Chapter 2
Review of Related Literature and Research

2.1 INTRODUCTION:

To make the study more authentic, it’s very important to have a proper direction from the very beginning of the study. Reviewing related study would helps to know the various ways in which research has been done, which in turn would helps us to know the best possible way to conduct the research. Reviews help to know the questions that need to be answered and that have been answered. By reviewing the various researches, we also know the different thought process of various researches that have been done and what needs to be done. It not only helps us in saving time but also in knowing and understanding our study. It also helps to know the methods that have been used and also give the latest updates of the similar studies. To make the study more authentic is very necessary to have authentic evidences to support the study which are got from related reviews. Looking at a particular study from different angles helps the researcher in getting a clear picture of the study. Repetitions of errors are prevented by reviewing related literature. As the research is going to be open to the global community it needs to authentic.

The researcher has undergone various related studies that would help in making the study meaningful.

2.2 REVIEWS RELATED TO YOGIC PRACTICES

Yoga helps in maintain the equilibrium of the body and mind. To be a good sportsman it’s important to have a sound body and mind. Yogic exercise helps in every game to be physically and mentally fit. The researcher has reviewed many such related researches to know the effect
of Yoga on volleyball to conduct the research in the best possible way. The reviews conducted on Yoga are as follows:

**Asgar. K. (2009).** Conducted a study on “Effect of Meditation and Pranayama on Mental Stress and Job satisfaction of teachers from Universities of Tehran.” The study was measure the mental stress and job satisfaction of teacher educators. The programme of Pranayama and meditation for teachers was prepared to reduce their mental stress and improve their job satisfactions. The study was to find out the effect of meditation on mental stress of teachers educator. The teachers were given questionnaire to analyse the mental stress and job satisfaction. They were divided into three experimental groups and one control group.

**Conclusion:**

- In the research the effect of Pranayama and meditation were investigated among teachers educator. The results show that Pranayama and meditation together had a better effect on reducing the stress and increasing the job satisfaction.
- Meditation and Pranayama also separately had effect on reducing the mental stress and not in increasing job satisfaction.
- The study helped in understanding the benefits of Pranayama and meditation in being efficient in our day to day life.

**Bengale,A.V.(2010).** Conducted a study “Yoga for growth, nutrition and health related physical fitness profiles of school children belonging to slum, middle class and elite society”.

The study assessed the status of growth, nutrition and health related physical fitness and their sports talent ability in school children. The study also focussed to see the effect of Yoga on growth, nutrition and health related physical fitness among selected school children. Slum area children were whose annual income was below Rs 15,000/-, middle class
whose annual income was below Rs 1,00,000/- and elite society whose income was above Rs 1,00,000/- and having white ratio card.

**Conclusion:**

- The attributes of growth, nutrition and health related physical fitness were inter related.
- Sports talent ability of the children belonging to middle class families was higher than children of slum areas and elite families.
- Out of all variables, health related physical fitness was found dominant variable which can predict the status of other detected variables except nutrition.
- Yoga training helped in improving the growth, health related physical fitness and sports talent abilities however Yoga couldn’t contribute towards better nutrition.
- The children of middle class had superior status in almost all the variables to the children belonging to elite class and slum class.

**Khan Imran Ahmed Shamshad (2007)** The researcher’s study was on “Effect of traditional Exercises in Yoga and Sufism on shooting performance in Basketball” in which 12 to 16 years basketball player from different communities where taken and who were regular for practise. Player with serious health problems were excluded from the study. The training schedules and exercise was on the basis of the principles of Sufism and with a view to improve the overall fitness and concentration in the selected basketball players.

The arm strength performance assessed with the help of the pull up test between the Yoga and Sufi group were similar. The Yoga group and Sufi group were less effective than the exercise group in improving arm strength. No difference was seen in abdominal strength and endurance which was assessed by the sit ups test among the Yoga and Sufi group. The explosive strength was assessed with the help of Standing Broad
Jump in which the Yoga and Sufi group showed similar results. The Yoga and Sufi group were less effective compared to Exercise group. Yoga training was more effective than Sufi group in flexibility and exercise group showed better results in flexibility than the Sufi group. Yoga group was better than the Sufi group in improving speed but the exercise group was better than both in improving speed.

