

## CHAPTER – I

### INTRODUCTION

#### 1.1 Background of the Study

Physical education is an integral part of the total educational process and has its aim the development of physically, mentally, emotionally, and socially fit citizens through physical activities. Which have been selected with the view to release these outcomes (Bucher, 1992, p. 9).

Physical education includes different types of games and sports which are the backbone of human development. Games and sports help to maintain a healthy body, sound mind balanced emotion, good posture, and active performance. Games and sports are not only the means of fun and physical exercises but also a gateway to make the students and players away from negative thoughts. Games and sports help to be co-operative to develop leadership and keep a good relation in society. In the broader sense, the word 'sports' not only refers to play games and sport commercially but it refers to the happiness and joyful moment of human civilization (Sing, Bains, Gill, & Brar, 2012 as cited by Bhatt, 2016, p.1).

Sport or sports is all forms of usually competitive physical activity which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants and in some cases, spectators ( Retrieved from Wikipedia.com).

Volleyball is taken from the English word volley which means 'keep the ball in the air.' This game is played between two teams by crossing the net which is started by service and the game is ended basis of on the points. Volleyball is an indoor game even it is played outdoor too (FIVB Rules Book, 2008).

Volleyball is a very popular game in the world. It can be played in a small space in comparison to other group games. In 1895, William G. Morgan introduced a new game named Mignonette in the Massachusetts State of USA for the entertainment of businessmen. In 1896, Dr. A. T. Halstead named this game "volleyball" because of playing by volleying. YMCA played an important role in the development and spread of the volleyball game (Sherchan, 2065, p.43).

The volleyball game was first entered in Canada in 1900 AD and W.E. Day introduced the rules in the same year. In 1913, China and the Philippines played a competitive game. In 1924, the Volleyball game was demonstrated in pairs Olympic as a demonstration game. In 1947, a conference of 14 countries established FIVB, and Paul Liband from France was selected as president. Volleyball games were started to develop after the establishing of FIVB. Male and Female European Championships were organized in 1948 and 1949 AD respectively. In 1949, the Male world championship was started. The volleyball game has been included in the Olympic game since, the Olympic game organized in Japan in 1964. Now, 222 countries of the world are members of FIVB (FIVB Rules Book, 2008).

In the context of Nepal, there is no authentic proof regarding the entrance of the volleyball game. But the game was started in India during 1957 and the youth working in East India Company started to play volleyball in Nepal. The volleyball game was played by police and army in early periods and the first competition was held in Tri-Chandra College in 2013 BS. After the establishment of the National Health and Sports Council in 2015 BS, volleyball got support to rise together with other games but no significant progress was seen. Volleyball had taken as the main team game in Birendra Shield Competition which was started in 2028 BS. Volleyball Association of Nepal had been established between 2002 to 2007 BS and it was re-established in 2033 BS. But, it has been taken 2033 BS as the valid date of establishment of NVA. In the first year of the establishment of the Nepal Volleyball Association in 2033 BS, Nepal has a golden opportunity to participate in the International Volleyball Championship. The volleyball tournament was held in Pakistan. Nepal could not perform remarkably in the completion (Baruwal, 2065, p.85).

The reviews from the above introduction, it is concluded that volleyball is considered the most popular game among sport in Nepal. Volleyball is currently the national game of Nepal. Cricket is as popular in the Terai region of Nepal whereas volleyball is in the hills. According to the geographical location of Nepal, the popularity of volleyball is increasing day by day in the Nepali society as it has got the status of the national game of Nepal from the world which can be easily played anywhere.

Volleyball was declared as the national sport of Nepal on Jestha 08, 2074 BS as it can be easily played anywhere with low investment depending on the geographical location of Nepal. Nepal had a golden opportunity to participate in the south Asian game and various other international competitions but was not able to achieve much. For the first time in the Central Zone Women's Volleyball Championship held in Maldives (2012), the Nepal women's team won the gold medal, and 1<sup>st</sup> winning central zone international championship was held in Bangladesh in 2019. The Nepali national men's volleyball team won the historic kashaya medal for the first time. Recently volleyball competition league and double league competition have also been organized in Nepal (Retrieved from Health TVNepal).

## **1.2 Statement of the Problem**

Games and sports are very important to every human being, which helps us to be fit and to have a healthy life. In the same way, volleyball is the most important sport to be healthy and fit. Nepal volleyball Association related title is appropriate title due to the topographical point of view as well as popular among games of Nepal. But very few published and unpublished articles were found talking about its contribution. There is a lack of proper research regarding the contribution of the Nepal volleyball association to the development of volleyball games in Nepal. This nature of sports research had not been conducted till now.

