

DOI PREFIX 10.22183
JOURNAL DOI 10.22183/RN
SIF 7.399

RESEARCH NEBULA
An International Refereed, Peer Reviewed & Indexed Quarterly
Journal In Arts, Commerce, Education & Social Sciences

ISSN INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA
ISSN 2277-8071

RESEARCH NEBULA

*An International Refereed, Peer Reviewed & Indexed Quarterly Journal in
Arts, Commerce, Education & Social Sciences*

SPECIAL ISSUE AUGUST 2021

ONE DAY

INTERNATIONAL - CONFERENCE

On

COVID-19 PANDEMIC: CHALLENGES, OPPORTUNITIES & SOLUTIONS
IN FRONT OF HIGHER EDUCATION

21st August, 2021

Organized by



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS & I.Q.A.C.
SHANKARLAL KHANDELWAL ARTS, SCIENCE & COMMERCE COLLEGE, AKOLA.



ARTS AND SCIENCE COLLEGE, KURHA, AMRAVATI.



SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, TQ. DIST. AKOLA.

In Collaboration with



PHYSICAL EDUCATION FOUNDATION OF INDIA, NEW DELHI.

59.	S. W. SURADKAR Ghulam Nabi Azad College, Barshitakli, Dist. Akola-444 401 (MS)	OPTIMISTIC SIDE OF COVID-19: A PERSPECTIVE	228
60.	DR. SANGHPAL WAMANRAO NARANAWARE Director of Physical Education Chintamani College of Commerce, Pombhurna	NOVEL CORONA VIRUS (COVID-19): AN INDIAN SCENARIO	231
61.	DR. SANGITA A. DESHMUKH Director of Physical Education Bhartiya Mahavidhyalaya, Amravati	PHYSICAL FITNESS, PHYSICAL ACTIVITY DURING COVID-19 PANDEMIC	234
62.	DR. SANGITA M. KHADSE Director of Physical Education and Sports, Smt. Sindhutai Jadao Arts & Science Mahavidyalaya Mehkar. Dist - Buldana.	ROLE OF PHYSICAL EDUCATION & SPORTS IN PANDEMIC	236
63.	DR. SANGITA N. LOHAKPURE Director of Sports and Physical Education Shri Dhabekar Arts college Khadki, Dist. Akola	ROLE OF PHYSICAL ACTIVITY AND SPORTS IN COVID-19 PANDEMIC	238
64.	PROF. DR. SANTOSH P. TAYDE Shri Ganesh Arts College Kumbhari, Akola	ENVIRONMENTAL AWARENESS FOR ACADEMIC COLLEGE STUDENTS	241
65.	DR. SEEMA V. DESHMUKH Director Of Sports and Physical Education Smt. S.R. Mohata Mahila Mahavidyalay Khamgaon, Dist. Buldhana	SIGNIFICANCE OF ICT IN EDUCATION: ADVANCEMENT IN TEACHING AND LEARNING IN MODERN ERA	243
66.	MRS. SHITAL S. RAUT Indira Mahavidyalaya, Kalamb, Yavatmal	A STUDY ON EFFECT OF YOGIC PRACTICES ON ATTITUDE OF JUNIOR COLLEGE GIRLS DURING LOCKDOWN	247
67.	DR. SHRIKANT S. MAHULKAR Director of Physical Education & Sports, Late Dattatraya Pusadkar Art College, NandgaonPeth, Amravati.	EFFECT OF SPORTS TRAINING ON SELF CONTROL AND EMOTIONAL STABILITY OF INTERUNIVERSITY PLAYERS	251
68.	LT. SHWETA P. MENDHE Director of Physical Education, Smt. RDG College for Women, Akola	INFLUENCE OF MENSTRUAL CYCLE UPON PHYSIOPSYCHOLOGICAL FACTORS OF SPORT WOMEN	254
69.	DR. SUGANDH BAND Director of Physical Education & Sports, Shri Shivaji Science College, Amravati (MS)	A STUDY ON EFFECT OF YOGIC PRACTICES ON ATTITUDE OF JUNIOR COLLEGE BOYS DURING LOCKDOWN	258
70.	DR. SUBHASH P. GAWANDE Director of Physical Education Shri Shivaji Arts and Commerce College Amravati, Maharashtra	EFFECT OF IMAGERY TRAINING ON SMASHING SKILL OF VOLLEYBALL PLAYERS OF AMRAVATI	263
71.	DR. SUCHITA B. WANKHEDE Assistant Professor, Amolakchand Mahavidyalaya, Yavatmal	BEST TEACHING AND LEARNING PRACTICES IN PANDEMIC: MOOC'S, ONLINE PORTALS, LEARNING MANAGEMENT SYSTEM (LMS)	266
72.	DR. SUDHIR D. PATHARE Director of Physical Education, Shriram Kala Mahavidyalaya Dhamangaon Rly, Dist. Amravati (M.S.)	CHALLENGES AND OPPORTUNITIES FOR PLAYERS IN SPORTS DURING COVID-19 PANDEMIC	270
73.	PROF. SUNIL G. DHAKULKAR Department of Physical Education, Shri V N Art's & A N Commerce College, Mangrulpir.	PHYSICAL FITNESS AND PHYSICAL ACTIVITIES DURING THE COVID 19	274
74.	DR.SWAPNIL H. DANDADE Raje Chhatrapati Kala mahavidyalaya Dhamangaon Badhe	CHALLENGES, TRENDS, AND SCOPE IN LIBRARIES DURING COVID-19	276
75.	ULHAS V. BRAMHE Director Of Physical Education	MAINTAIN PHYSICAL FITNESS AND WELLNESS IN COVID-19 PANDEMIC	278



DR. SHRIKANT S.
MAHULKAR

Director of Physical
Education & Sports,
Late Dattatraya
Pusadkar Art College,
NandgaonPeth, Amravati.
shrikantmahulkar72@gmail.c
om

One Day International E - Conference On
Covid-19 Pandemic: Challenges, Opportunities & Solutions in Front of
Higher Education
on 21st August, 2021 @
S.K. College Akola, AS College Kurha, S.K. Maha Dahihanda & PEFI, New
Delhi.