**Conclusions:**

- During follow-up and detraining periods, Yoga established superiority over Sufi and exercise groups in maintaining enhanced physical fitness level and shooting skills in basketball.
- The mean gain in Basketball shooting ability was evident and significant in almost in all the experimental groups as compared to the controlled group.
- However, both Yoga and Sufi practices were equally important in improving shooting performance in basketball.
- The study helped the researcher in understanding the effect of Yoga exercises in maintaining focus and concentration in sportsman.

**Kodgire, U. (2009).** Conducted a study on “comparative effect of Yoga and lezim exercises on selected psycho – physiological and physical fitness variables of school girls”. The researcher prepared two separate training program and (Yoga and Lezim). The study was to find out comparative effect of Yoga and Lezim programme towards the effect of improvement of selected psycho – physiological and physical fitness variables of school girls. The study also focuses on inclusion of both Lezim and Yoga activities in school physical education curriculum.
Conclusion:

- Based on the results and discussion the study concluded that Yoga contributes to the improvement of personality of school girls better than lezim.
- Yoga reduced systolic blood pressure, respiratory rate and pulse rate in comparison to lezim, whereas, no change was recorded in diastolic blood pressure by both the intervention.
- The study also shows that lezim training increases VO$_2$ max better than Yoga. This indicates that both Yoga and lezim are very good to improve the cardio respiratory efficiency.
- Yoga helps to improve the abdominal muscle strength and flexibility, whereas lezim training contributes to improve muscular strength, explosive strength of leg speed, agility and cardiovascular endurance. Thus, both Yoga and lezim activities complement each other to improve almost all selected psycho physiological and fitness variables in school girls.
- The study helped in understanding how Yoga would be useful in developing selected psycho – physiological and physical fitness variables in volleyball players.

Kudale, B.A.(2009) Conducted a study on “Effect of selected Yoga practices on health related physical fitness components and personality factors of school going children”. Seventy male students were selected from Raje Raghunathrao Vidyalaya of the 13-14 years age group. The study focused on the present status of health related physical fitness of school going children. The effect of selected Yoga practises was seen on school going children to improve the health related physical fitness. The study also suggested Yoga training program for the students.
Conclusion:

- The study concluded that the selected Yoga practices were suitable for school going boys.
- The Yoga practices improved the health related physical fitness. There was selected Yoga practices also had an effect on their personality.

Masoumeh, H. (2011) Conducted a study on “Study of comparative effect of selected hydrotherapy exercises and Yoga practices as a remedy for low back pain in Iranian Rumen.” The researcher studied 60 female patients of chronic low back pain in which purposive sampling method was used. The study focused on how to prepare Yoga programme for chronic low back pain women patients. The studies determine the effect of hydro therapy on trunk flexo muscle endurance and trunk extensor muscle endurance. It also determines hamstring muscle flexibility and trunk extensor muscle flexibility. The researcher also study effect of selected Yoga practices on trunk flexor muscle endurance.

Conclusion:

- Significant effects on endurance on trunk extensor in humans were seen. The study helped in improving the endurance of trunk flexor in women.
- The programme also improved the flexibility and trunk extension.
- The present study helped the researcher to know the effect of yogic exercises would help in keeping the back injury free and how flexibility can be developed.

Mishra. D. Ramesh. (2007). Conducted a study on “Physical Exercise and Progressive Yoga Relaxation in Management of health related fitness problems of veteran Indian in Mumbai City” which detected the health related physical fitness problems, by medical screening and fitness reports. The researcher conducted a study on 80 male Indian citizens
above 50 years of age and was randomly assigned into four groups: exercise group, Yoga group, exercise and Yoga group, and controlled group. The subjects from known serious health problems were excluded prior to the study. The psycho-phys- biochemical profiles were taken to know about the veterans. The researcher also prepared modules of physical exercise to improve health-related fitness and delay aging process. The study also suggested suitable lifestyle for the subjects undergoing the program of exercise and Yoga.

**Conclusion:**

- All the training interventions showed positive effects on all the veterans. Though they found it difficult due to age, the program had a positive effect.
- Yoga being mild in nature and minimum exhaustion was liked by the veterans. Results indicated that old aged people were happy because almost all these interventions were found good enough to resolve their physiological, biochemical, haematological and health-related fitness problems.
- Yoga seemed to be economical and easy in enriching the health-related fitness of the veterans.
- Compared to the other three groups, Yoga group alone showed steady and long term benefits as seen in the follow up period.
- The study helped in understanding the effect of yogic exercise in maintaining good physical fitness.