NVA is a fundamental and grass-level association of FIVB & in absence of NVA activates, our nation can't develop and expand in a volleyball game. Furthermore, the development/expansion of the volleyball game is dependent on NVA and its' branches actions. However, volleyball related deeds have not satisfied so far. Therefore, this research issues throughout the problem, which entitled in "Contribution of Nepal Volleyball Association for the Development of Volleyball Game in Nepal".

## **1.3 Objectives of the Study**

The general objective of the study was to explore the contribution of the Nepal Volleyball Association to the development of volleyball games in Nepal.

The specific objectives of the study were as follows:

- 1.3.1 To identify the situations of the Nepal Volleyball Association.
- 1.3.2 To examine the contributions of the Nepal Volleyball Association for the development of the volleyball games in Nepal.

#### **1.4 Significance of the Study**

This research has essential for further research works and researcher so the significance of this study are given in following lists:

- 1.4.1 It would be a helpful guideline for new researchers for further study.
- 1.4.2 The study would be helpful to those people who are interested in the field of volleyball game to gain its developmental information.
- 1.4.3 The study results would be helpful to determine the future strategy for Nepal Volleyball Association.
- 1.4.4 The findings of the study would be useful to the authorities of the ministry of youths and sports to plan and execute the sports programs at the school level.

#### **1.5 Delimitations of the Study**

Research cannot cover the vague areas thus every researcher has to restrict their research. The delimitation of this study has listed below:

- 1.5.1 This study was conducted only in Nepal Volleyball Association.
- 1.5.2 There sample size was delimited within 33 respondents which were member of NVA coaches, referees and players.
- 1.5.3 The study was based on the respondent's responses.
- 1.5.4 The study was delimited in the contributions of the Nepal Volleyball Association.
- 1.5.5 The study contents were the facilities and equipment, infrastructure, training, seminar, workshop, budget, investment, players' performance.

#### **1.6 Definitions of Key Terms Volleyball**

A game for two times, usually of six players, in which a large ball is hit by hand over a high net, the aim being to score a point by making the ball reach the ground on the opponent's side of the court.

### **Games**

Games are the competitive nature or sports involving skills, tactics, and athletic power possess on the part of two or more group

### **Sports**

An activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.

### **Development**

It is the action or process of development or being developed a new stage or event.

### **Contribution**

A factor or course of action that helps to cause given or offered that adds to a larger whole.

### **Training**

Training is a special process of preparation of sportspersons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities. It is a particular type of training designed to improve fitness and abilities to perform in a given sport. There are different types of training listed below:

- ) **A-level training:**Advanced training for coaches.
- ) **B-level training:**Advanced training for coaches.
- ) **Technical manpower:**Coaches, Referees, and experts working under DVA

### **NSC**

NSC is the governing body for Nepalese Sports.

### **NVA**

NVA is the governing body for Nepalese Volleyball.

### **RSA**

RSA is the governing body for Regional sports.

### **DVA**

DVA is the governing body for district sports.

### **NIS**

NIS is the three months coaches training provided by the national institute of sports

## **REVIEW OF THE RELATED LITERATURE**

This chapter deals with the review of related literature. It is a very important task to collect and review the literature and study that gives a crucial idea for the study. Collection of the information for the introduction is possible after the review of the literature. There are two types of literature which are theoretical and empirical. Some of the facts, opinion principles, and study reports related to this study are reviewed and presented below.

### **2.1 Theoretical Literature**

#### **Vygotsky: Social Cultural Learning**

Chiluwal (2020) has described the book “Educational Learning Theories” whereas they make clear that Vygotsky has established Social Cultural Learning. He is known as educational psychologist with a socio-cultural theory. This theory suggests that social interaction leads to continuous systematic changes in children's thought and behavior that can vary greatly from culture to culture. Vygotsky has cleared that the discussion given among students to the understanding of the relation between the social world and cognitive development. Particular attention has given to the significance of culture, the role of language, and the student's relationship with this social world. His view of the integrated and dynamic social-nature of learning, and the notion of a zone of proximal development, which utilizes such ideas, introduced. Vygotsky's ideas on cognitive development have shown to lead to student-centered and a co-constructivist basis of learning, in which the student potential within the social context has accommodated. The dynamic relationships between culture, history, interpersonal interactions and psychological development have described, and the important role of language as a common and conducting medium discussed. He emphasizes the importance of the social aspect of learning, and particularly the student-centered and co-constructivist basis of learning in which the individual's potential within the social context has addressed. It concluded from this theory, the socio-cultural factors' directed the peoples' attitude towards issues (Zhou and Brown, 2015, as cited by Chiluwal, 2020, p. 4 & 5)

Play is life. John Dewey told that 'All organic living beings are naturally active and their natural activities in the period of their growth and development are playful. It focuses on activities at the center of life. This theory has given place for the need and importance of education, play, and sports in human life (Sherchan, 2074, p.134-135).

