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## Effect of the selected polymetric exercise on psychological variable of Punjab University Athletic male players

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### Abstract

The study was designed to investigate the effect of the selected polymetric training on the psychological variable of Punjab University Athletic male players. For this study 120 male student were selected randomly from Punjab University those are participated in athletic intercollegiate tournament. There are range from 19 to 23 Years. One group pre and posttest method will be used in psychological variables self-confidence and aggression measure. Before training and after training measurement shows that difference between pre and posttest. It found that the posttest after six month polymetric training significantly improve self-confidence and reduce the Aggression level of Punjab University Athletic male players.

**Keywords:** Polymetric exercise, psychological variables, athletic male players

### Introduction

The word Physical refers to body and indicates bodily Characteristics such as Strength, Speed, endurance, Flexibility, Health, Co-ordination and performance. It seemingly contrasts the body with the mind. The term education when used in conjunction with physical refers to a process of education that develop the human body especially fitness and movement skill.

In the recent decade, a decline in physical activity among college students has been evidenced (Sacheck *et al.*, 2010). Regular physical activity is an important part of a healthy lifestyle. It is associated with decreased risk of heart disease, obesity, and related to psychological well-being with lower levels of stress and better cognitive functioning (Shaw *et al.*, 2004; Coyle 2009; Pertruzelo *et al.*, 1991; Crews and Landers 1987; Etnier *et al.*, 1997) [3]. Recent studies indicate that college student population does not participate in moderate or vigorous physical activity. There is an alarming decline in physical activity among college students compared with those in high school (Bray and Born 2004) [2]. In addition there have been several publications in recent years reporting on the quantity of physical activity performed by college students. In fact, overweight in children and adolescents are increasingly common (Ogden *et al.*, 2002) [17] while physical fitness in adolescents is declining (Malina 2007). Lower fitness in adolescents may track into adulthood. Kann *et al.*, (1996) [13] showed that adolescence appears to be a period characterized by marked declines in physical activity. Changes occurring during adolescence include positive and negative habits regarding health, which are acquired 6 before adulthood (Trudeau *et al.*, 1999). In subsequent studies, numerous researchers have shown that the rate of children and adolescents developing physical activity has decreased over the last few years due to the increasing influence of sedentary activities such as television viewing, internet surfing and video games (Berkey *et al.*, 2000; Boreham&Riddoch, 2001). In support of this trend, Gordon-Larsen *et al.*, (2000) found that adolescents spend less time in PE sessions than younger children. These findings reinforce the need for physical activity intervention programmes for children and adolescents. It has been evident that a well-designed physical education program can motivate students to maintain healthy habits and regular physical activity (Beets &Pitetti, 2005). It is also effective in enhancing students' physical activity-related knowledge (Hayman *et al.*, 2004), attitude, behaviours, and physical fitness (Kohl, 2001).

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Nevertheless, it has been established that physical activity does not only positively influence physiological factors, but has also a positive effect on psychological aspects. Regular physical activity can increase the ability to cope with stress and leads to an improved health perception and quality of life. Plyometric training exercises showed multiple physiological benefits for youth which may provide enjoyment and positive attitude toward lifetime physical activity and may promote adherence to regular exercise among children and adolescents (Sothorn et al., 1999; Hunter, Bamman & Hester 2000). Hence the researcher has undertaken this study to see the effect of selected plyometric Exercise on Psychological variables of Punjab University athletic male players.

**Objective of the study**

- 1) To study the difference between pre- and post-test of Self-Confidence of Punjab University Athletic male Athlete.
- 2) To study the difference between pre and posttest of Aggression of Punjab University Athletic male Athlete.

**Hypothesis**

- 1) The Pollymetric exercise will be significantly Improve the Self-Confidence of Punjab University Athletic male Athlete.
- 2) The Pollymetric exercise will be significantly Decreases the aggression of Punjab University Athletic male Athlete.