**Rajak, A. (2014).** Conducted a study on “Progressive Yoga relaxation for reversing syndrome and associated homeostatic in balances in cancer patients.” The researcher studied 30 cancer patients between the aged group 18 – 40 years and used the purposive sampling method. The study evaluated the role of Yoga in establishing haemostatics in cancer patients for better living. It focuses on to measure the status that syndrome and
associated neurons immunological, physiological and biological attitudes of cancer patients. The effective of progressive Yoga relaxation on death syndrome and psycho – neuro – immunological, biochemical and physiological responses in cancer patients were study.

**Conclusion:**

- A progressive relaxation programme of Yoga help the cancer patients to maintain the associated psycho – physiological – haematological attitude at normal level.
- The combined therapy showed some favourable hope to live in reducing death. Yoga was found to be an added advantage along with morning medicine.

The present study helped the researcher to know how Yoga would help in the volleyball players in the study relaxed and positive in their game.

The study showed how Yoga would be helpful in improving health related physical fitness of volleyball players in the study.

**Shahram Y. (2009).** Conducted a study on “Effect of selected yogic and stretching exercises on low back pain as a remedy”. The study was to determine the effect of selected yogic exercises and stretching exercises on low back pain as a remedy. A programme of yogic exercises and stretching exercises were prepared for the study. The study was to compare the effect of selected yogic exercises and stretching exercises with effect to low back pain.

**Conclusion:** After applying statistics, the researcher on the basis of the results came to the following conclusions:

- There occurs no significant effects of yogic exercises on low back pain as a remedy and found from the statistics that there is significant effect of yogic exercises on low back pain as a remedy.
It was therefore concluded that generally those patients suffering from low back pain may be given yogic exercises as a remedy.

- The researcher also found that there is significant effect of stretching exercises on low back pain and generally patients suffering from low back pain may be given stretching exercises as a remedy.
- The study helped the researcher in knowing the benefits of yogic exercises, which in turn helped the researcher to know how to keep the volleyball players injury free and physically fit.

**Sitamurthy, G.R. (2012).** Conducted a study on “Yoga remedy programme for health related physical fitness, academic and values of students in Kendriya Vidyalaya”. The study conducted a survey on health related physical fitness, academic achievement and values of students in Kendriya Vidyalaya. The study focused on finding the relationship between health related physical fitness, academic performance and moral values. The study intended to identify students who have poor health related physical fitness.

**Conclusion:**

- The study concluded that health related physical fitness, academic achievement and moral values were associated with each other.
- It also showed that 33% of students of the Kendriya Vidyalaya had low level health related physical fitness, academic performance and moral values.
- Three month Yoga training would help to improve the level health related physical fitness, academic performance and moral values in Kendriya Vidyalaya students.

The study helped in the present study, in understanding how Yoga would be helpful in developing and maintaining health related physical fitness and values in the volleyball players.
Bansode, S. (2013). Conducted a study on “Effect of Yoga and aqua exercise training program on performance and selected psycho – physiological profile of basketball players.” In the study the subject were divided in to three groups; Yoga, aqua and control by purposive sample method each of thirty in which all players were clinically normal. The objective of the study was to develop Yoga and aqua training program for basketball players. It also focused to determine the effect of Yoga training program on fitness performance and psycho – physiological variables of basketball players. The effect of aqua training program on the skill performance and fitness performance of basketball players were studied. The study also compared the effect of Yoga and aqua exercise on skill, performance, fitness performance and psycho – physiological variables of basketball players.

**Conclusion:**

- The personality of basketball player improved with the Yoga and aqua training. The Yoga training shows an increase in intelligence of basketball players and also held to improve the psycho – physiology of the players.

- Due to the aqua training programme, they also improve their dribbling skills. The overall performance, shooting, accuracy dribbling reduce in blood pressure, heart rate, respiratory rate due to the training program.

- There was a change in the personality of the basketball players due to Yoga and aqua training. Yoga training showed improved intelligence in basketball players.

- It also improved the psycho-physiological of the basketball players. Due to Yoga and aqua training dribbling skills improved.

- The blood pressure, respiratory rate and heart rate reduced due to Yoga and aqua training.
• The training helped in improving the players flexibility and reduced the risk of injury. Yoga and aqua training improved the abdominal muscle strength.