Shahi (2020) has indicated that principles of connectivism theory in his mini-research study. Learning is a procedure that occurs within nebulous environments of shifting core elements- not entirely under the control of the individual. He concludes that learning/knowledge can reside outside of ourselves, is focused on connecting specialized information sets, and the connections that enable us to learn more are more important than our current state of knowing. The understanding that decisions based on rapidly altering foundations drives connectivism. New information has continually acquired. The ability to draw distinctions between important and unimportant is vital. The ability to recognize when new information alters the landscape based on decisions made yesterday is also critical. The principle of connectivism variables are learning/knowledge, information sources, human appliances and capacity, facilitate continual learning, connection between fields, ideas, and concept, up-to-date knowledge, and decision factors (Siemens, 2005 as cited by Shahi, 2020, p. 6).

## **2.2 Empirical Literature**

Bucher, (1992) mentioned that many of today's activities have their predecessor in history. For example, the first recorded Olympic date to 776 BC in ancient Greece. Yoga, athletics and sports has influenced from ancient societies. Many more facts that will help physical educators to understand the present better can be gained by consulting the past. It is interesting to note the various purposes for which physical education and sports have existed in the lives of people from different societies and cultures. From ancient times to the present, either directly or indirectly, physical activities have played a part in life in human beings. Sometimes such activities have been motivated by a factor such as the necessity for learning and livelihood, wherein other instances it has resulted from the desire to live full time. Moreover, it is clear that the motto of physical education and sports are directed towards the betterment of

human beings not only physically but also socially, emotionally, psychologically, and spiritually as well.

Basnet, (2004) explained that Nepal has no national game during the period of king P.N Shah. The game we came to in indigenous sports was Dandi Biyo. But the popularity of Football, cricket, and even Chungi, Dandi Biyo is on the verge of extinction. So in the larger interest, we decided to find out more details about Nepal's non-official / official sports.

Rai, (2007) carried out the study entitled "A comparative study of volleyball skills in public and private secondary schools girls of Kathmandu district." The main objective of the study was to compare the volleyball skills between private and public school girl students of Kathmandu. Altogether, there were 100 respondents for the study. A simple random sampling method was used to get the sample respondents for the study. The study found that the public school's students were then private school's students in serving and setting whereas the private school's girls were better in passing skills.

Khanal, (2009) conducted a study entitled "contribution of district sports development committee in the promotion of school-level sports in tanahun district." The major objective of his study was to find out the existing condition of the sports facilities available in the sports organization, to identify the available sports facilities of selected schools, and to assess the actual practices of managing sports and games on available sports facilities. He found that the schools under consideration had not utilized the available sports facilities properly for the development of sports. He also indicated that the sports development committee of the tanahun district had not sufficient supplies for the sports. According to the researcher, the major contribution of the district sports development committee to the secondary schools was the committee had provided sports supplies recommended training, and organized some sports competitions.

Chiluwal, (2010) carried out the study entitled "Comparison of Volleyball Skills between the Students of Private and Government Campuses in Kathmandu District". The main objectives of this study were to find out the status of volleyball skills of Bachelor level students in private and government campuses and to compare the volleyball skills between students of private and government campuses of Kathmandu district. The researcher applied comparative and descriptive types of the method the researcher used the readymade test battery of the volleyball skill test



which was enveloped by AAHPER in 1976 A.D. He had four test items such as volleying, serving passing, and set-up. For the analysis and interpretation, different statistical methods mean, S.D., and t-test were used in this study. He had found that the private campus students were found more score in volleying, serving, passing, and set-up test. Based on the mean score, it can be said that private campus students found better in volleyball skills than government campus students. But according to the T-test no significant difference was found between private and government campus students on volleying serving, passing, and set-up tests.

Rana, (2012) conducted a study entitle "contribution of local sports organizations/clubs for the development of sports in Parbat district." The main objectives of his study were to find out the availability of sports facilities to explore the contribution made by local organizations/clubs in spots and to analyze the socialization process through sports. The study was delimited to the Parbat district. The study had found that local level sports organizations/clubs have been organizing various sports tournaments/competitions through which that players from that locality has been getting the chance to enter the sports field. The study had also revealed that those sports organizations/clubs have been providing the initial platform for the entire interested person who wants to make their career in the field of sports.

Niraula, (2012) conducted a study entitled "A study Historical Development of Volleyball Game in Nepal." The main objective of the study was to find out the developmental Process of the Volleyball game in Nepal and to find out the policies, programs, and strategies for the development of Volleyball in Nepal. The study was historical with descriptive nature, the researcher had used both Primary and secondary data. She had found that the local organization and clubs are the pillar for the development of volleyball.

