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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPEAS) is a scientific printed and electronic journal established by Physical Educationist and Sports Scientist of India , publishing both research and review articles in the fields of sports and exercise sciences as well as Applied Sciences. IJPEAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPEAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPEAS is printed and electronic journal dedicated to promoting scientific knowledge in the multidisciplinary field of sports and applied sciences. According to policy of publishing and format of IJPEAS , the delay in the publishing process is minimal and IJPEAS is unique discussion panel for researchers in the field. IJPEAS covers all aspects of sports and applied sciences including kin- anthropometry, sports medicine, biomechanics and biophysical investigation of sports performance, coaching & performance, motor control & learning, exercise physiology, sports nutrition & biochemistry, sports psychology, historical, philosophical and sociological perspectives of sport, management , sport law, physics, chemistry, zoology as the applied sciences etc.

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VOLUME 11, NO. 2, APRIL, 2021

S. NO.	TITLE OF PAPER & AUTHORS	Country	PAGE NO.
1	EFFECTS OF THE ON-EXERCISING-BALL WEIGHT TRAINING ON FEMALE VOLLEYBALL PLAYERS' LEG MUSCLE PHYSICAL FITNESS https://doi.org/10.17605/OSF.IO/5UJT9 Pariwatr Paso and Panida Chuwet	Bangkok	01-10
2	IDENTIFYING PRODUCTS OF THE SPORT INDUSTRY: A CONCEPTUAL ANALYSIS OF SPORT MARKETING https://doi.org/10.17605/OSF.IO/XRAZH Oyebode TundeSamson	Nigeria	11-20
3	THE IMPACT OF OCCUPATIONAL STRESS AND JOB SATISFACTION ON PHYSICAL EDUCATION TEACHERS https://doi.org/10.17605/OSF.IO/W85XV Pawar Vishal Subhash	India	21-24
4	ASSESSMENT OF PSYCHOLOGICAL WELL BEING OF SCHOOL CHILDREN https://doi.org/10.17605/OSF.IO/39CRN Bhagirathi and Prof. Dr. R. K. Yadav	India	25-34
5	INFLUENCE OF CROSS TRAINING ON SELECTED BOI-MOTER ABILITIES AND PHYSIOLOGICAL VARIABLES AMONG HOCKEY PLAYERS T. Sathees kumar https://doi.org/10.17605/OSF.IO/XP3KC	India	35-38
6	INNOVATION IN SPORTS TECHNOLOGY https://doi.org/10.17605/OSF.IO/Y752N Dr.Ravindra Baliram Khandare	India	39-42
7.	GLOBALIZATION AND SPORTS https://doi.org/10.17605/OSF.IO/TA5WR Dr.Sharad Balasaheb Magar	India	43-46
8.	BENEFITS OF PERSONALITY DEVELOPEMNT AND PHYSICAL FITNESS THROUGH THE GAME OF BALL BADMINTON:A BRIEF REVIEW https://doi.org/10.17605/OSF.IO/UK64X Vinayak Namdeo Kale	India	47-50
9.	A STUDY TO ASSESS THE EFFECT OF PETTLEP IMAGERY TRAINING ON PENALTY FLICK PERFORMANCE WITH PERSON PRESSURE CONDITION AFTER DIFFERENT TRAINING DURATIONS ON DIFFERENT TRAINING GROUPS Neha Khare & Dr. R.K. Yadav https://doi.org/10.17605/OSF.IO/X8AW3	India	51-55
10	A STUDY TO ASSESS THE EFFECT OF PETTLEP IMAGERY TRAINING ON PENALTY FLICK PERFORMANCE WITH TIME PRESSURE CONDITION AFTER DIFFERENT TRAINING DURATIONS ON DIFFERENT TRAINING GROUPS https://doi.org/10.17605/OSF.IO/5R6XD Neha Khare and Dr. R.K. Yadav	India	56-61
11	COMPARATIVE STUFY OF JOB SATISFACTION BETWEEN MALE AND FEMALE SPORT PHYSICAL EDUCATION TEACHERS OF UTTAR PRADESH https://doi.org/10.17605/OSF.IO/8EPDZ Dr. Rajkumar Sharma and Arun Kumar Yadav	India	62-69