• The training also improved the muscular strength, explosive strength, leg speed, agility and cardiovascular endurance.

The present study helped the researcher to know, how to enhance the personality, intelligence, the psycho – physiology of the volleyball players in the present study.

Bhat, R. (2013). Conducted a study on “Effect of Suryanamaskar on minimum muscular fitness of school students of Pune City.” The research was conducted on 60 school going boys of 8th and 9th standard. And the age group of 13 – 15 years boys. The objective of the study was to design Suryanamaskar programme for students. The study also measures the minimum muscular fitness test on the basis of pre test and pro test. The researcher studies the effect of Suryanamaskar on minimum muscular fitness of school going boys in Pune city. The study also contributed by giving knowledge about the benefit of Suryanamaskar.

Conclusion:

• A 6 weeks training programme was administered and significant effect was seen which was beneficial for fitness to both physical and mental health.

• It was also observed that 6 weeks Suryanamaskar programme was significant and effective on experimental group to decrease abdominal girth, body fat percentage, body mass index and pulse rate.

• Suryanamaskar is quite beneficial in the proper regulation of all physical and physiological process of the body and hence helps in checking the accumulation of extra fat in the body.
• Regular practice of Suryanamaskar channelizes and balances the body at both physical and mental level.

• The study helped in knowing how Yoga is helpful in maintaining muscular fitness in volleyball players in the present study.

Chougule, S.N. (2006). Conducted a study on “Effect of selected Asanas and Aerobic Exercise on selected health related physical fitness variables of upper primary school girls”. The study measured the health related physical levels of the girls of age 11-12 years. The researcher prepared training program in aerobics and Yogasanas and imparted them to the training group. It compared both and seen the effect on the health related physical variables. The researcher also showed how effective Yogasanas and aerobic training would be helpful to the school going girls.

Conclusions:

• The combined program of Yoga and aerobic training improved the cardiovascular endurance and abdominal strength and endurance.

• It also maintained body fat at normal level as compared to the aerobic and Yoga program taken separately.

Yoga program improved the flexibility of the girl students. A combination of aerobic and Yoga training improved the overall level of health related physical fitness of the school girls.

Chaudhari, Y. D. (2002). Conducted a study “A study of the effects of Asanas and Lezim programme on selected physical fitness variables school boys.” The researcher measured all the fitness level of boys age 14-15 years. The study assessed the mental stress levels of the teachers. A meditation programme was prepared to find out the effect of meditation on mental stress of the teachers.

In the study the scores of physical fitness were compared between experimental and controlled subjects. The study put forward the
importance of Lezim and Yoga activities in school physical education curriculum.

Conclusions:

- Training of Lezim and Yoga exercises can improve the level of health related physical fitness of school boys.
- The training intervention i.e. Lezim and Yoga exercises were useful to improve the overall level of cardiovascular efficiency, flexibility and strength as well as endurance of abdominal muscles by reducing one’s excess body fat.
- The meditation programme reduced the mental stress levels in the teachers. The statistical-ANOVA analysed the meditation programme.

The study showed how cardiovascular efficiency, flexibility, strength and fat could be reduced and helpful in the present study. It also showed how Yoga would be helpful in the present study in reducing mental stress in volleyball players in the study.

Gawali, M. (2011). Conducted a study on “Effect of Rhythmic Yoga and Pranayama Programme on problems during menstruation of 13 – 14 years old girls.” The researcher applied rhythmic yogic exercises on the girls along with Pranayama and had a positive effect on the girls having menstrual problems.

Conclusions:

- For minimising the effect of vomiting feeling and not eating properly as well as extra bleeding Rhythmic Yoga and Pranayama and Pranayama program both were found to be effect equivalently.
- To reduce the problem of headache Pranayama was found effective as comparing to rhythmic Yoga and rhythmic and Pranayama group.
• In case of reducing the problem of leg pain and pre-menstrual pain Pranayama program was not found effective.
• On summarising, it was concluded that, the combination program of rhythmic Yoga and Pranayama is most effective program among all programs.

**Pise, V. N.(2007).** Conducted a study “Effect of selected yogic practises on health related physical fitness components of mentally retarded children”. The study focussed on developing suitable schedule of yogic practise for mentally retarded children. It also studied the status of health related physical fitness of mentally retarded children. The effect of yogic practises on mentally retarded children was studied.