Neupane, (2016) conducted a study entitled " Status and Role of District Sports Development Committee for the Development of Sports in Dang District" The objectives of this study were to find out the role of the District Sports Development Committee for the development of sports, to study the present status of sports in Dang district and to explore the sports activities of District Sports Development Committee. This study was based on descriptive cum qualitative nature; the researcher had used both primary and secondary data. He had found that DSDC has no long term plan for the development of sports.

Bhatt, (2016) conducted a study entitled "Situation of Nepal Volleyball Association" The objective of the study find out the status of physical facilities, financial condition, and technical manpower of Nepal Volleyball Association, and to list out the organization and participation in different games and tournaments by Nepal Volleyball Association, &to identify the problems faced by Nepal Volleyball Association and to explore the feasibility and policy guidelines of Nepal Volleyball Association. The researcher had used descriptive and historical nature, the researcher had used both primary and secondary data. He found that there is a lack of physical facilities, financial resources, technical manpower, organization, and participation in the game and tournaments is very poor and political instability. He found that NVA has no long term plan.

### **2.3 Conceptual Framework of the Study**

Basically this conceptual framework technologically advanced through grounded theory, variables of this framework is mostly related to the theory of connectivism. Thus, conceptual framework is developed through literature review so it is one of the parts of the theoretical framework. In the conceptual framework, the research problems related to variables and the variable relationship has shown in the following pictorial. Here, the researcher has explained the contribution of the Nepal volleyball Association for volleyball.

#### ***Figure 1: Conceptual Framework***

The study about the contribution of Nepal Volleyball Association is necessary to know about the starting of volleyball in Nepal, the establishment of Nepalvolleyball

association, participation in different national games, the role played by NVA and NSC in the development of volleyball in Nepal. Different games and tournaments organized by NVA, available physical facilities, financial condition and management of the human resource, achievement in different national games and strategies made by NVA and NCS was for the development of volleyball game as mentioned above in pictorial chart which shows the history and development process of a volleyball game in Nepal.

#### **2.4 Implication of the Literature Reviews**

From the above-mentioned literature, it was helpful to carry on and progress into the study. It was also helpful to know about the contribution of the Nepal Volleyball Association to the development of volleyball Games in Nepal. It also helped to write about the background of the study, objective of the research, significance, and delimitation of the study respectively. It enriched the researcher to make a brief study about the research methodology as research design, source of data, tools, and procedures of data collection, etc. The researcher followed another necessary report, newspapers, books, journals, websites, etc. The review of the literature was useful in preparing and presenting data in different tables and give statistical analysis based on objectives.

## **CHAPTER – III**

### **RESEARCH METHODOLOGY**

The main purpose of this study was to determine the contributions of the Nepal Volleyball Association for the development of the Volleyball Game in Nepal. Following the methodology, procedures were applied in the study.

#### **3.1 Research Design**

This study was based on historical with descriptive research design. This research was based on quantitative and qualitative data, which were used to find out the contributions of the Nepal Volleyball Association for the development of the Volleyball Game in Nepal.

#### **3.2 Source of Data**

The main sources of data for this study were association members, referees, coaches, and national players of volleyball. Data was based on primary and secondary sources. The primary data was collected from coaches, referees, and National players. To the second data was a collected form member of the Nepal Volleyball Association.

#### **3.3 Population of the Study**

The population for the study in the Nepal Volleyball association members, referees, coaches, and players was included in the study.

#### **3.4 Sampling Procedures and Sample Size**

The purposive sampling method was applied for the study. Altogether 33 respondents including 12 males and 12 female's players were selected from volleyball national players and 3 coaches, 3 referees, and 3 members of NVA,

#### **3.5 Data Collection Tool**

The questionnaire was the main tool for the collection of data according to the demand for research. The questionnaires were constructed by covering all the aspects and contributions of the Nepal Volleyball Association for the development of the volleyball game in Nepal.

### **3.6 Standardization of the Tools**

Before administering the questionnaire, there was a need to test whether the questionnaire is valid or not. To validate the tool among some national players of volleyball games was administered the questionnaire. After getting the feedback from the pre-test and the suggestion from the research supervisor the tool was modified and standardized.

### **3.7 Data Collection Procedure**

In the process of data collection, the researcher visited the Nepal Volleyball Association with a recommendation letter from the department of physical education. Furthermore, the researcher requested the members, coaches, referees, players as well as related personal of the Nepal volleyball association to fill in the questionnaire.

