the researcher has taken the samples from Northern India viz:

- Haryana

- Delhi
- Himachal Pradesh
- Punjab
- Chandigarh

SAMPLING TECHNIQUES

In the present project of research, the units from above mentioned sub-areas were selected on the basis of random cum convenient sampling mechanism. The sample may be either unrestricted or restricted. When each sample is drawn individually from the population at large, then the sample so drawn is known as ‘unrestricted sample’ whereas all other forms of sampling are concerned under the term ‘restricted sampling’. In the present study, the unrestricted sampling was also adopted.

SAMPLE SIZE

Sample size means the number of sampling unit selected from the population for the purpose of investigation. This study was carried out in the areas of North India. A sample of 200 respondents was selected for the study. The ample comprised of Sports persons, Coaches, Sports Administers and Principles of different institutions.

TABLE 1.1: CATEGORIES OF RESPONDENTS

Sr. No.	Categories of respondents	No. of respondents
1.	Sports persons	50
2.	Head/Principles of sports institutions	50
3.	Coaches & teachers of Physical Education	50
4.	Sports administrators & office bearer	50

COLLECTION OF DATA

There are two types of data collection methods namely primary data and secondary data. The present study is entirely based on primary data. Though, the scope of the study is relatively vast. Therefore, both type of data have been used in the present study. Primary data has been collected through interview schedule after considering all the relevant aspects which were gleaned out by the researcher on the basis of review of

literature. The secondary data has been collected from various journals, books, magazines and newspapers. For this purpose, researcher visited many libraries. Some important information/knowledge was also gathered from Internet. All the respondents were personally visited by the researcher and requested to provide needed information.

QUESTIONNAIRE

Researcher prepared a questionnaire using five point Likert Scale with the help of experts. The questionnaire consists of 30 questions with the five options i.e. (1) Strongly disagree (2) Disagree (3) Neither agree nor disagree (4) Agree (5) Strongly agree. In survey research, a Likert scale is an approach to response categories that measures the extent of a person's satisfaction or agreement with a set of statements or questions. This type of response category makes it easy to quantify survey responses, simplifying data analysis. After the questionnaire is completed, each item may be analyzed separately or item responses may be summed to create a score for a group of items. Hence, Likert scales are often called summative scales.

VARIABLES

Keeping in view the educational importance of the project and the value of good performance in sports, following variables were selected for this questionnaire:

- a) Management of sports
- b) Finance for sports development
- c) Facilities for sports development
- d) Health status and sports development

DATA PROCESSING AND ANALYSES

After collecting the needed data and the information, these were classified according to their characteristics or attributes or measurements. After classifying the data, it was arranged in statistical table to simplify the presentation of data and to facilitate comparison, further to attain the objectives of the study, these data were analyzed by applying simple analytical tools and statistical techniques/test statistics.

ANALYTICAL TOOLS

Statistical tools and techniques were used for producing the results from the collected data. Following statistical tools were used:

- proportion/percentage
- weightage score
- ranking
- and average

TEST STATISTICS

A variety of options for analyzing Likert scale data exists, including the chi square statistic, which compares respondents' actual responses with expected answers. Chi square assesses the statistical significance of a given hypothesis. The greater the level of deviation between actual and expected responses, the higher the chi square statistic and, thus, the less well the results fit the hypothesis. The test statistics basically is applied to see the association, relationship, differences, significance of the results obtained after applying the analytical tools. In the present study, the method of chi-square test has been applied by the researcher to see the difference/association between the various facts with their frequencies. For this purpose, researcher combined the response categories in Likert scale such as combined the agree and strongly agree responses into one category and the disagree and strongly disagree into another resulting the three categories of responses: agree, disagree and neither. This non-parametric test was applied by following formula given below:

$$\chi^2 = \sum \frac{(O - E)^2}{E}$$

Here, E = Expected frequencies

O = Observed frequencies

χ^2 = Chi-square

DELIMITATION OF THE STUDY

Research studies do have some delimitations and this study is no exception as such.

1. A very few records of the volleyball game, tournaments, player records, etc. were found in the Northern India Authorities.
2. Some of the respondents were not ready to cooperate in filling the questionnaire of the study.

