



# EFFECTS OF PHYSICAL FITNESS TRAINING PROGRAMMES ON HAPPINESS AND KINDNESS ASPECT OF VOLLEYBALL PLAYERS

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**Abstract:** The aim of the research was to determine the effects of physical fitness training programmes on Happiness and Kindness aspect of volleyball players. Only one group was targeted experimental group, there was no control group. The 30 male volleyball players participated in the study and their age ranged between 19-30 years. Training was given to the experimental groups. The data was collected through respondents in the form of different experimental tests. A training program was planned for 12 weeks, 5 days a week and 90 minutes a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running, jogging, climbing, jumping row and cross country. The result reveals that there was significant effects of Physical fitness training programme was found in Happiness and Kindness aspect on Volleyball players.

**Key Words:** Happiness , Kindness, volleyball, Physical fitness

## INTRODUCTION

Volleyball also benefits the emotional and mental health of players. It is a fun exercise which reduces stress and anxiety. It can also help in managing mood swings and even alleviate depression. Exercise causes your brain to release endorphins. On average, people who are active in sport report being happier than those who are not. Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a stress hormone, which directly impacts stress levels. kindness means harboring a spirit of helpfulness, as well as being generous and considerate, and doing so without expecting anything in return. Kindness is a quality of being. The act of giving kindness often is simple, free, positive and healthy (The art of Kindness,2020). Sports help you manage stress. Exercise causes your body to release endorphins, the chemicals in your brain that relieve pain and stress. It also reduces the levels of stress hormones, cortisol and adrenaline. Studies have shown that 20 to 30 minutes of exercise each day can make people feel calmer . Exercise increases endorphins, but it also increases many more brain chemicals that make you feel happy. exercise, it increases endorphins, dopamine, adrenaline and endocannabinoid -- these are all brain chemicals associated with feeling happy, feeling confident, feeling capable, feeling less anxiety and stress and even less physical pain,(McGonigal 2010).

## METHODS

Only one group was targeted experimental group, there was no control group. The 30 male volleyball players, participated in the study and their age ranged between 19-30 years. Training was given to the experimental groups. The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses. The study area was restricted to Marathwada region of Maharashtra.

## PROCEDURE OF TEST

Pre and post-test was taken on 30 Volleyball Players from various colleges, voluntary to participate in the Physical fitness training programmes. Exclusion criteria were the presence of chronic medical conditions such as asthma, heart disease or any other condition that would put the subjects at risk when performing the experimental tests. The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during the programmes. They completed an informed consent document to participate in the study. All 30 acted as experimental group for Physical fitness training programmes with no control groups.



**Applied training program**

A training program was planned for 12 weeks, 5 days a week and 90 minutes. a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running, jogging, climbing, jumping row and cross country. There was training programmes in the academic schedule of physical education department. The exercise session should consist of the following procedure: Warm - up period will be approximately 10 min., this was combine callisthenic – type stretching, exercise and progressive aerobic activity. However, cool down period was 5 to 10 min. **Happiness and Kindness aspect measure through the questionnaire** .The data was collected through respondents in 30 volleyball players from different colleges of Swami Ramanand TeerthMarathwada University Instructions was given to the volleyball players.