### **3.8 Data analysis Procedure**

After the collection of data, the data was kept with sequences according to the nature of the subject matter, and then it was analyzed and interpreted by presenting on different tables, figures, and points, etc. Attempts were performed by observing them based on evidence findings. Triangulations of the obtained information were made with descriptive nature as to demand by the subject matter.

### **3.9 Ethical Considerations**

The study was based on contributions of the Nepal volleyball Association for the development of the volleyball games in Nepal. The respondents were assured of their privacy and no-harm through this study. Respondents weren't forced to answer the respondent's name and other personal things were kept at top confidential in this research and collected data weren't used in any other area and filed.

## **CHAPTER-IV**

### **ANALYSIS AND INTERPRETATION OF RESULTS**

An attempt to analyze and interpret the collected data has been made in this chapter. This required data were collected with the help of the question's schedule. As the study is related to the contribution of the Nepal Volleyball Association for the development of volleyball games in Nepal, the questions were made by covering all required aspects of NVA. The analysis of the contribution of NVA has been made based on the following headings:

#### **4.1 Situation of NVA**

This study is related to the contribution of the Nepal Volleyball Association to the development of volleyball games in Nepal. To analyze the present situation and contribution, it is necessary to give a short glance at its historical development. Information regarding the history of volleyball is provided by general secretary Mr. Jitendra Chand, who played volleyball for many years as a national player of volleyball representing of Nepal Volleyball Association and has been working as an energetic and well-established member of the National Volleyball Association. Therefore, the history of the Nepal Volleyball Association mentioned in this study is reliable and authentic.

Volleyball was introduced by William G. Morgan in 1895. It was named Mintonette in its initial stage. In 1886, Dr. A.T. Holstead named the game Volleyball. In 1924, a volleyball game was demonstrated in Paris Olympic as a demonstration game. FIVB was established in 1947 and Paul Liband from France was selected as President. Now, 222 countries of the world are members of FIVB.

In the context of Nepal, there is no authentic proof regarding the entrance of the volleyball game. But the game was started in India during 1957 and the youth working in East India Company started to play volleyball in Nepal. The volleyball game was played by police and army in early periods and the first competition was held in Trichandra College in 2013 BS. After the establishment of the National Health and Sports Council in 2015 BS, volleyball got support to rise together with other games but no significant progress was seen. Volleyball had taken as the main team game in Birendra Shield Competition which was started in 2028 BS.

Volleyball Association of Nepal had been established between 2002 to 2007 BS and it was re-established in 2033 BS. But it has been taken 2033 BS as the valid date of establishment of NVA. Nepal Volleyball Association is found having its District level Association in all 77 Districts and provinces Volleyball Associations are also found in all seven provinces according to record found in Nepal. Volleyball Association, central office Provinces, and District Association have their working calendar and trying to develop volleyball. The main function of the Nepal volleyball Associations is to increase public interest in the development and expansion of volleyball in coordination with the prevailing law and policy guidelines of the national sports council and to conduct various national and international training and competitions.

Volleyball was declared as the national sport of Nepal on Jestha 08, 2074 BS as it can be easily played anywhere with low investment depending on the geographical location of Nepal. As soon as volleyball became the national sport of Nepal there has been an extensive change in the field of volleyball. Because different kinds of national and international games are being conducted, different sectors have been run for the development and expansion of volleyball such as beach volleyball, school volleyball committee, training, and coaching by national and international experts, various activities such as big prize money. However, the players are currently benefiting from volleyball. Therefore, this time can also be called the golden age of volleyball. The following list shows the presidents and general secretary of the Nepal Volleyball Association from its establishment to now.

#### **Name of presidents**

- ) Anup Samsher Ja. Ba. Ra (Founder President)
- ) Basudev Pradhan
- ) Prakash Thapaliya
- ) Ganga Bahadur Thapa Magar
- ) Dan Bahadur Tamang
- ) Manoranjan Raman Sharma ( Present President)

#### **Name of General Secretary**

- ) Kanchan Jung Thapa ( First General Secretary)
- ) B.B. Shaha
- ) Chandra Bahadur Gurung

- ) Jaya Narayan Chaudhari
- ) KopilKishowerShrestha
- ) SushilChaudhari
- ) BinodCharan Raya (Nimita)
- ) Jagat Man Shrestha
- ) JitendraChanda ( Present General Secretary)

#### **4.2 Present Situation of Physical Facilities in the NVA**

The physical facilities of NVA have not sufficient so far till now. NVA officials, coaches, referees, and players of the national volleyball team said that there are no proper physical facilities for training and coaching. Volleyball is an indoor game that is played inside the covered hall with a rubber mat. But the volleyball association does not have its caver hall; all the activities of the volleyball association are being conducted at NSC covered hall. This covered hall also conducts various other sports activities including volleyball due to which it isbeing impossible to conduct continuous coaction and training of volleyball.With the help of a questioner,it is also found that there is a lack of ball, net, and other materials and equipment for training and competition. Such materials were provided only for the national team before participating in international competitions whereas the materials and equipment were not provided for all the players for regular training.