THE MAIN FINDINGS OF THE STUDY

Volleyball, relatively young and vital in comparison with traditional sports, is rapidly spreading and increasing its level of performance worldwide: Its future growth is guaranteed by these major items:

1. Volleyball is a recreation and fitness sport that meets everyone's interest. It is a sport for the young and old, for men and women,
2. Volleyball is a top athletic sport attracting young people who wish to compete on the top or competitive level.
3. Volleyball has great public appeal and is interesting and exciting to spectators.
4. Volleyball is suitable for children. It is popular in schools and on play grounds.
5. Volleyball is a world sport which has grown from a solid foundation on all continents.
6. Volleyball has committed, dedicated leaders and a solid, well-organized international federation.
7. Volleyball is promoted as a sport with high social and physical value and is supported by many institutions and organizations.

CONCLUSION

Volleyball has preserved its original character as a game for fitness and recreation, Regular volleyball is played more in these areas than power volleyball. The great popularity of volleyball throughout the world is primarily due to its character as a sport for- everyone. Volleyball is interesting, easy to learn and enjoyable to play. It is inexpensive, requiring only simple equipment and facilities. Volleyball is a non-contact team sport reducing the danger of personal injury and enhancing enjoyment of team play. Nearly all ages and both sexes, either separately or co-ed, can play volleyball indoors or outdoors. It is a sport for physical education as it promotes a competitive spirit, positive character development,

and it requires a high level of personal fitness and training as volleyball develops physical abilities such as ability, velocity, flexibility, power and endurance in combination with many-sided technical skills and tactics.

After research on the topic of Historical Development of the Volleyball game in Northern India it is concluded that there are number of talented players in the Northern India like in Mr. Sanjay Kumar (Arjun Awardee), Mr. Om Parkash (Bhim Awardee and Dhyan Chand Awardee) in Haryana, Mr. Gurinder Singh (Maharaja Ranjeet Singh Awardee) current Indian Team Captain from Mohali (Punjab) and many other players and coaches. There are many national players and International players from all the northern states of India. At present Northern Universities have their positions in the Inter-university games as well as in National Games. Volleyball game is very interesting and popular game among the youth.

From study the history of volleyball games in Northern India it is concluded that Government has failed to promote the volleyball games in basic level. Major problem with the games is to find out the sponsors for this game like cricket, football, hockey, Kabbaddi, etc. without the sponsors it is very difficult to promote the game in the youth and in rural areas of the states and districts.

SUGGESTIONS

1. India is developing country, more than 70% of whose population resides in rural areas and more than 40% is below the poverty line. Most of the people in both these categories have very low level of awareness and even if they have awareness they cannot afford to show and polish their talents. Consequently, a vast treasure of talent in Indian either goes astray or diverted to unproductive works or remain hidden. Under these circumstances, it is for the government to search, identify and polish that talent. This will go a long way in proper utilization of talent and thus securing a respectable list for the country in the world. Volleyball is not exception to it. This make it obligatory for the govt. to hunt the latent talent and provide all facilities to such talent. For this purpose the Volleyball Federation and Association will have to come out of their ivory towers and to in far and remote areas, to pick up the talented sports person and to provide all the facilities for the development of their skills.

2. Volleyball games should be promoted by the private clubs and business houses like currently the Kabbadi, Hocket and Cricket is promoted by the business houses, celebrities and Centre and State govt. as well.
3. Volleyball ignored by the governments (of the centre and of the state). This is particularly so in the case of the fund allocation. While making budgetary allocations other games, specially cricket receives far greater importance in the competition to volleyball. Though being the most popular in the world, volleyball is entitled to receive highest budgetary allocations.
4. Volleyball Federation and Association should try to improve their financial position by exploiting their existing resources properly as well as by finding newer ways of raising funds. Thus they may approach the public sector undertakings and big business houses in the private sector for seeking financial assistance. For instance they may convince these organization to adopt the Indian volleyball team turn by turn.
5. The researcher feels like suggesting that political leadership should exercise restrain and keep itself limited to the function of framing broad policy objectives and giving general guidelines. The Federation and Association should be left free to perform their function within the set of guidelines provided by the polity. Moreover, the Federation and Association should also rise above the personal interest and should fully devote themselves to the cause of developing volleyball in the country. Besides it is also the responsibility of the government to appoint only sport person or person having adequate knowledge of the sport as office bearer of these organizations.