

Effect of Judo Training Programme on Physical Fitness among University Student

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Abstract - Judo is one kind of model martial arts which helps people to live fit and always happy in their life we live in today world we could not able to forget the importance of fitness in our daily life, Judo Japanese pronunciation lit. Gentle way is generally categorized as a modern martial art which has since evolved into a combat and Olympic sport. The sport was created in 1882 by Jigoro Kano as a physical, mental, and moral pedagogy in Japan. With its origins coming from jujutsu, judo's most prominent feature is its competitive element Very old quota is that "health is wealth" so Judo is one art which helps people to health and fit in their life. Judo is the martial arts but now it is the Olympic sports and all country looking towards Judo positive. In the research researcher want to study about the training program to the importance of endurance and the fitness level to improve the sports player specially for the Judo player the purpose of study the effect of Judo training program on physical fitness among the College students in Vadodara district (Gujarat State) in these study data was collected in the group of 18 to 24 years boys and girls From, Parul University, Limda, Wahgodia, Vadodara, Gujarat, The researcher was selected 100 students .among them 50 girls and 50 boys the researcher divided them in two groups in each group there was 25 boys and 25 girls we given their group name experimental group and control group. The researcher given Judo training to Experimental group and do not give any Training to control group. The pretest and posttest group design were employed to conduct the experiment. Initially the researcher used pull up, sit ups, standing broad jump, 100 meter Dash, 800 meter run as physical fitness test in the training program for 12 weeks Judo training program on experimental group the Researcher used T test mean and standard deviation

For statistically analysis at 0.05 level of significant. The purpose of study was clear for the development of judo player better results and improve their strength, endurance, speed, flexibility, coordination, reflection and body balance which was very important for development of judo player, get the better result in the judo sports for the development of the player. The researcher found better result in the significant in the development of the

Experimental group player and group was compared to control group students. As per statically analysis the result shown that pull up, sit up, standing brood jump, 100 meter dash, 800 meter run positively significant effect in these research the Research reveals that there was significant difference found in physical fitness level Between experimental group and control group of boys and girls among 18 to 24 years.

Index Terms - Judo training program, physical fitness test.

INTRODUCTION

Today, a growing emphasis on pretty well and have a long life. Gradually more and more scientific evidence tells us the keys to the fitness and exercises to achieve these principles. Today, physical activity is a part of our daily lives because it is a challenge to moving. There are many small jobs that require physical exertion. Depending on the muscles than the machines we get around, mechanically problem increases. But statistics vaccine that pays off, so his / her doctor will have to wait Mobile society has changed. In total, we continued the rest of the total spending their Leisure time (including children) and more people have become a national audience. Accordingly, the point of obesity and excess weight, etc., high blood pressure, diabetes, cardiac arrest, to show that the until the final returns. The idea is to get everyone to take action now. Quality Physical is the human body what fine tuning the engine. It helps us to present to our. Exercise is the best appearance, pleasurable sensation who described the situation that helps us do our best. More specifically, its leisure time activities enjoyed and urgent demands of the energy, excitement, and alertly daily tasks to Do. It is an unfit person could not continue the scenario process, stress tolerant, stand Up, stand is capable of, and being of good health and it is based on a key. "Physical exercise undue fatigue or impressive strength and energy to meet the demands

of any emergency is a sudden he is on the everyday life of ordinary work without fatigue, which refers to the ability to separate organic." Nixon "Fitness person can act as any characteristic that is the state. Fitness is a personal thing. That his future most effectively lives in every person's potential marks. Functional capacity each other mutual associated with all exercise, physical, mental, emotional and social components depends."(Kirchner) Involves the muscles of the body, heart and lung function and physical fitness. Also, what we do with our physical, mental alertness and emotional stability that we have some degree of such qualities in our minds, affects what you can do with exercise controls.