As volleyball has become a national sport in recent time. The Volleyball Associationhas provided own effort to coordinate with various private, government, and foreign associations to obtain sports materials and continue the domestic competitions to emphasize the international participants. Therefore nowadays, Nepali women and men players have been able to achieve success at the international level.According to Mr.JagadishBhatta, after observing all these things the government of Nepal has recently addressed the issue of constructing a separate cover hall for volleyball.It will be a positive effort in the development of volleyball.Therefore, In the present situation thephysical facilities of NVA are now better than before. According to volleyball coach, Mr. JagadishBhatta said that if the government of Nepal invests in the field of volleyball than, the volleyball association would work as planned. And volleyball there will be good progress in the next few years.



Bhatt, (2016) "Conducted a study entitled "Situation of Nepal Volleyball Association" The objective of the study find out the status of physical facilities of the NVA. He found that NVA has lack of physical facilities. But in the research it has been found that the present situations of physical facilities are better than before in the NVA.

### **4.3 Financial Condition of the NVA**

The main source of finance for the Nepal Volleyball Association is the National sports council which was found with the help of questioners with NVA's general secretary Mr. Jitendra Chand. The national sports council has been providing 1.3 million grant to the association every year for the development of volleyball. This grant has made it difficult to complete the annual program of the volleyball association. As the only source of a grant from the government side of Nepal. This grant has not sufficient for the training and competition of volleyball and sports materials and equipment.

The Volleyball Association's effort has actively promoted the game of volleyball with the help of sponsors from various private and financial institutions. As a result, Nepali volleyball players seem to have achieved success at the national and international levels. As soon as volleyball was declared a national sport, the association has emphasized volleyball on the professional level. Nowadays, the attraction of the younger generation to volleyball is increasing day by day. The government of Nepal is increasing the budget every year and the ministry of youth and sports has also said that it will provide grants. Therefore, volleyball is becoming more popular now than before. The annual program calendar can be completed if the government of Nepal provides at least 2 million annually to the association for the development and expansion of the national sport of volleyball, said general secretary of NVA Mr. Jitendrachand. Therefore, the economic conditions of NVA are now better than before. The following table shows the financial statement of NVA.

Bhatt, (2016) "Conducted a study entitled "Situation of Nepal Volleyball Association" The objective of the study find out the status of financial resources of the NVA. He found that the NVA has lack of financial resources. But in the research it has been found that the financial conditions are now better than before in NVA.

**Table 1: Financial Statement of the NVA from 2074 T0 2076**

| Year | NSC         | MOYS | Self-Generated | Others      | Total                  | Remarks |
|------|-------------|------|----------------|-------------|------------------------|---------|
| 2074 | 1.3 million | -    | -              | 3.5 million | 4.8 million            |         |
| 2075 | 1.5 million | -    | -              | 40 million  | 5.5 million            |         |
| 2076 | 2.5 million | -    | 10 million     | 7.5 million | 1million<br>10 million |         |

Table 1 has cleared those financial situations of NVA which has been increasing nominally year by year. This budget is not sufficient to competitive development in volleyball game.

#### **4.4 Status of Coaches and Referees in the NVA**

Coaches and Referees play a vital role in the development of games and associations. The performance of the player depends upon the quality of the coach. If a coach is well trained and energetic, the performance of the players becomes high. In the same way, if there is a good referee in any tournament, he/she systematically conduct the tournament and which help to create favorable condition for the development of the game. Therefore, NVA should produce the desired number of effective and energetic coaches and referee for the development of volleyball in Nepal.

The number of coaches under the Nepal volleyball association is found very poor. NVA has its district-level associations in all 77 districts, but the number of coaches working under NVA is eighteen only. For the development of volleyball, there is a need to have at least one coach per district. Qualification of coaches is also important for the development of the game. A qualified coach should know the techniques and tactics of the game, the psychology of players, sports science, and international rules and regulations of the game. It's possible to produce qualified coaches if the coaches are provided in-service training, refresher courses, international A level, B level training, and educational programs. But Nepal volleyball association is unable to produce qualitative coach for the development of volleyball in Nepal. Only a few coaches have taken diplomas and most of the coaches have taken three months of coaches training (NIS) from the national sports council. Nowadays, it is found that

refresher courses and National B level and A level volleyball coaches courses for coaches are organized by the Nepal volleyball association.