**Conclusions:**
• It was found that the yogic practises have a positive effect on the mentally retarded children.
• The yogic practise was also effective in improving the health related physical fitness of the mentally retarded children.

**Ramzan, U.R.(2014).** Conducted a study on “Effect of yogic activities on the aggression of secondary school going students”. The study focused on preparing Yoga training program for school students. It aim was to measure the aggression of the students. The study was to see the effect of yogic activities on the aggression of the students.

**Conclusion:**
• It can be concluded that Yoga training for six weeks was effective to reduce the physical aggression, verbal aggression anger scale, hostility scale and direct aggression in school going students.
• Yoga not only reduces the aggression but also creates peace, modification of the mind, vision of unity, happiness, harmony and inner peace.
• The study showed how yogic practice is helpful in controlling aggression, which would also be helpful to the volleyball players in the study in having a controlled aggression.

Shailendra, K.(2009). Conducted a study on “The effect of Yogaasana and Pranayama on health related physical fitness and mental health of post graduate students of Pune University age group 22-24 years”. The study focussed on health related physical fitness and mental health factors on the basis of pre-test and post test score. The research intended to prepare and implement Yoga training programme for post graduate students. The study also seen the effect of Yoga on health related physical fitness and mental health of the post graduate students.

Conclusions:

• The researcher concluded that there was significant difference found in 12 min run walk pre and post test had positive result because of the Yoga training program.
• The Yoga training programs also had a significant difference in the sit and reach pre and post test scores.
• There was a significant difference found in body mass index, mental health, sit ups and push ups pre test and post test score due to the Yoga training.
• The Yoga training program proved to be beneficial, less time consuming and convenient for the students. It enhances not only the physical but also mental health. The researcher suggested that the boards of education revise the Yoga syllabus for the overall development of the students.
• The study helped in showing how Yoga would be beneficial in developing the mental and physical fitness of the volleyball players in the study.
• The study showed how Yoga would be helpful in maintaining good physical in volleyball players in the study.

2.3 REVIEWS RELATED TO PHYSICAL FITNESS FACTORS

To excel in sports it’s very important to be physically fit, which would help the sportsman in being injury free and enhance the performance. Physical fitness needs to be given importance initially and then the rest would follow. The researcher studied such reviews that would be helpful in the present study.

More, S. (2012). Conducted a study on “A study of health related physical fitness of school students.” The objective of the study was to measure the health related physical fitness components of 11 – 13 years old school going boys from rural, tribal, and urban school in Nasik District. The study was to prepare appropriate Norms of health related physical fitness components (boys’ height, cardiovascular endurance, muscular strength and endurance and flexibility) for 11 – 13 years old school going boys. 1146 secondary schools were identified in rural, tribal and urban areas of Nasik District. Approximately 60000 boys were studying in secondary schools located in Nasik District out of which 20 tribal, 26 rural and 20 urban were selected for the study.

Conclusion:

• With the help of the present investigations, the following conclusions are drawn: The data collected from 9000 subjects statistically show normal distributions for the entire population. Therefore, parametric statistics was used instead of non – parametric statistics.

• The values of variability, skewness and kurtosis of the selected attribute of health related physical fitness factors indicates that the data was well distribute and resides in normal range of probability.
• In aged wise comparison significance differences in almost all variables were evident among the boys of 11 – 13 years aged group.

• The rural, tribal as well as urban boys had different status of various components of health related physical fitness and morphological variables.

The study of physical fitness in the study helped in the present study.

Poushali, B. (2012). Conducted a study on “Analysis of the effect of physical education training programme on selected physical fitness factors and physiological parameters of teacher trainees”. The objective of the study was to access the morphological variables and selected physical fitness as well as physiological parameter of physical education teacher trainees. The focus was to see if, the physical education teacher training program is useful, to improve the teacher trainee’s overall status of physical fitness and physiological parameters. In this study 90 teacher trainee 52 male and 38 female studying in Chandrashekar Agashe College of Physical Education, Pune during the year 2007 – 2008 and aged ranging from 21 – 30 were selected. Teacher trainees suffering from known serious health problems were excluded.

Conclusion:

• The teacher trainees’ programme of physical education is not much effective to change a morphological variable.