VOLUME 11, NO. 2, APRIL, 2021

S. NO.	TITLE OF PAPER & AUTHORS	Country	PAGE NO.
12	PERSONALITY PROFILE OF SPORTS JOURNALISTS BASED ON PREVIOUS INVOLVEMENT IN COMPETITIVE SPORTS https://doi.org/10.17605/OSF.IO/I4792 Dev Singh Patil and Dr. Yuvraj Shrivastava	India	70-74
13	COMAPRISION OF SPORTS EMOTIONAL INTELLIGENCE BETWEEN FEMALE PLAYERS OF COMBATIVE AND NON-COMBATIVE GAMES https://doi.org/10.17605/OSF.IO/FNQ2P Rajib Dey & Dr. Jai Shankar Yadav	India	75-81
14	PREVALENCE OF GROIN PAIN ON THE BASIS OF THEIR PLAYING POSITIONS IN DISTRICTLEVEL BASKETBALL PLAYERS https://doi.org/10.17605/OSF.IO/7QCFI Dr. Ambuja Bhardwaj & Dr. Devabrata Kalla	India	82-91
15.	COMPARATIVE EVALUATION OF SUPERSTITIOUS BEHAVIOUR AMONG COLLEGIATE MALE STUDENTS BASED ON PARTICIPATION IN COMPETITIVE SPORTS https://doi.org/10.17605/OSF.IO/GXZP9 Sulekha Raut and Dr. Jai Shankar Yadav	India	92-97
16.	EFFECTS OF WEIGHT TRAINING ON PERFORMANCE OF LONG JUMPERS https://doi.org/10.17605/OSF.IO/CY65N Dr. Anil M. Makwana and Dr. Sonal S. Vasava	India	98-103
17	A COMPARATIVE STUDY ON SELECTED FITNESS VARIABLES OF TRIBAL HANDBALL AND VOLLEYBALL PLAYERS Argha Nayak & Dr. Deepak Kumar Singh https://doi.org/10.17605/OSF.IO/U8XYG	India	104-109
18.	CASE STUDY ON CRICKET TEAM PREDICTION Gaurang Bagga https://doi.org/10.17605/OSF.IO/4WUFX	India	110-116
19.	IMPACT OF MENTAL RELAXATION TRAINING ON SELECTED NEURO-PSYCHO-PHYSIOLOGICAL VARIABLES OF BOXERS Ghoderao Mahadeo & Prof. (Mrs) Vasanthi Kadhiravan https://doi.org/10.17605/OSF.IO/YTSEP	India	117-128
20.	EFFECTIVENESS OF SIX WEEKS MENTAL IMAGERY INTERVENTION ON CONVENTIONAL "V" GRIP USED BY BATSMAN Manish Saxena and Dr. B. John https://doi.org/10.17605/OSF.IO/5F3SM	India	129-133
21	IMPORTANCE OF SPORTS IN BOOSTING ASSERTIVENESS: A STUDY ON SECONDARY SCHOOLS STUDENTS OF CHANDWAD TEHSIL Dr. Dattatray Nivrutti Shimpi https://doi.org/10.17605/OSF.IO/F27QV	India	134-147
22	MOTIVATION, CHALLENGES AND SUPPORT FOR DUAL CAREERS OF ELITE STUDENT ATHLETES OF STATE UNIVERSITIES IN SRI LANKA. Thisuri R. Ekanayake., Akhila . Nilaweera, and Jayampathy K. Dissanayake https://doi.org/10.17605/OSF.IO/J67CR	SRI LANKA.	148-158
23	THE EFFECT OF AN ADAPTIVE LOCAL INDIGENOUS GAMES THERAPY ON AGGRESSION IN EDUCABLE MENTALLY RETARDED PEOPLE Fakhroldin asadi farsani, Mehdi namazizadeh and Rokhsare badami https://doi.org/10.17605/OSF.IO/J2HA	Iran	159-166

EDITORIAL

I feel pleasure that the **Volume 11, N0.2, April, 2021** of “Indian Journal of Physical Education, Sports and Applied Sciences” from the state of Chhatisgarh is out for the readers. This issue of IJPESAS contains 08 research articles on important aspect of physical education, sports and applied sciences. The lead article by the young physical educationist are given below:

