

Sirikarn Suntisawee 2006: The Effects of Plyometric Training Combined with Modified Thai Traditional Massage on Jumping Ability of Female Volleyball Players. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Miss Apasara Arkarapanthu, Ph.D. 120 pages.
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The purpose of this study was to investigate the effects of plyometric training combined with modified Thai traditional massage on jumping ability of female volleyball players. Thirty three female volleyball players of Bodindecha (Sing Singhaseni) school, aged 14 – 18 years, were randomly selected. They were randomly assignment into 3 groups 11 subjects in each group. The experimental group 1 were trained by using only volleyball training program. The experimental group 2 were trained by using plyometric training and the volleyball training program while the experimental group 3 were trained by using the plyometric training program combined with modified Thai traditional massage and the volleyball training program. All of these subjects were trained using their specified program 2 days a week for a period of 8 weeks on the other days of each week, they were trained by using there usnal volleyball training program. They were tested their jumping ability related factors before training, after the fourth and the eighth week of training and every Tuesday, Thursday and Saturday. Data were analyzed using one – way analysis of variance, a two - way analysis of variance with repeated measure along with the multiple comparison using the Tukey's method.

Before training age weight, height, resting heart rest, blood pressure, %body fat, jump height, flight time, leg muscles power and range of motion of knee flexion were not significant different average group. After training, jump height, muscles power knee flexion and range of motion of knee flexion were higher than before training but no significant difference were found between groups. But there were no significant difference of flight time and knee flexion muscles power when compare to pre-training and when compare between the three groups. It should be noted that in all cases the effects of training program and training period did not interact to each other.

The results of this study indicated that plyometric training combined with modified Thai traditional massage could consider to be one appropriate method to improve jumping ability for the volleyball players.

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