

**INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED  
SCIENCES**

ISSN 2229-550X (P) & 2455-0175 (O)  
APPROVED JOURNAL DOI-05.2016-44975451  
APPROVED JOURNAL DOI-10.17605/OSF/2021  
IMPACT FACTOR- 5.684 (SJIF) 5.013(IJIF)

---

---

Volume 11

Number 4

October, 2021

---

---

**EXECUTIVE EDITORIAL BOARD**

**EDITOR-IN- CHIEF**

Dr. Rajkumar Sharma  
Sharmagym59@yahoo.co.in

**EXECUTIVE EDITOR**

Dr. Ashish Kumar Nigam  
dr.aknigam@gmail.com

**EXECUTIVE SUB-EDITOR**

Devarshi Kumar Chaubey  
dchaubey47@gmail.com

**COORDINATING ADVISORY EDITORS**

- Prof. Dr. Ravindra Kumar Yadav**, Department of Physical Education , Rani Durgawati Vishwavidhalaya Jabalpur (M.P.) India dr.rkyadav@yahoo.com
- Prof. Dr. Rajendra Singh**, Director & Head Department of Physical Education Jiwaji University, Gwalior (M.P.) India jiwajiverifi@gmail.com
- Prof. Dr. S. K. Yadav**, Department of Physical Education D.A.V Vishwavidhalya, Indore (M.P.) India yadavshorya@rediffmail.com
- Prof. Dr. Guru Dutt Ghai** Laxmibai National Institute of Physical Education (Deemed University), Gwalior (M.P.) India ghaiprc@gmail.com
- Prof. S. N. Sharma (Retd.)** Department of Physical Education, Punjab University, Chandigarh (U.T.) India editorinchief@ijsspe.com
- Dr. Sanjit Sardar**, Associate Professor, Department of Physical Education, Guru Ghasidas Central Univrsity, Bilaspur (Chhattisgarh) sanjitsardar@rediffmail.com
- Dr. R. K. Pathania**, Chief Coach, Sports Authority India, Netaji Subash National Institute of Sports, Motibagh, Patiala (Punjab) India pathaniar@yahoo.com
- Dr. Vishal O Banne**, Assistant Professor, Department of Physical Education, Rani Durga Wati University, Jabalpur (M.P.) India vishalbanne.rdu@gmail.com
- Dr. Gulbahar Khan**, Assistant Professor, Department of Physical Education, Noida College of Physical Education, Noida (U.P.) India. khangulbahar007@gmail.com
- Dr. S.SOPHIA** Professor and Head/ ECE, Sri Krishna College of Engineering and Technology, Coimbatore Tamilnadu, India - 641008 sophiasudhir76@gmail.com
- Dr. Sandeep Sankar Ghosh**, Associate Professor, Department of Physical Education, University of Kalyani (W.B.) sandipsankarghosh@klyuniv.ac.in, sandipsankarmal@gmail.com
- Dr. G. Kumaresan**, Associate Professor, Department of Physical education Bharathiar University, Coimbatore (Tamilnadu), India kumtalbarua@gmail.com

**NATIONAL ADVISORY BOARD OF REVIEWER'S**

- Dr. Ravi Bhushan** Dr. Babasaheb Ambedkar University, Marathwada University, Aurangabad (Mharashtra) India ravi.bhushan32@gmail.com,
- Dr. Santosh Kumar Behera** Assistant Professor, Department of Education, Sidho- Kanho-Birsha University, Ranchi Road, Purulia, (West Bengal), India santoshbehera.jkc@gmail.com
- Dr. Baljit Singh Sekhon**, Dy. Director Sports & Head, Nagaland University -A Central University, ( Lumami), India directorsportsnu@yahoo.com
- Dr. Ramesh Chand Yadav**, Lakshmibai National Institute of Physical Education, NERC, Tepesia, Sonapur, Guwahati (Assam) India rcyadav105@gmail.com
- Dr. Vinay Pawar**, Director of Sports, Shirpur Education Society Shirpur Dist Dhule (Maharashtra ) India vinay\_1034@rediffmail.com
- Dr. Harbans Lal Godara**, Department of Physical Education, Kendriya Vidyalaya Sangthan (Govt. Of India )Lalgarh