• In case of physiological parameters the teacher’s trainee programme improves the function ability of the heart in controlling pulse rate and blood pressure.

• The teacher trainees’ programme helps in improving the overall aspect of physical fitness.
Poushali, B.(2012). Conducted a study on “Analysis of the effect of physical education training programme on selected physical fitness factors and physiological parameters of teacher trainees” The study measured the mental health, and health related physical fitness and physiological factors of adolescent boys. It also studies the relationship between mental health and psychological factors. It determines the degree of association between health related physical fitness factors and psycho social factors. The researcher also established the degree of correspondence between mental health and health related physical fitness factors.

**Conclusion:**

- The health related physical fitness is significantly associated once mental health.
- There is a positive and significant relationship between socio economic status and mental health.
- Health related physical fitness has a significant relationship with once socio economic status.
- Once level of mental health can be explain and protected separately by assessing the level of health related physical fitness and socio related physical fitness.

The study showed how physical fitness is related to psycho social factors that would be helpful in the present study.

Pethkar, V. (2012). Conducted a study on “Teachers and students attitude towards Physical Activity and Physical Fitness”. The objective of the study was to develop a skill for assessing the attitudes of the teachers towards teaching physical activity and physical fitness. It also studied to develop a skill for assessing the attitude of students towards physical activity in physical fitness. The study focus to examine the difference in
the attitude towards teaching physical activity and physical fitness of various groups of physical education teachers. It also studied the attitudes of students towards physical activity and physical fitness. The researcher also compares the in-service physical education attitude towards teaching physical activity and physical fitness based on their length of service.

**Conclusion:**

- The researcher concluded that schoolchildren’s attitudes towards physical activity and physical fitness are positive across all the groups of students.
- It was also concluded that girl’s attitudes were characterized by social experience, health and fitness, catharsis and aesthetic experience while that of boy’s was characterized by pursuit of vertigo and ascetic experience.
- Higher grade students possessed more positive attitudes except for ascetic experience.
- The sports participants show more favourable attitudes in all the dimensions except ascetic experience.
- It was concluded that gender and length of teaching experience do not influence teachers’ attitude towards teaching physical activity and physical fitness but the stage of service influences the attitudes, the pre – service teachers’ showed more positive attitude towards physical activity and physical fitness.
- It was also concluded that teachers’ attitude towards teaching physical activity and physical fitness has an impact on students’ attitudes towards physical activity and physical fitness.
- The researcher standardised norms for selection of talented volleyball players that would help in forming a good volleyball team.
• The study would be a guideline to concern professionals and help in classifying and understanding the game.

• The study in helped in showing how attitude is important in development of physical fitness that would help the volleyball players in the study.

**Bhaskar, V. (2013).** Conducted a study “Effect of suryanamaskar in Aerobic capacity and selected strength variables in senior boys”. 12 weeks suryanamaskar program was administered with changes to the anaerobic capacity and selected strength variables. The anaerobic capacity of the experimental group showed improvement after 12 weeks of suryanamaskar. The selected strength variables showed significant improvement. The analysis revealed that the grip strength, back strength and leg strength in case of experimental group.

**Harris, Mischa. (2012).** Conducted the study on “The relationships between Fundamental movement patterns, spike jump technique and overuse pain in collegiate volleyball players”. In the study the regular fundamental movement patterns cause injuries the various mechanics of the skills used. The fundamental and sports specific hip mechanics appear to have a link to overuse injuries among collegiate volleyball players.

**Hemalatha, V., Raji, V., Babita, Mathews, Seeja, V. V. (2012).** Conducted a study on “Effect of yogic exercises on selected components of physical fitness of adult female”. The study had six weeks yogic training program on selected physical fitness components on adolescent girls. The subjects were randomly assigned as experimental and control group of 15 subjects. There were no significant changes in the mean value of height in experimental group, abdominal strength, weight, height, flexibility remained unchanged in control group after 6 weeks.
Jaspal, Singh.(2014). Conducted a study on the “Motor fitness components of male basketball and volleyball players”. The study carried out a comparison of basketball and volleyball players. There were 45 basketball and volleyball players selected for the study from different colleges Guru Nanak Dev University, Amritsar. To check the difference of mean of scores of basketball and volleyball players “T” test was applied. The wall pass, zigzag run and 60 yard dash are significantly in favour of the basketball players and softball throw and standing broad jump were significant in favour of the volleyball players.

