

## Comparison of Upper Body Muscle Strength among Volleyball Players and Hockey Players of Nalgonda District

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Physical fitness is a fundamental element in the realm of physical education, and its relationship with health is integral. Sports such as volleyball and hockey require distinct physical attributes. Volleyball emphasizes strength and power for effective performance, with players needing robust legs for jumps and upper body strength for various actions, while hockey players also rely on strength. The objective of this study was to compare the upper body muscle strength of volleyball players and hockey players in Nalgonda District. The study consisted of 20 male volleyball players and 20 hockey players from Nalgonda District. Upper body muscle strength was assessed using the pull-up test. The findings of the study indicated that volleyball players exhibit higher upper-body muscle strength (12.98) compared to hockey players (8.24). The enhanced upper body muscle strength observed in volleyball players can be attributed to the nature of the sport. Volleyball demands substantial shoulder strength for activities such as spiking and serving. Regular involvement in these actions appears to contribute to improved upper body muscle strength. In contrast, while hockey players also required strength, their particular skill demands might not heavily emphasize upper body strength development as in volleyball. The study underscored the variance in upper body muscle strength between volleyball and hockey players in Nalgonda District. Volleyball Players exhibited notably higher levels of upper body muscle strength, potentially due to the demands of the sport on the shoulders.

Keywords: Upper Body Muscle Strength, Pull Ups, Hockey, Volleyball