**Selection of subjects**

One hundred twenty male students from Punjab University Athletic male Athlete players and age ranging between 19 to 23 years were taken randomly as the subject for this study. All the subjects were clinically normal and all facility will be equal and diet will be similar For this study researcher take the psychological fitness variables is Self-confidence and Aggression. for the Self-confidence measure by the Self-Confidence Inventory Questioner by D. D. Panday and the Aggression will be measure by the Aggression Scale Questioner by Ku. Roma Pal and Dr. Tasneem Naquavi. Plyometric also can develop overall athletic performance. Its develop explosive power, Speed, Endurance and strength hence we can say that plyometric develops all the basic components of body and help to achieve sports performance

**Treatment**

Plyometric can develop overall athletic performance. Its develop explosive power, Speed, Endurance and strength hence we can say that plyometric develops all the basic components of body and help to achieve sports performance Researchar give the Selected Plyometric exercise. Punjab university Athletic male players Ones hour in morning and one hour in evening

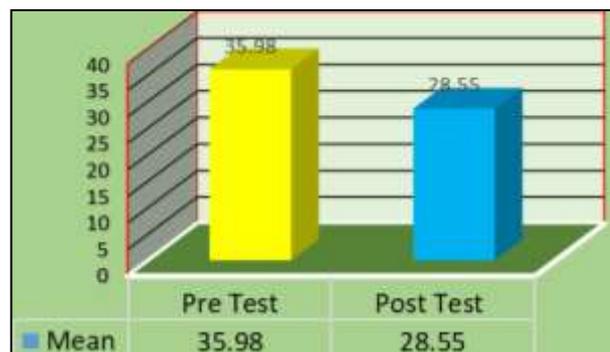
**Experimental Designee**

In this study researcher take Experimental research. One group Pre and Post-test Experimental Designee. In this study researcher take first pretest then he give us six month plyometric Exercises treatment then after six month treatment researcher take posttest and collect data. After collecting the data classify the tables and Graph and annualize the data by significance ‘t’ Test.

**Discussion:** After the administration of test on psychological components the significant difference between the means of the means of the selected psychological variables.

**Table 1:** Self- Confidence Pre and posttest Mean difference

Test	Mean	SD
Pre-Test	35.98	3.1
Post-Test	28.55	3.26



**Graph 1:** Self-Confidence Mean

**Table 2:** Self-confidence Significance test

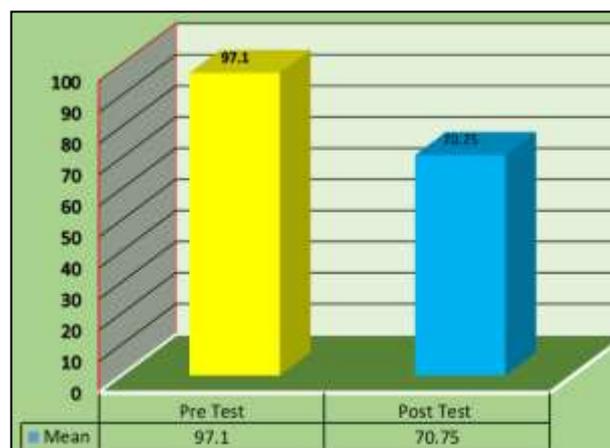
Test	Mean	M. Differ.	SE (M. diff)	Df	T-test	0.05*
Pre-Test	35.98					
Post-Test	28.55	-7.425	0.98	119	8.08	

Self-Confidence pre and post-test mean difference in table no 01 and Graph no 01 shown the pretest Mean value is 35.98 and the post-test mean value is 28.55 so that pollymetric exercise improve the self-confidence. In the evidence of the table no-02 shown that self-confidence significance t test computed value 8.08 is greater than table value so that pollymetric exercise will be improve the self-confidence.

**Table 3:** Aggression Pre and Post-test mean difference

Test	Mean	SD
Pre test	91.1	5.21
Post test	70.75	9.53

In the evidence of table no 3 and graph no 02 shown that Aggression pre-test mean is 91.1 SD 5.21 and after pollymetric exercise treatment post-test mean is 70.75, SD 9.53 there-fore pollymetric exercise reduce the aggression.



**Graph 2:** Aggression Pre and post-test Mean

In the evidence of table no -4 shown that aggression significance t-test computed value 5.53 is greater than 119 df table value so that the pollymetric exercise reduce the Aggression of Punjab University athletic male player.

**Table 4:** Aggression Pre and Post significance test.

Test	Mean	Mean Diff.	SE (M. Diff)	DF	t-Test	0.5* value
Pre-test	91.1	26.34	0.68	119	5.53	1.98
Post-test	70.75					

### Conclusions

Within the limitation of the study, It may be concluded that six month Plyometric exercise will be significantly improve psychology factor of Self-confidence and reduce the Aggression on Punjab University Athletic male player.

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