- Jattan - Sriganganagar (Rajasthan) India . harbansbansi@yahoo.co.in
- Dr. Sachin Sinha, Director**, Department of Oral Pathology and Microbiology, Narain Oral and Dental Care ,Malleshwaram, Bangalore (Karnataka), India. drsachinsinha@rediffmail.com
- Dr. Jaishanker Yadav**, Associate Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India, E-mail- jaishankar.cvru@gmail.com
- Dr. Sudhir Rajpal**, Associate Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India Sudhir.cvru@gmail.com
- Dr. Yuwraj Shrivastav**, Assistant Professor, Department of Physical Education, Dr. C. V. Raman University, Kota Road Bilaspur (Chhattisgarh) India yuwrajs56@gmail.com ,
- Dr. Anil Kumar**, Assistant Professor, Department of Physical Education Shaheed Bhagat Singh Evening College, Shekh Sarai, Phase-II, New Delhi India dranilsbsc@gmail.com
- Dr. Vishwashambhar Jadhav**, Assistant Professor, Department of Physical Education, University of Mumbai (M.S.), India. vishu.physicaledu@mu.ac.in
- Dr. P. Satheesh kumar**: Department of Physical Education, Bharathidasan University, Tiruchirappalli (Tamil Nadu), India satheeshockey@gmail.com
- Dr. H.S. Atwal**, Department of Physical Education, Awdesh pratap university. University, Rewa (M.P.) India drhsatwal@gmail.com
- Dr. Satinder Paul**, Assistant Professor in Akal College of Physical Education, Mastuana Sahib, Sangrur (Punjab), India satinderpaul41@yahoo.in
- Dr. Dharmendra Narwaria**, Sports officer, Jawaharlal Nehru Krishi University, Jabalpur (M.P.) narwarialnupe@gmail.com
- Dr. Kuntal Barua**, Assistant Professor, Sangam University, Bhilwara (Rajasthan) kuntabarua@gmail.com
- Dr. Maniazhagu Dharuman**, Associate Professor, Department of Physical Education, Alagappa University, Karaikudi (TamilNadu)-630003, E-Mail- maniazhagud@alagappauniversity.ac.in
- Dr. Ramneek Jain**, Associate Professor, Department . of Physical Education in APEX University, Jaipur (Raj.) E-Mail- drramneekjain1977@gmail.com , drjainphyedu@gmail.com
- Dr. Sambhu Prasad**, Assistant Professor Rajiv Gandhi University, Dept.of Physical education (Arunachal Pradesh), sambhu.lnipe@gmail.com
- Dr. BinthuMathavan** Assistant Professor, Department of Physical Education Central University of Punjab, Bhatida sbmathavan@live.com

### **INTERNATIONAL ADVISORY BOARD OF REVIEWER'S**

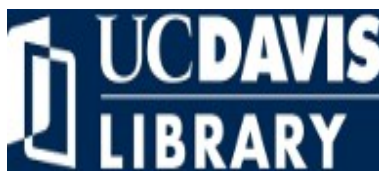
- Prof. Dr. Dilip K. Dureha** , Vice Chancellor, Laxmibai National Institute of Physical Education (Deemed University), Gwalior (M.P.) India vclnipe@gmail.com
- Dr. Pariwatr Paso, Professorm** Sport Science , Faculty of Liberal Arts and Science, Roi Et Rajabhat University, Thailand (Bangkok), Email: manratree@hotmail.com
- Dr. Oyebo TundeSamson** Head, Department of Human Kinetics and Health Education, University of Ibadan, Ibadan, Nigeria. oyeboTunde@gmail.com
- Dr. Jayampathy K. Dissanayake**, Department of Anatomy, Faculty of Medicine, University of Peradeniya, Sri Lanka, jayamkd@yahoo.com
- Dr. Mehdi namazizadeh** . Associate Professor, Department of Physical Education and Sport Sciences, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran, drmnamazi@yahoo.com
- Dr. Salah.S.Sarteep** College of physical education and sport sciences Salahaddin University –Erbil, Iraq, salah.sarteep@su.edu.krd
- Dr. Jofan Moningka**, Department of Physical Education, Manado State University, Indonesia email : jovanmoningka@gmail.com,
- Dr. Asim Khan**, Assistant Professor, Department of Sport Science, College of Natural Science, Jimma University, Jimma, Ethiopia, khanasim100@gmail.com
- Dr. Ranjit Kumar Dutta**, M.B.B.S., M.S (Orthopedic), Diploma. In Sports Medicine. (JU), Associate professor, Department of Orthopedic Surgery, Jagannath Gupta Institute of Medical science & Hospital, Kolkata – 700137, duttaranjitkumar1952@gmail.com

### **CORRESPONDANCE ADDRESS:**

Dr. Rajkumar Sharma, Editor-in-Chief, 284/1, In front of Main I. T. I. Gate, Near Evergreen Nursery, Centre Koni, Bilaspur (CG) -495009 INDIA  
E-mail: sharmagym59@yahoo.co.in  
Wsbsite-www.sportscientistsviews.com