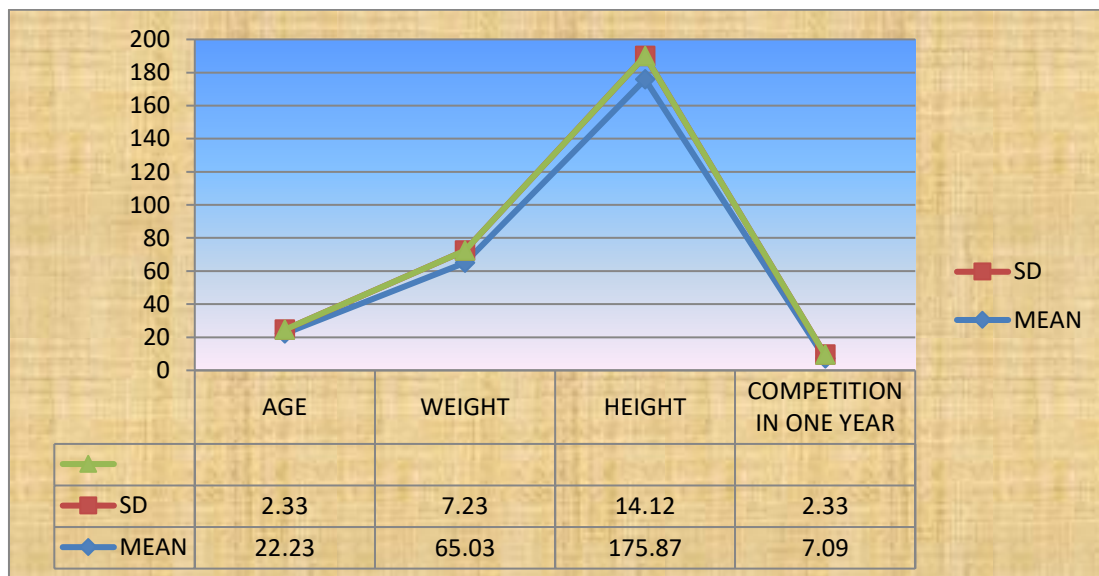
**RESULTS OF THE STUDY**

**Table -1**  
Mean Scores and Standard Deviation of selected Components of volleyball players.

Sr.No.	Components	Volleyball players	
		Mean	Standard Deviation
1.	Age (Year)	22.23	2.33
2.	Weight (Kg)	65.03	7.23
3.	Height (Cm)	175.87	14.12
4.	Competition in one year	7.09	2.33

Table 1 shows the mean (S.Ds.) age of volleyball players was 22.23 (2.33). Their weight was 65.03 (7.23) Kg. and their height was 175.87 (14.12) cm.

**Figure -1**  
Shows Mean Scores and Standard Deviation of selected Components of Volleyball players



**Table -2**  
Mean Scores, standard deviation and t-ratio of the happiness aspect of Volleyball players

Dimension	Players	Number	Mean	S.Ds	T-ratio
Happiness	Pre Test	30	2.62	0.79	3.08*
	Post Test	30	3.33	1.01	

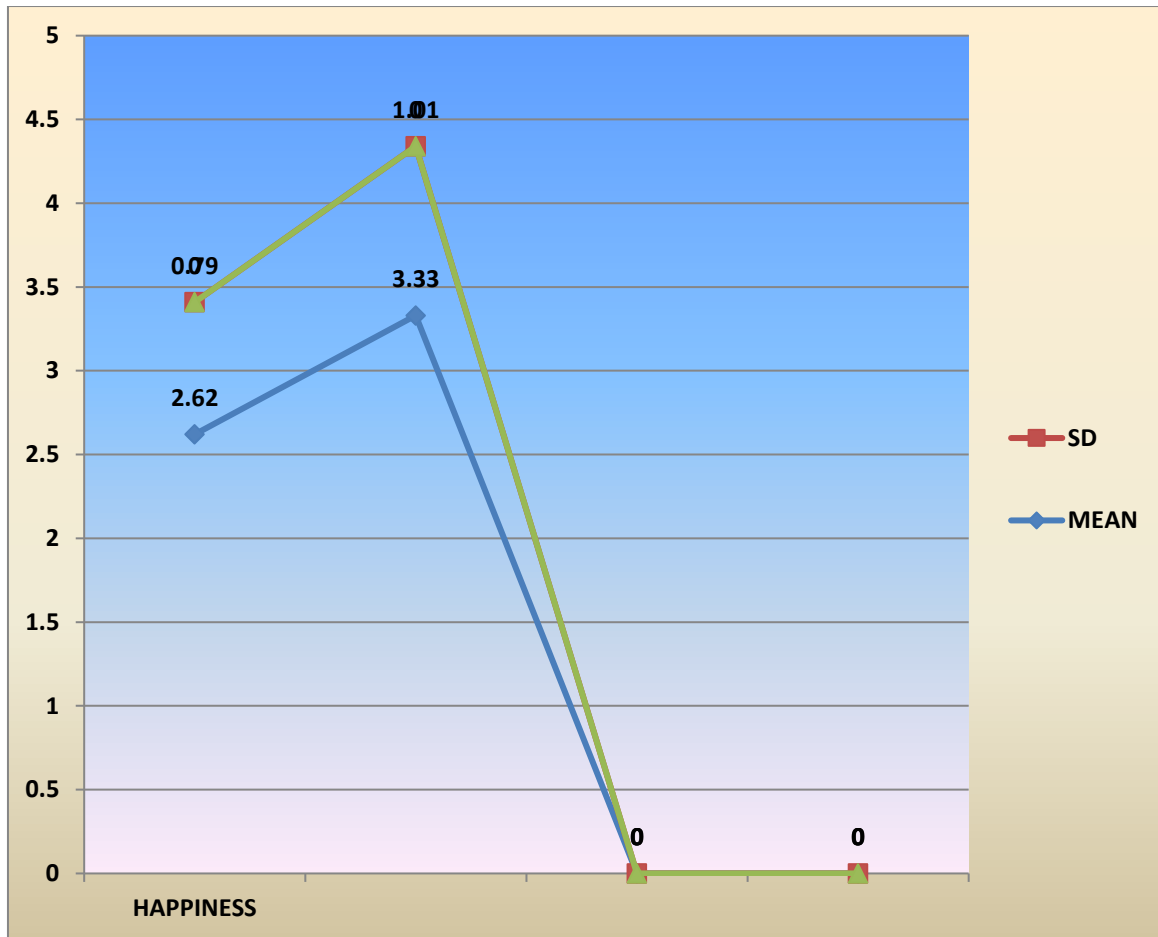
\*Significant at 0.05 level.