EFFECT OF SPORTS TRAINING ON SELF CONTROL AND EMOTIONAL STABILITY OF INTERUNIVERSITY PLAYERS

ABSTRACT

Objective of the study is to find out effect of sports training on endurance, self-control and emotional stability of interuniversity players. For the present study 40 sample were selected from Amravati Interuniversity Competitions 2019 within groups design was used the present study same 40 players (cricket badminton and hockey kabaddi and football players) are included for pre and post treatment. The age range of responds was 18-25 years (mean 22.94, SD 4.09) purposive non probability random sampling was used. Hypothesis was there will be significantly difference between pre and post sports training on endurance, self-control and emotional stability of interuniversity players Multi Assessment Personality Series (MAPS) test used of measure of emotional stability. Results 1: Post treatment of interuniversity players has significantly high endurance than the pretreatment of interuniversity players. Results 2: Post treatment of interuniversity players has significantly high self-control than the pretreatment of interuniversity players. Results 3: Post treatment of interuniversity players has significantly high emotional stability than the pretreatment of interuniversity players.

KEYWORDS: Endurance, self-control, stability interuniversity players, Sports training and personality.

INTRODUCTION

Present study investigates to effect of sports training on endurance, self-control and emotional Stability of interuniversity players. Endurance in relation to athletic performance has been defined in various ways. Endurance for our purpose therefore refers to sustained high-intensity events powered mainly by aerobic metabolism. Such vans last~30s or more (Greenhill and Timmons, 1998)

Awareness about the extremely significant role that movement-specific performance training and nutrition have on overall athletic performance and injury prevention is a key factor for the explosion of performance training. Athletes that train in our program significantly improve speed, anaerobic conditioning running mechanics, agility, strength, power, and coordination while having access to a nutritional program that enhances the process. Individuals will master the most

fundamentally oriented movements and build off to those to achieve more accelerated movement sets. By incorporating stabilization and body awareness exercises into our training programs, we are able to not only teach necessary movement skills, but teach individuals how to maximize the efficiency of those skills with body control. Soon, maximum velocity, explosiveness, and unparalleled endurance become the strongest facets of an athlete's game. They develop a stronger first step, they maximize late game performance by building endurance and they use their improved condition to destroy defenders at will!

Sports psychology is the study of the long and short-term effect of training and conditions on athletes. This specialized field of study goes hand in hand with human anatomy is about structure, where physiology is about function. Sports training principal are heavily toted in this field effect of body composition flexibility training hydration environmental conditions and carbohydrate loading on athletic performance are only a few of the topic

significantly high endurance than the pretreatment of interuniversity players.

Mean of endurance of pretreatments of interuniversity players is 4.72 and Pre and Post treatments of interuniversity players mean is 7.49 the difference between the two mean is highly significant $t(78) = 4.09, p < .01$. Null hypothesis is rejected and alternative hypothesis is means post treatment of interuniversity players has significantly high Self Control than the pretreatment of interuniversity players.

Mean of endurance of pretreatment of interuniversity players is 5.02 and Pre and Post treatments of interuniversity players mean is 7.66 the difference between the two mean is highly significant $t(78) = 5.15, p < .01$. Null hypothesis is rejected and alternative hypothesis is means post treatment of interuniversity players has significantly high Emotional Stability than the pretreatment of interuniversity players.

RESULTS:

1. Post treatment of interuniversity players has significantly high endurance than the pretreatment of interuniversity players.
2. Post treatment of interuniversity players has significantly high Self Control than the pretreatment of interuniversity players.
3. Post treatment of interuniversity players has significantly high Emotional Stability than the pretreatment of interuniversity players.

REFERENCES:

1. Acevedo EO, Glodfarb AH (1989), Increased training intensity effects on plasma lactate, Ventilatory threshold and endurance. *Medicine and Science in Sports and Exercise* 21 563-568
2. Bastiaans JJ, van Diemen AB, Veneberg T, Jeukendrup AE (2001). The effects of replacing a portion of endurance training by explosive strength training on performance in trained cyclists. *European Journal of Applied Physiology* 86, 79-84

3. Bilal V (2001a), Interval training for performance a scientific and empirical practice. Part I : Aerobic interval training. *Sports Medicine* 31, 13-31
4. Carl D Paton, Will G Hopkins (2004) Effects of High-intensity Training on performance and Physiology of Endurance Athletes, *Sport science* 8, 25-40
5. Hoff J, Gran A, Helgerud J (2002), Maximal strength training improves aerobic endurance performance. *Scandinavian Journal of Medicine and Science in Sports* 12, 288-295
6. Jones AM, Carter HC (2000). The effects of endurance training on parameters of aerobic fitness. *Sports Medicine* 29, 373-386
7. Paavaolainen L, Hakkinen K, Rusko H (1991). Effects of explosive type strength training on physical performance characteristics in cross-country skiers. *European Journal of Applied Physiology* 62, 251-255
8. Weston AR, Myburgh KH, Lindsay FH, Dennis SC, Noakes TD, Hawley JA (1997). Skeletal muscle buffering capacity and endurance performance after high intensity interval training by well-trained cyclists. *European Journal of Applied Physiology* 75, 7-13