## INDEXING AND ABSTRACTING





The largest E-Journal Database & Gateway



Journal indexing & Citation Analysis



Pesänlaittaja - sisustuksen taitaja

**NEXT ISSUE IS GOING TO RELEASE IN THE MONTH OF January, 2022**

**Aims & Scope :** The Indian Journal of Physical Education, Sports and Applied Sciences (IJPESAS) 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. IJPESAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPESAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPESAS 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 IJPESAS , the delay in the publishing process is minimal and IJPESAS is unique discussion panel for researchers in the field. IJPESAS 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.

**Instructions for authors :** Indian Journal of Physical Education, Sports and Applied Sciences is a broad quarterly journal that aims to bridge the gap between all professionals in the fields of sports sciences. The journal serves an international audience and is of interest to professionals worldwide. The journal covers major aspects of sports sciences - biomechanics, motor learning & control, sports medicine, Sports and exercise physiology, sport testing and performance, sports psychology, Sports Sociology, Sports Anthropometry, sports management, Physical Education, Yoga, other such subjects having inter-disciplinary perspective with specific application to sports and applied sciences etc.

The journal publishes original research utilizing a wide range of techniques and approaches, reviews, commentaries and short communications. Submission of Manuscripts. Authors are strongly encouraged to submit manuscripts in electronic files, emailed to the Editor-in-Chief, Dr. Rajkumar Sharma at e-mail address: [sharmagym59@yahoo.co.in](mailto:sharmagym59@yahoo.co.in) or [www.sportsscientistsviews.com](http://www.sportsscientistsviews.com) Each manuscript must be accompanied by a statement that it has not been published elsewhere and that it has not been submitted! simultaneously for publication elsewhere. Authors are responsible for obtaining permission to reproduce copyrighted material from other sources and are required to sign an agreement transferring the copyright to the publisher.

All accepted manuscripts, artwork, and photographs become the property of the publisher. Authors are asked to submit with the manuscript the names, mailing addresses, and e-mail addresses of the individuals that would be suitable independent reviewers.

**INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND  
APPLIED SCIENCES**  
(Quarterly Publication)


**VOLUME 11, NO. 4, OCTOBER, 2021**

<b>NO.</b>	<b>TITLE OF PAPER &amp; AUTHORS</b>	<b>COUNTRY</b>	<b>PAGE NO.</b>
1	TIME SERIES STUDY AND THE RESULTING TREND OF SPORTS PERFORMANCE AT VARIOUS LEVELS OF COMPETITIONS OF PROMINENT COLLEGES OF MANGALORE UNIVERSITY <b>PRAKASH DSOUZA AND GERALD SANTHOSH DSOUZA</b>	INDIA	01-09
2	FITNESS ASSESSMENT AND EFFECT OF NUTRITION INTERVENTION IN 12-14 YEARS OLD (MALE) FOOTBALL PLAYERS DURING TRAINING DAYS <b>SHRUTI SAMANT &amp; KRUTIKA NANAVATI</b>	INDIA	10-17
3	EFFECT OF SURYANAMASKAR YOGA NIDRA AND PRANAYAMA ON BODY MASS INDEX AND ANXIETY OF CHILDREN WITH ALEXITHYMLIA <b>SUJA. S &amp; P. MAHENDIRAN</b>	INDIA	18-26
4	EFFECT OF PLYOMETRIC TRAINING AND PLYOMETRIC COMBINED WITH WEIGHT TRAINING ON SELECTED SKILL PERFORMANCE VARIABLES OF KABADDI PLAYERS <b>DR. ARANGA PANBILNATHAN &amp; DR. K. PALANISAMY</b>	INDIA	27-32
5	A COMPARATIVE STUDY ON COPING SKILLS OF HIGH AND LOW ACHIEVER NATIONAL FEMALE HOCKEY PLAYERS <b>RAVINDRA THAKUR AND DR. B. JOHN</b>	INDIA	33-39
6	COMPARATIVE STUDY ON MOTOR ABILITIES AMONG SPORTSMEN AND NON-SPORTSMEN OF KANPUR UNIVERSITY, UTTAR PRADESH <b>DR. MOHAMMAD WAHID</b>	INDIA	40-44
7.	COMPARISON OF TASK AND EGO-ORIENTATION OF MALE PLAYERS KABADDI AND KHO-KHO PLAYERS <b>MANISH MUKHERJI AND DR. JAI SHANKAR YADAV</b>	INDIA	45-50
8.	A COMPARISON OF SELF ESTEEM OF STATE LEVEL MALE AND FEMALE SPORTSPERSONS OF HIGHER SECONDARY SCHOOLS <b>RANVIJAY SINGH, DR. JAISHANKAR YADAV AND DR. RAJKUMAR SHARMA</b>	INDIA	51-55
9.	QUALITATIVE STUDY OF AVAILABLE LIBRARY RESOURCES IN SELECTED STATE UNIVERSITIES OF CHHATTISGARH <b>JUHI CHAUHAN AND DR. SANGEETA SINGH</b>	INDIA	56-60
10.	A COMPARATIVE STUDY OF ADJUSTMENT BETWEEN NORMAL AND DEAF STUDENTS <b>MRS. SUDHA GOYAL</b>	INDIA	61-69
11.	COMPARATIVE STUDY OF LEADERSHIP BEHAVIOUR OF INDIAN MALE AND FEMALE ATHLETES <b>DR. DATTATRAYA NIVRUTTI SHIMPI</b>	INDIA	70-79