Table -2 shows that the mean scores, standard deviation and t-ratio of the happiness aspect of Volleyball players. With regards to happiness aspect of universal supreme health for all physical well-being of Volleyball players they have obtained the mean values of 2.62 and 3.33 respectively which are given in Table 2 reveals that the significant effects of physical fitness training programme was found out in happiness aspect of Volleyball players.



Mean scores and standard deviation of happiness aspect of universal supreme health for all mental well-being score of Pre Test and Post Test volleyball player are presented graphically in figure-2.

**Figure-2**  
 showing means scores and standard deviation of happiness aspect of universal supreme health for all mental well-being score of Pre Test and Post Test volleyball player.



**Table -3**  
 Mean Scores, standard deviation and t-ratio of the kindness and emptying aspect of Volleyball players.

Dimension	Stages	Number	Mean	S.Ds	T-ratio
Kindness and emptying	Pre Test	30	3.64	0.86	6.95*
	Post Test	30	5.03	0.70	

\*Significant at 0.05 level.

Table 3 shows that the mean scores, standard deviation and t-ratio of the kindness and emptying aspect of universal supreme health for all mental well-being of Volleyball players.

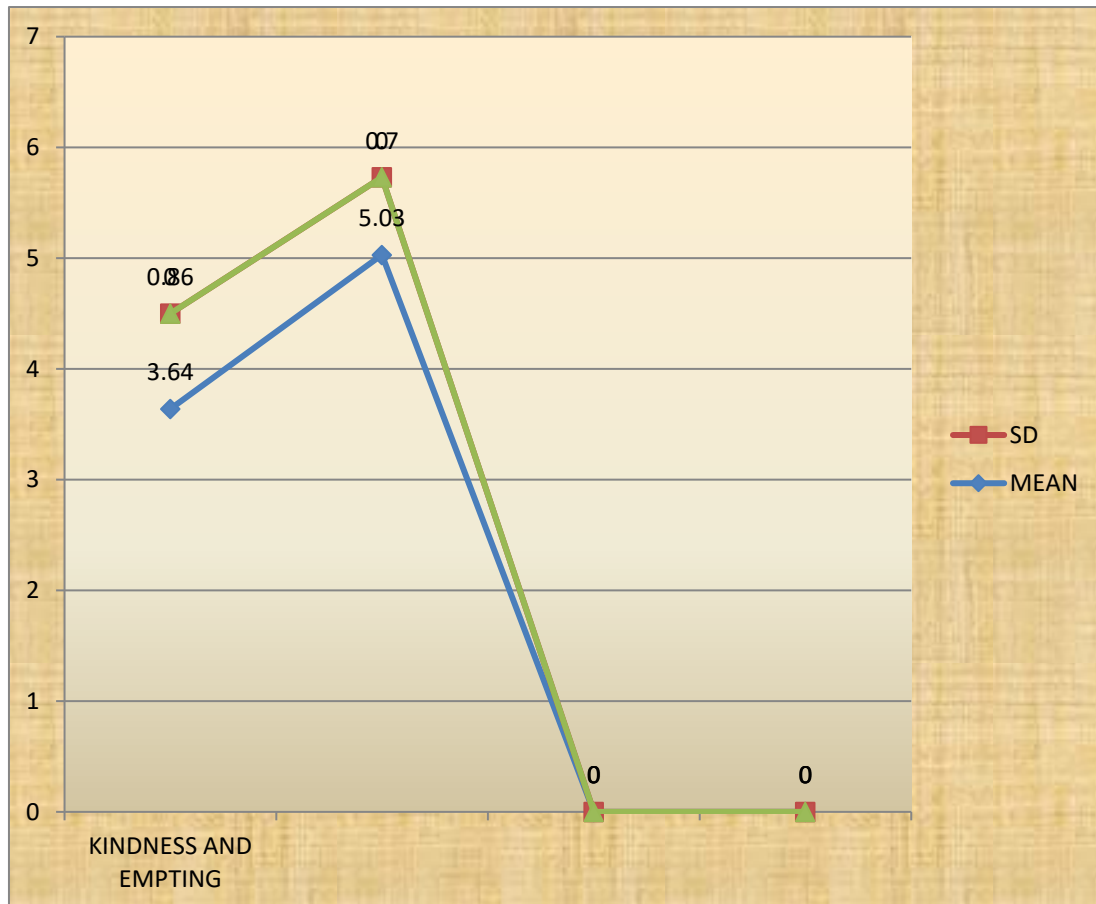
With regards to kindness and emptying aspect of universal supreme health for all mental well-being of Volleyball players they have obtained the mean values of 3.64 and 5.03 respectively which are given in Table -03 reveals that the significant effects of physical fitness training programme was found out in ( $t=P < 0.05$ ) to kindness and emptying aspect of Volleyball players.

