



EFFECT OF WEIGHT TRAINING ON SHOULDER STRENGTH AMONG INTER-COLLEGIATE SPORTS WOMEN

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Abstract

The purpose of the study was to find out the Effect of Weight training on shoulder strength among Inter-Collegiate Sports Women. It was hypothesized that there would be significant differences on physical fitness variables due to the effect of Weight training among Inter-Collegiate Sports Women. For the present study the 40 Inter-Collegiate Sports Women from Smt. Bangaramma Sajjan Arts, Commerce and Science College for Women Vijayapura, District of Karnataka State was selected at random and their age ranged from 19 to 25 years. Criterion measures for this study were test items for shoulder strength. To measure shoulder strength Pull ups (in seconds) about the Inter-Collegiate Sports Women, manual method was used. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of twenty each and named as Group I and Group II Group I underwent Weight training and Group II has not undergone any training. The data was collected before and after Eight weeks of training. The data was analyzed by applying dependent „t“ test. The level of significance was set at 0.05. The Weight training had positive Effect on shoulder strength among Inter-Collegiate Sports Women.

Key Words: Weight Training, Shoulder Strength, Inter-Collegiate Sports Women.

Introduction

Weight training is performed to achieve increased size and strength of the skeletal muscle. The technique involves using gravity in the form of weighted bars, dumbbells, and other weighted objects to counteract the force generated by the muscle during concentric and eccentric contractions. It is also referred as resistance training. If performed properly it can help achieve improvement in overall health and well being. Mostly strength training and weight training are confused to be synonym of each other but the two are actually two different things. The term "strength training"

Refers to a variety of exercises that describes all the exercises perform to achieve physical fitness, whereas a sort of strength training exercise is weight training that uses weight to develop strength and size of the muscles. In weight training exercise the force exerted by the muscle during the exercise (or the physical activity) must not change (as it is primarily an isotonic form of exercise). Weight training is primarily performed to enhance performance in sports like body building , weightlifting, power lifting, discus throw, javelin throw etc. other than athletes, weight training can be performed by any individual to achieve a better health.

One of the smartest things you can make for your fitness, well-being, physical, and mental performance is to start a weight training programme. Lifting weights on a regular basis enhances your confidence, endurance, strength, beauty, lifespan, health, and overall quality of life. Weight training on a regular basis can help you manage your stress, support your bones, reduce your risk of injury, lose weight, and, gives you an aggressive aspect in all components of life (Narasimham, 2009).



Training with weight is becoming an increasingly diagnosed as the key technique of training for games to strengthen the suitable physique. It strengthens the muscular tissues and inner organs and promotes the kind of health and dynamism that education is ozone of the elements in enhancing the speed, ability, strength, endurance, flexibility, body aspects and anthropometric measurement (James and Karpoulch, 1983).

Weight training is simply a method of increasing muscular contraction resistance by performing systematic exercises with weights. The major goal is to increase strength and power for use in other sports, rather than to study how to carry as much weight as possible. Weight training refers to interest in physical fitness or importance of strength in particular sports (Hook, 1958).

Weight training is now a prominent sort of strength training for increasing skeletal muscle size and strength. It uses gravity's pressure (in the form of weighted dumbbells, bars, or weight stacks) to counteract the force generated by concentric or eccentric muscular contraction. By overloading a group of muscles, repetitions, sets, pace, exercises, and force cause changes in strength, endurance, dimension, or formation. (Menoutis, 2014).

Statement of the Problem: The purpose of the present investigation is to find out Effect of Weight training on shoulder strength among Inter-Collegiate Sports Women.

Objective of the Study: To find out the significant difference in shoulder strength of the subjects by Weight training among experimental group.

Hypotheses: It was hypothesized that there would be a significant difference in shoulder strength of the subjects by Weight training among experimental group.

Methodology: The purpose of the study was to find out the out Effect of Weight training on shoulder strength among Inter-Collegiate Sports Women. It was hypothesized that there would be significant differences on physical fitness variables due to the Effect of Weight training among Inter-Collegiate Sports. For the present study the 40 Inter-Collegiate Sports from Smt. Bangaramma Sajjan Arts, Commerce and Science College for Women Vijayapura District of Karnataka State was selected at random and their age ranged from 19 to 25 years. To measure shoulder strength Pull ups (in seconds) about the Inter-Collegiate Sports Women, manual method was used. For the present study pre test - post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of twenty each and named as Group „A“ and Group „B“. Group „A“ underwent Weight training and Group „B“ has not undergone any training. The data was collected before and after Eight weeks of training. The data was analyzed by applying dependent „t“ test. The level of significance was set at 0.05.

Results and Discussions: After the six weeks Weight training there would be significant decreases in shoulder strength.

The data on shoulder strength before and after the Weight training of experimental and control groups are analyzed and presented in Table-1.

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Hypothesis: It was hypothesized that there would be a significant difference in Weight training of the subjects by Weight training among experimental group.