Neela, T., Shrikrishna, M., Subhash, B., Kanchan, S., Anuradha, K., Yogacharya, Shrikrishna, V.(2006). The researchers conducted a study on “Health related physical Fitness on long Term Yoga training”. Daily yogic exercises were conducted for one and a half hour for ten months. Various parameters were studied including breathe holding time, height weight, blood pressure, pulse rate, peak exploratory flow rate etc. the study concluded that at the end of the tenth month there was significant improvement not only in physical endurance but also in emotional stability, mental tranquillity and in better self assessment

2.4 REVIEWS RELATED TO VOLLEYBALL SKILLS

To be a champion in any game it is very vital to be a master of all the skills of that particular game. Similarly Volleyball game consists of many skills and the study and reviews on volleyball game and skills will help in understanding and taking the game to another level.

Bhosale, R. R. (2012). Conducted a study on “Development of Norms for selection of senior volleyball players in Maharashtra.” The study was to identify performance variables and to measure the selected variables of volleyball players in Maharashtra. The study was to develop performance Norms in each of the selected variables for assessment, evaluation and selection of volleyball players. Volleyball players aged 18 – 25 years
from various districts of Maharashtra participating at the state level volleyball competition conducted by the Maharashtra State Volleyball Association were selected for the study. Approximately out of 1188 players 756 were selected.

**Conclusion:**

- The Norms develop can measure various variables related to volleyball players. The performance Norms in each of the selected variables for assessment, evaluation and selection of volleyball players are developed.
- The selected performance variables for volleyball are measureable and can help to differentiate between players.
- The performance variables for volleyball players can be identified under the major heads; Morphological, Physical Fitness and Skills.
- The Norms can be successfully used to distinguish between volleyball players and help to compose a standard state level volleyball team.

The study helped in understanding the volleyball game and helped in simplifying selection of players and helpful in the present study.

Sadgir, M. (2014). Conducted a study on “Development of Performance, Evaluation System in Volleyball”. The study deals with development of performance, evaluation and rating scale for senior male volleyball players in India. The quality of performance was the major focus of the study. The objective of the study was to establish validity, reliability and objectivity for the performance evaluation rating skill in volleyball. It also focuses on administer ability of

Performance valuation tool and prepare manual for performance evaluation rating skill in volleyball.
Conclusion:

- After analysing the data following conclusion were made; performance evaluation system in volleyball has to be develop as per the standard research procedure and it has sufficient acceptability to use in volleyball.
- Only qualifying coaches can use this tool. Total 6 volleyball skills rating skills were developed in this study.
- It can objectively and subjectively evaluate the players’ performance during volleyball match.

The overall volleyball game was studied that would be helpful in evaluating the game and helped in the present study.

Salehipour, M. (2012). Conducted a study on “The effect of contextual interference on performance and learning of volleyball skills in female players 15 – 18 years in Ilam, Iran.” The objective of the study was to study the effect of practice distribution (level of contextual interference) on the performance and learning of frank overhead passed from different distances (same skills but different distance to spiker). 90 players were randomly selected from the aged group of 15 – 18 years and who learned volleyball game at the intermediate level in Ilam, Iran. Simple random sampling method was used in this study.

Conclusion:

- Result of each experiment indicated the related progress of subject course in practice session but comparison of this progress between the group of each experiment did not show statistical significant difference also comparison of acquisition phase in similar groups between experiments indicate that there was no statistical significant difference.
• In learning phase II retention and transfer test was used for assessment of learning rate, in retention phase that was evaluated by using retention test.

The volleyball skills which were studied were helpful in the study. **David, N. (2007).** Conducted a study “Development of selection norms for women volleyball players of Nagarjuna University, Andhra Pradesh.” The study focused on measuring the overall playing abilities, selected morphological constituents and levels of fitness and skills of women players playing volleyball in Nagarjuna University. It also focused on preparing norms for selection of talented women volleyball players that would help to form a standard volleyball team. The study also helped in volleyball game and also helped in assessment of the game.

**Conclusions:**

• The selection criteria formulated were reliable and valid that would assess the efficiency of the volleyball players.

• The norms of the selection criteria were easy to grade that can identify the talented volleyball players.

As norms require a detailed study it was helpful in understanding the volleyball players in the present study.