Mean scores and standard deviation of kindness and emptying aspect of universal supreme health for all mental well-being score of Pre Test and Post Test of volleyball player are presented graphically in figure-3.



Figure-3

showing Mean scores and standard deviation of kindness and emptying aspect of universal supreme health for all mental well-being score of Pre and Post Test of volleyball player.



### DISCUSSION

The happiness aspect is directly related to sports performance. The findings of the study reveals that the significant effects of physical fitness training programme was found out in happiness aspect of Volleyball players. The physical fitness training programme has improve the happiness aspect of Volleyball Players. In addition, the result reveals that the significant effects of physical fitness training programme was found out in ( $t=P < 0.05$ ) to kindness and emptying aspect of Volleyball players. The physical fitness training programme has improved the kindness and emptying aspect of Volleyball Players. Exercise is also shown to help some people with depression, which experts say could be to due an increase in nerve cell growth in the brain that happens when you exercise. Another chemical that is shown to help relieve stress and boost happiness is myokine, which your body creates when your muscles contract. Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' **brisk walking increases** our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. There are many reasons why physical activity is good for your body – having a healthy heart and improving your joints and bones are just two, but did you know that physical activity is also beneficial for your mental health and wellbeing (Paluska, & Schwnek, (2000).

Physical activity has been shown to have a positive impact on our mood. (Penedo, F.J. & Dahn, J.R. 2005) A study asked people to rate their mood immediately after periods of physical activity (e.g. going for a walk or doing housework), and periods of inactivity (e.g. reading a book or watching television). Researchers found that the participants felt more content, more awake and calmer after being physically active compared to after periods of inactivity. They also found that the effect of physical activity on mood was greatest when mood was initially low. (Kanning, M. & Schlicht, W. (2010)..

There are many studies looking at physical activity at different levels of intensity and its impact on people's mood. Overall, research has found that low-intensity aerobic exercise – for 30–35 minutes, 3–5 days a week, for 10–12 weeks – was best at increasing positive moods (e.g. enthusiasm, alertness). Reed, J. & Buck, S. (2009). People who exercised



for at least 30 minutes several days out of the week were roughly 30 percent more likely to consider themselves happy compared to those who put in less time, researchers found. (Mejia Z 2018)

As reported by The New York Times, University of Michigan researchers behind the study looked at 23 previously-published works — 15 observational studies and eight intervention studies — all of which found a clear beneficial relationship between physical activity and happiness.

**Exercise was strongly linked to happiness.** In several studies, people who worked out only once or twice a week said they felt much happier than those who never exercised. In other studies, 10 minutes a day of physical activity was linked with buoyant moods (Michigan,2018).

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