Table No.1 Showing the Pre-test and Post–test for Weight training Experimental Group on shoulder strength

Variable	Group	Test	Mean	SD	t- Value
shoulder strength	Experimental Group	Pre-test	13.30	1.75	19.2*
		Post-test	17.10	1.52	
	Control Group	Pre-test	12.90	1.95	1.14
		Post-test	12.80	1.46	

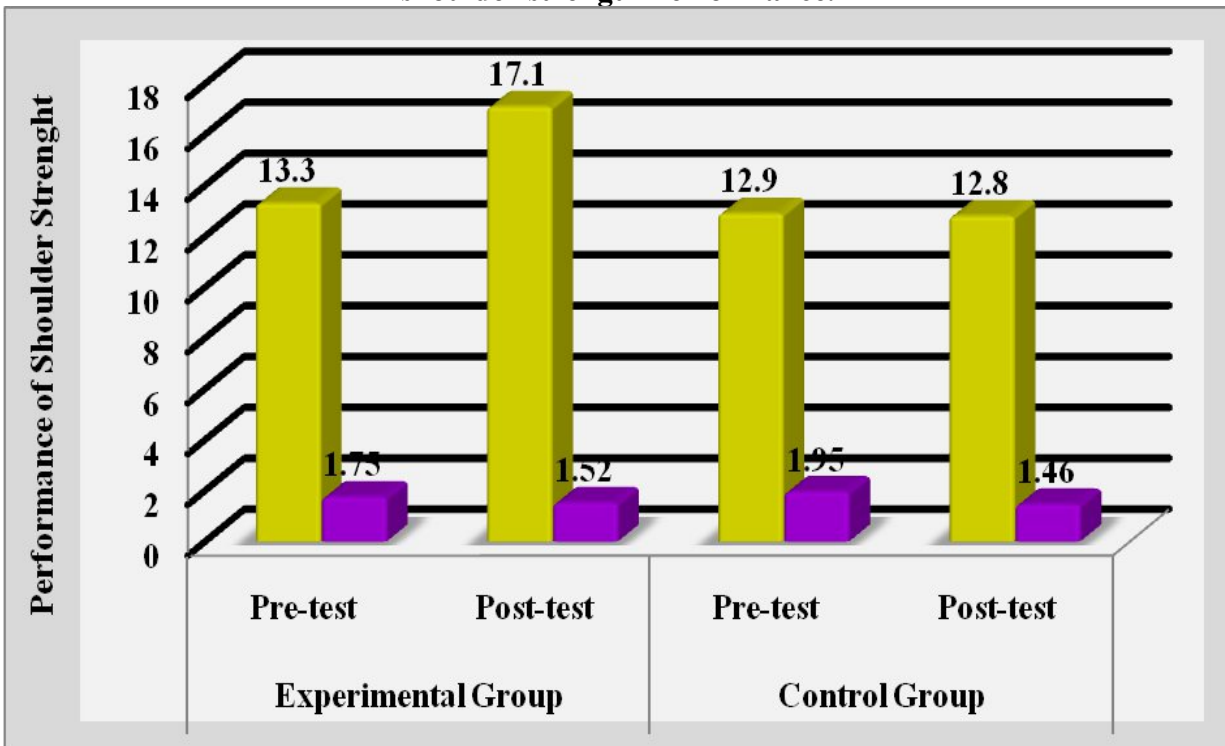
*Significant at 0.05 level

(Table value required for significance at 0.05 level for ‘t’-test is 1.684)

It is evident from table-1 that significant difference was found in Weight training effect between pre and post shoulder strength of Inter-Collegiate Sports Women in the experimental group as the t-value was found 19.2. This was a higher value than the required value at .05 level of significance, but an insignificant difference was found between pre and post shoulder strength of Inter-Collegiate Sports Women in the control group as the t-value was found 1.14. This was a lower value than the required value at .05 level of significance. The scores are also illustrated in the figure-1.

The comparison of shoulder strength mean scores of pre and post tests among groups is shown in graphical representation in Fig.1

Figure No.1 Showing the Pre-test and Post–test for Weight training Experimental Group on shoulder strength Performance.



The above figure 1. Indicates that the post test values of Experimental group significantly improved the performance of shoulder strength and also the post test values of shoulder strength were more than the pre test values due to Eight weeks of Weight training. The Control group pre- test and post- test performance of shoulder strength no improvement.



Discussion

The raw data was computed and analysis of data showed that the Weight training improved significantly in the shoulder strength of experimental group. The reason for better performance in experimental group may be continues participation in training and the load which was experienced by the subjects in the training programme was adequate to produce significant development in the shoulder strength. In case of control group it may be due to their non-participation in the training programme. Weight training is used as the latest methodology for developing the shoulder strength. The activities which activate the stretch reflex mechanism affect the body power and come under the category Weight training.

Discussion of Hypothesis

On the basis of the above findings, it is obvious that the treatment contributed to the development of shoulder strength. Hence, the hypothesis framed for the study is accepted.

Conclusion

Eight weeks of Weight training has shown significant improvement on shoulder strength among Inter-Collegiate Sports Women.

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