Paso and Chuwet (Bangkok) indicated that the experimental group’s leg dynamic strength, vertical jump, and standing board jump increased more highly after the eighth week. The control group’s vertical jump, and standing board jump increased more highly after the eighth week, only the control group’s leg dynamic strength increased more highly after the twelve week. **TundeSamson (Nigeria)** stated that the clear demarcation to distinguish products due directly to sport, from those of other industries used in sport. In the final analysis, core products of the sport industry were identified and distinguished from ancillary to sport which had hitherto been touted as products of sport. **Vishal Subhash (India)** stated that stress is a very difficult and annoying words in a person's life everybody is a busy in daily life but when this work becomes excessive the great over will be traced and depression comes in their life and the result of it mental problem arises. **Bhagirathi and. Yadav (India)** revealed that boys and girls of 13 to 18 years of age differ significantly on efficiency, sociability and mental health. The differences on satisfaction and interpersonal relation were statistically insignificant. There was also significant difference on efficiency, sociability and mental health and interpersonal relations. Whereas the mean differences on satisfaction among these age groups was significant. **Sathees kumar (India)** proved those six weeks cross training significantly improved bio-motor, physiological variables. It was concluded that cross training can be imparted to intercollegiate level hockey players. **Khandare (India)** reviewed that the area of technology in sports in growing rapidly astral explain in an example of the resemble technology being used in sports today. **Magar (India)** reviewed the globalization in sports. He told that the biggest effect of globalization a sports education institution comprises more increased use of the internet and technological devices. **Kale (India)** revealed that Playing Ball badminton has a positive effect on the players and their physical fitness, the game now gaining recognition globally. It is great body toning workout it involves a lot of physical activity between the running lunging divide and wall hitting playing this game burns fat and increase fitness of player. **Khare & Yadav(India)** expressed that results on analysis of effect of PETTLEP imagery training with various training frequencies per week for different durations revealed that neither training frequency per week nor duration of training produced significant improvement in penalty flick performance of hockey players. **Khare & Yadav(India)** expressed thatPETTLEP imagery training for one day per week has no significant effect on hockey players performance. In twice a week PETTLEP imagery training, PETTLEP imagery training given twice a week for twelve weeks is quite effective in improving Penalty flick hockey performance of a player. **Sharma and Yadav(India)** revealed that the majority of physical education teachers of both sex were from urban universities and colleges in between 36 years and 55 years of age and having doctorate degree with 7 to 10 years experience. They were more satisfied in . policies, compensation , and responsibility dimensions of job satisfaction. **Patil and Shrivastava (India)**concluded that the advantage of previous involvement in competitive sports in terms of superior emotional stability and extraverted characteristics was seen in ex-players cum sports journalist as compared to sports journalists from the non-sporting background. **Dey & Yadav (India)** revealed that the female players of

combative and non-combative games had significant differences in their self-regulation, motivation, empathy and social skill domain of sports emotional intelligence. But Total sports emotional intelligence of female players in both category of games as a whole was also found significant. **Bhardwaj & Kalla (India)** showed that maximum pain prevalence represented by lower HAGOS scores are seen in players who play at Center, Shooting Guard and Power Forward Positions compared with those who play at Point Guard and Small Forward Positions. **Raut and Yadav (India)** concluded that participation in sports is not a strong enough variable that influences the superstitious behaviour of male students enrolled in UG and PG programs in colleges. **Makwana and Vasava (India)** found that Weight Training is effective Training for long jumpers. **Nayak & Singh (India)** Indicated that the significant differences were observed at 0.05 level in speed, leg explosive strength, agility and cardio-respiratory endurance. No significant difference was seen in Arm and shoulder strength. **Bagga (India)** focused on finding a solution for cricket team prediction while analyzing team's data as per the conditions of the match that are home/away match, venues and toss decision. It relies on quantitative approach. **Mahadeo & Kadhiravan (India)** concluded that mental relaxation training exercises significantly showed reduction in the Hand reaction time, Foot reaction time, Anxiety, Stress, and improvement in Concentration, Static balance as well as significantly helped to maintain Pulse rate and Blood pressure of the Boxers. **Saxena and John (India)** concluded that mental imagery is a useful technique to improve the technique of a batsman to hold the bat i.e. grip on the bat. **Shimpi (India)** revealed that physical education has impact on mental health and assertiveness of students. As well as it is found that there is a positive relationship between physical education training and mental health and physical education training and assertiveness of the students. **Ekanayake, Nilaweera & Dissanayake (Sri Lanka)** concluded that the high level of motivation was found for a dual career during the undergraduate period, and several wished to continue their elite athletic career with an occupation based on their graduate qualifications. Many perceived that a dual career improved personal and professional development, but indicated difficulty in balancing their activities in the absence of sufficient support systems. **Farsani, namazizadeh and badami (Iran)** revealed that a course of adaptive local indigenous games had a significant effect on the aggression of educable mentally retarded children. And has improved aggression in educable mentally retarded children. According to the results, local indigenous games can be practiced to improve the aggression of educable mentally retarded children.



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