## **EDITORIAL**

I feel pleasure that the **Volume 11, N0.4, October, 2021** of “Indian Journal of Physical Education, Sports and Applied Sciences” from the state of Chhattisgarh 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:

**DSouza and DSouza (Karnataka)** studied the time series study and the resulting trend of sports performance at various levels of competitions of prominent colleges of Mangalore University. This study throws the useful insights into the trend of performances over the years. Causes for the decline or increase in performances could be looked into in similar studies. **Samant & Nanavati (Maharashtra)** analyzed the food intake pattern and measured the effect of an 8-week nutrition intervention to improve the performance of 12-14 years old male players playing at club level during training days. Results revealed that at the end of 8 weeks the aerobic capacity improved and the muscle endurance also improved. **Suja & Mahendiran (Tamil Nadu)** indicated the practice of Suryanamaskar, Yoga Nidra, and pranayama has changed the BMI and anxiety positively after comparing with the control group and the results also indicated that there was a significant difference identified between the experimental group and control group on BMI and anxiety. **Panbilnathan & .Palanisamy (Chennai)** find out the effect of plyometric training and plyometric combined with weight training on selected skill performance variables of kabaddi players. The analysis of data revealed that The plyometric training combined with weight training was good enough to develop the Moving Toe touch skill performance. **Thakur and John (Chhattisgarh)** compared the coping skills of high and low achiever national female hockey players. They found that the coping skills of high achiever national female hockey players were significantly superior as compared to low achiever national female hockey players. It was also concluded that high achiever national female hockey players have more sustained and better cognitive and behavioural efforts to overcome the requirement of that particular circumstance. **Wahid (U.P.)** compared the motor abilities among Sportsmen and Non- Sportsmen of Kanpur University, Uttar Pradesh. He revealed that there was a significant difference in a motor test of speed, agility, between before and after training, trained samples both sportsmen and significant effect of training on the motor test of endurance and flexibility of both groups. **Mukherji and Yadav (Chhattisgarh)** compared the task and ego orientation of male Kabaddi and Kho-Kho players of inter-university level. Results of the study also revealed that the male Kabaddi players are more involved in goal orientation than male Kho-Kho players. **Singh, Yadav and Sharma (Chhattisgarh)** compared the self-esteem between state-level male and female sportspersons belonging to secondary school children. They revealed that the significant differences were found between male and female sportspersons at state-level participation in Self Esteem. Self-esteem was also found higher in female sportspersons of state-level than their male sportspersons of state-level. **Juhi Chauhan and Dr. Sangeeta Singh (Chhattisgarh)** find out the quality of the available various types of library resources in selected state universities of Chhattisgarh. The results of the study revealed that almost all male and female students visit the university library to prepare for college assignments. Almost all male and female student indicated that the available primary and secondary resources was found of good quality and tertiary resources were of average quality in the university library. **Goyal (Chhattisgarh)** indicated the significant difference between normal and deaf of both sex school children in all the dimensions of adjustment except social dimension of adjustment. **Shimpi (Maharashtra)** revealed that inter-university level male and female track and field athletes exhibited different preferences on five dimensions of leader behavior. Male and female track and field athletes of the Inter-university level preferred more training and instruction followed by positive feedback, social support, democratic behavior, and autocratic behavior. A significant difference was not found between Male and female track and field athletes on the set of five dimensions of preferred leadership behavior.



**Dr. Rajkumar Sharma**  
Editor-in-Chief