NEED OK THE STUDY

As we know research is doors of knowledge as we completed the research in different Sector our country we get develop we are lacking behind in sports so according to my Opinion much more research is needed in the sport, as we are plying judo from Many years but yet we are not qulifai for the Olympic match of Judo what can be the reason that our country is not qualifying in the judo in Olympic.

METHODOLOGY

In this chapter researcher define procedure of researcher and research methodology i.e. objective, hypothesis, operational definitions, selection process, research design, variable and data analysis techniques etc. steps taken in this direction are described in this chapter.

STATEMENT OF PROBLEM

The statement of the study is "Effect of Judo Training Programme on Physical Fitness among Parul University Player.

OBJECTIVES OF RESEARCH

1. To improve the skill of judo of Parul University player of judo.
2. It will help to improve Judo skill of Judo player.
3. Its research will improve their speed, balance, stamina.
4. It will open new exercise for judo and beneficial for Judo player.

5. To find the effect of training program on Parul University student of Judo players Vadodara
6. To find the new way of training to improve the judo skill University student of judo players.

HYPOTHESES

H0-1: There would be no significant effect of Judo training on physical Fitness among boys’ experimental group.

H0-2: There would be no significant effect of Judo training on Physical fitness among boys control group.

H0 -4: There would be no significant effect of Judo training on

LIMITATIONS

1. Diet and rest of the subjects.
2. Involvement of subjects during tests.
3. Physical, mental, weather, Parul University, house, and surrounding conditions of subjects.

DELIMITATIONS

1. The study will delimitate to Judo player.
2. The study will delimitate to 18 to 24 years age group.
3. The study will delimitate to the physical fitness test applicable for the 18 to 24 Years boys.
4. The study will delimitate to the Parul University, Limda, Vadodara, Gujarat
5. The study will delimitate to the concerned University Department of Physical Education timetables

VARIABLES

Independent Variables	Dependent Variables:
A.) Types of Group	B.) Physical Fitness
i. Experimental group	i. Height
ii. Control Group	ii. Weight
	iii. Pull Ups
	iv. Sit Ups
	v. Standing Broad Jump
	vi. 100 Meter Dash
	vii. 800 Meter Run

PROCEDURE

The samples of the study were randomly select from Parul University, Vadodara. The physical fitness test was select for evaluating the development of physical fitness of the subjects. To have the difference of data

for assessing the development it was decided to organize the test on 100 subjects. The schedule of program is conducted for the Twelve weeks research program. Before the training schedule start, we evaluate the physical fitness of student after completion of program we again evaluate the changes researcher find alter completion of program.

COLLECTION OF DATA

The samples of the study were randomly select from Parul University Judo Players, Vadodara. The T-test was select for evaluating the development of physical fitness of the subjects. To have the difference of data for assessing the development it was decided to organize the test on 100 subjects. Much of the samples were collect from Parul University, Vadodara.

Table shows details of tools description:

Sr. No	Tools	Particular
1	(1) Pre test (A) physical fitness test	1) height 2) weight 3) pull ups test 4) Sit ups test 5) Standing broad jump test 6) 100-meter dash test 7) 800-meter run test
2	Judo training programmer	1) 12-week training program
3	Control group	1) As per their regular schedule
4	Post Test (B) physical fitness test	1) height 2) weight 3) pull ups test 4) Sit ups test 5) Standing broad jump test 6) 100-meter dash test 7) 800-meter run test

SIGNIFICANT OF RESEARCH

1. Research study will help to Judo player & help to boost their career.
2. Research study will help to create awareness among the society about physical Fitness & Judo.
3. Research study will help to motivate to student towards Judo & physical Fitness.