To improve the performance of the player, tournaments should be organized from time to time. To organize the tournaments, referees are needed. There is one international referee, 4 AVC referees candidate, 2 international referee's candidate, and 155 national referees working under NVA. To organize a national level tournament the number of the national referees is seen as normal but to organize international tournaments international referee's number is less, so the number of international referees should be increased by participating in an international referee seminar. The number of provincial referees working under NVA is 287. The number should be increased by organizing province referee seminars/courses in all seven provinces. The following table shows the number of coaches and referees working under NVA.

**Table 2: Number of Coaches Working Under the NVA**

| S.N. | Level of Coaches | Number | Remark |
|------|------------------|--------|--------|
| 1.   | Chief Coaches    | 1      |        |
| 2.   | Senior Coaches   | 1      |        |
| 3.   | Coaches          | 7      |        |
| 4.   | Assistant coach  | 9      |        |
|      | Total            | 18     |        |

**Table 3: Number of Referees Working Under the NVA**

| S.N. | Referees                         | Number | Remark |
|------|----------------------------------|--------|--------|
| 1.   | International referees           | 1      |        |
| 2.   | International referees candidate | 2      |        |
| 3.   | AVA referees candidate           | 4      |        |
| 4.   | National level referees          | 155    |        |
| 5.   | Regional level referees          | 257    |        |
|      | Total                            | 448    |        |

Bhatt, (2016) "Conducted a study entitled "Situation of Nepal Volleyball Association" The objective of the study find out the status of technical manpower of the NVA. He found that the NVA has lack of technical manpower. In the research it

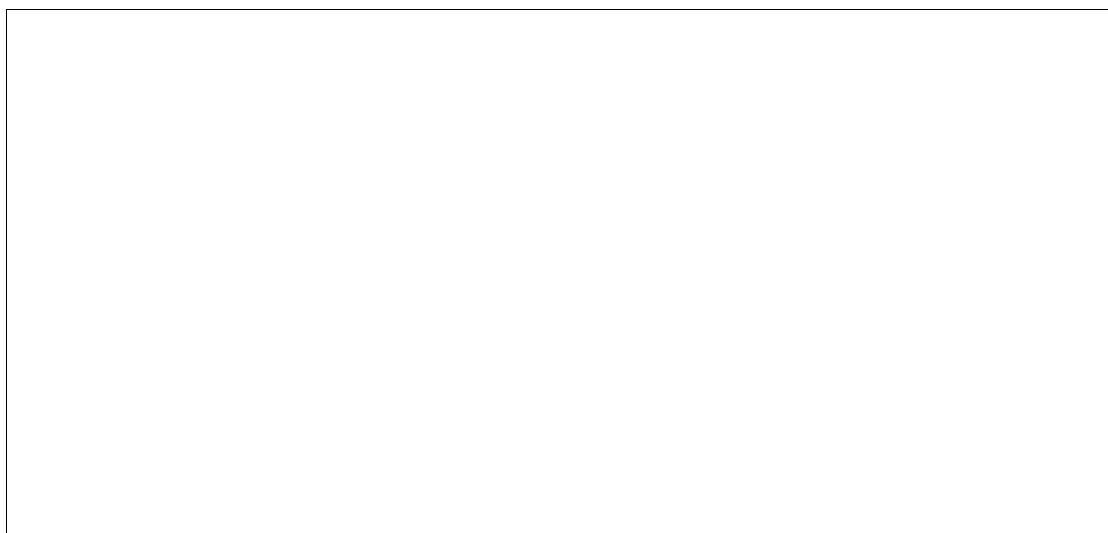
has been found that the technical manpower is same here. Because the lack of financial resources and physical facilities.

#### **4.5 Contribution of NVA for the Increase Levels of Players**

An individual has involved in the games and sports known as player. Players can be categorized in male and a female player. Basically, players have always been interested towards sports with physical strength, speed, or endurance. If the opposing player or team shows respect and fairness then that person is the player. The players can be considered as a major part of the volleyball association. Therefore, the Nepal volleyball association should increase the number of players for the development and expansion of the game.

Players are the jewels of the country and the nation through which the country is known all over the world. The association has been working to improve the ability of the players by providing suitable sports equipment in closed camps, training by foreign coaches, honors and rewards arranging and salaries according to the level of competition but all these facilities are adequate for the players. The researchers have tried to get acquainted with the national male and female volleyball players in teams for what the NVA is doing to increase the level of play of the players affiliated to the associations. The findings have been shown hereunder.

***Figure 2: Contribution of NVA for the Increase Level of Players***



According to the above figure, the Nepal volleyball association has a contribution for the continuous training and coaching management was 25 percent, for necessary sports materials was 12 percent, for provision of salary and allowance was 8.33 percent,

and for emphasis on national and international participation was 54.16percent. According to the study of the contribution of NVA, increase the level of playersemphasis national and international participation was the most contributed all among whereas salary and allowance were only little (as shown in the above figurer) because of thelack of financial facilities (according to the answers given by players).