**Satpalkumar, P. P. (2003).** Conducted a study on “development of norms to selection of volleyball players in Nagarjuna University”. The researcher measured the overall plying abilities, selected morphological constituents and level of fitness and skills of players playing volleyball in Nagarjuna University. The main objective of the study was to establish

**Conclusions:**

• The selection criteria would be clear to the aspiring volleyball players and would help in selecting the players.
• The norms of the selection criteria would help in grading the players, which would help in selecting a volleyball team that would perform well at the inter university level.

• The overall volleyball game was evaluated in the study which was related useful in the present study.

**Shetti, S.R.(1998).** Conducted a study “A comparative study of anxiety levels between Cricket, Volleyball, and Basketball players among high school boys in Panchgani”. The study was to develop the tools to measure the levels of anxiety of Cricket, Volleyball, and Basketball players. It also studied the anxiety level of the players before, during and after the game.

**Conclusions:**

• Basketball players have higher level of anxiety compared to volleyball players.

• The anxiety level during the game was less than before and after the game.

• All players that participated in the study belonged to moderately high anxiety group.

The anxiety level of volleyball players were studied in the study which was helpful in the present study of the volleyball players.

**Shirbhayye, A. (2014).** Conducted a study on “Comparative study of pre competitive anxiety, self confidence and self motivation of state level volleyball players.” The researcher conducted a study on players of aged 18 – 21 years male and female of different zones in Maharashtra state. The study focused on to measure pre competitive anxiety, self confidence and self motivation of state level volleyball players.
Conclusion:

- In the study it was observed that male players had less pre-competitive anxiety than female players.
- The male players were more self motivated as compared to female players. It was also observed that the male players were more confident than the female players.

The pre-competitive anxiety, self confidence and self motivation of volleyball players was studied which was helpful and related to the present study.

Wangwad, V. S. (2001). Conducted a study “Development of norms for selection of Junior Volleyball players in Maharashtra.” The study was to measure the overall abilities of Junior volleyball players in Maharashtra. The study also assessed the explosive strength, speed and neuromuscular coordination of the junior volleyball players. The height and weight were also evaluated. The study also focused on skill abilities required while selecting volleyball players. The study also established standard norms for selection of junior volleyball players for Maharashtra.

Conclusions:

- The selection criteria as developed and standardised in the investigation is reliable and valid test that can objectively assess the efficiency of volleyball players to be selected in the Maharashtra state junior volleyball team.
- The norms of the selection criteria were easy to grade that can discriminate the talented volleyball players with optimum accuracy to form a good Maharashtra state junior volleyball team.

All the basic skills were studied in the present study that was helpful in understanding the present study.
Melissa, Naidoo.(2008). Conducted a study on “Research on volleyball injuries produces significant results”. The research findings indicate that lower limb injuries among volleyball players may not necessarily impact negatively on their play. Forty-nine male volleyball players aged between 18 to 25 years old participated in the comparative study. Players who acquired only knee and ankle injuries were separated in two groups while a third group with no lower limb injuries underwent volleyball jump tests to ascertain their ability to play.

Rebecca, J. Lloyd.(2011). Conducted a study on the “Teaching games with inner sense: Exploring movement consciousness in women volleyball”. The awareness of inner senses like the balance, breathe and rhythm were explored. The most significant inquiry of the study is that it provides evidence for furthering research into a mode of games pedagogy that aims to dissolve socially constructed boundaries between the mechanics of the external body and inner sensations of movement, a model that attends to teaching games with inner sense.

Woods, Lionel.(2011). Conducted a study on “understanding how elite women volleyball players learn”. In the study ten volleyball athletes having national and international experienced were interviewed. The research findings indicated that the athlete’s ways of learning were influenced by their biographies by variety of learning situations that they experienced with both their teammates and coaches and their use of personal reflection. The findings in the study suggested that an athlete seek out and accept feedback and coaching as important components in the complex process of learning. The findings also pointed out the need for the sport learning environment to continue to develop coaches with effective teaching and interpersonal skills as well as solid technical skills in their respective sports.
The above reviews have helped the researcher in understanding the volleyball skills, physical fitness factors and Yogasanas that were related in conducting the study. The studies helped in knowing the various methods and aspects that were used in the various studies. The reviews gave the researcher proper direction, insight of the game and was time saving.
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