ANALYSIS OF DATA

Physical Fitness and Boys Experimental Group:
Table No: 1. The Comparison of Pre-Test and Post Test of the Boys Experimental Group on factors of Physical Fitness:

Variables	Group	N	Mean	Sd	Df	't' value
Height	Pre-treatment	25	146.12	3.03	48	0.07
	Post-treatment	25	146.14	2.79		
Weight	Pre-treatment	25	41.52	4.13	48	3.10**
	Post-treatment	25	38.03	3.80		
Pull ups	Pre-treatment	25	3.73	1.09	48	5.00**
	Post-treatment	25	2.04	1.29		
Sit ups	Pre-treatment	25	4.40	2.06	48	2.16*
	Post-treatment	25	3.11	2.16		
Standing broad jump	Pre-treatment	25	140.61	4.18	48	4.10**
	Post-treatment	25	136.07	3.63		
100 meter ash	Pre-treatment	25	15.18	2.92	48	2.65*
	Post-treatment	25	13.11	2.60		
800 meter run	Pre-treatment	25	3.82	2.04	48	2.46*
	Post-treatment	25	2.09	1.82		

*Significant at 0.05 levels,

**Significant at 0.01 levels

Physical Fitness and Boys Control Group:

Table No: 2. the Comparison of Pre-test and Post Test of the Boys Control Group:

Variables	Group	N	Mean	Sd	Df	't' value
Height	Pre-treatment	25	145.63	5.13	48	0.74
	Post-treatment	25	146.64	4.41		
Weight	Pre-treatment	25	40.53	3.69	48	0.17
	Post-treatment	25	40.72	3.92		
Pull ups	Pre-treatment	25	3.60	2.28	48	0.36
	Post-treatment	25	3.37	2.23		
Sit ups	Pre-treatment	25	3.93	2.09	48	0.13
	Post-treatment	25	4.02	2.73		
Standing broad jump	Pre-treatment	25	137.30	4.04	48	3.75**
	Post-treatment	25	141.40	3.67		
100-meter dash	Pre-treatment	25	14.12	2.24	48	0.16
	Post-treatment	25	14.02	2.01		
800-meter run	Pre-treatment	25	3.50	1.96	48	0.15
	Post-treatment	25	3.59	2.16		

Physical Fitness and Girls Experimental Group:

Table No: 3. The Comparison of Pre-Test and Post Test of the Girls Experimental Group:

Variables	Group	N	Mean	Sd	Df	't' value
Height	Pre-treatment	25	135.70	3.18	48	0.03
	Post-treatment	25	135.73	3.70		
Weight	Pre-treatment	25	40.98	4.18	48	2.56*
	Post-treatment	25	38.13	3.68		
Pull ups	Pre-treatment	25	4.48	2.18	48	2.91**
	Post-treatment	25	3.01	1.28		
Sit ups	Pre-treatment	25	4.13	1.30	48	4.98**
	Post-treatment	25	2.31	1.28		
Standing broad jump	Pre-treatment	25	134.40	3.88	48	3.33**
	Post-treatment	25	130.43	4.52		
100-meter dash	Pre-treatment	25	15.29	2.81	48	2.93**
	Post-treatment	25	13.01	2.69		
800-meter run	Pre-treatment	25	4.19	1.93	48	2.07*
	Post-treatment	25	3.15	1.60		

CONCLUSION

Quality Physical is the human body what fine tuning the engine. It helps us to present to ours. Exercise is the best appearance, pleasurable sensation who described the situation that helps us do our best. More specifically, its leisure time activities enjoyed and urgent demands of the energy, excitement, and alertly daily tasks to do. "It's an unfit person could not continue the scenario process, stress tolerant, stand up, stand is capable of, and being of good health and it is based on a key."

SUGGESTION

1. Study may conduct on different physical fitness components.
2. Study may conduct on different psychological variables.
3. Study may conduct on sportsperson and non-sportsperson 148
4. Strength play very important role for the speed and it was found in the test their Speed.
5. Training helps them to away from the injury if the training was goods it develops the muscle power.
6. It improves the endurance power which is important for all sports player not only in Judo, but it help to all player.
7. 30 minutes training program will help people to fit and keep away from all kinds of dieses

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