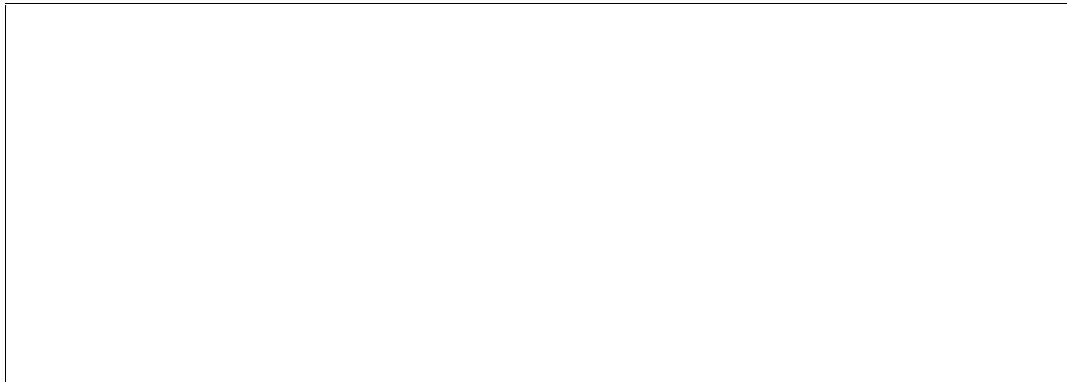
#### **4.6 Contribution of NVA for the Development Capacity of Referees**

The referees are the person who conducts any sports and sports activities cleanly and fairly without any rigging. The referee observes the activities of the players before, during, and after the competition, closely observes the activities of the players ensures that they are playing. Tolerates the uncomfortable environment arising from the game, and draws the correct result of all the activities of the competition.

The number of referees in the Nepal volleyball association is increasing compared to the number of coaches. In which there are 1 international referee, 4 AVC referees candidates, 2 international referees candidates, 155 national referees, and 286 provinces referees. There are 448 total referees involved in the volleyball association. But not all of these referees are involved in the field of volleyball. As the number of international referees in Nepal is less than that of regional and national referees the research has found.The association needs to focus on increase the number of international referees.

According to the members of the Nepal volleyball association, they have been doing various things to improve the capacity of referees such as availability of suitable scientific equipment, organization of seminars and conferences, training by international experts, salary according to the level, provision of season allowance, and referees training but all these facilities are adequate for the referees.The researcher has tried to go with the referees affiliated with the Nepal volleyball association regarding the work to studywhat NVA has been doing for the development capacity of the referees. The findings have been shown hereunder.

**Figure 3: Contribution of NVA for the Development Capacity of Referees**



According to the above figure, the Nepal volleyball association's contribution towards Organizing workshops and seminars was 66.66 percent, and Training by international experts, participation in international conferences was 33.33 percent. According to the study about the contribution made by NVA for the development capacity of referees, organizing workshop and seminar was found to be most contributed all among but the participation in international conferences was only a few (just half of the workshop and seminars) because of the lack of financial facilities and physical facilities (according to the answers given by referees).

#### **4.7 Contribution of NVA for the Development and Capacity of Coach**

The coach develops the skill of the play by giving inspiration and guidance to the player. The coach builds a good player by observing the weaknesses of the player where the points need to be improved and what the different aspects can be. Therefore, the coach plays an important role in the game and players.

Nepal volleyball association has been conducting national level A and B level training courses for the development and expansion of coaches. Although, these different levels of coaching courses were being a runner the number of coaches in the association is even low which is not enough in the field of volleyball. The researcher has tried to go with the coaches affiliated with the Nepal volleyball association regarding the work to know what has been done by the NVA for the development capacity of the coaches. The findings have been shown here below;

**Figure 4: Contribution of NVA for the Development Capacity of Coach**

According to the above figure, the Nepal volleyball association has contributed to the field of Training by international experts, Organizing workshop and seminars was found to be 33.33 percent whereas refresh coaches training was 66.66 percent and players life insurance. According to the study contribution of NVA development capacity of coaches, refresh coaches training was the most contributed all Among. On the other hand, Training by international experts and players life insurance was less contributed because of the lack of financial facilities and physical facilities (according to the answers given by coaches).

**4.8 Motivation Award by NVA for the best Coaches, players, and Teams**

As soon as volleyball becomes a national game, the popularity of volleyball in Nepal has been increasing day by day. The Nepal volleyball association has also given special emphasis on building the morale of the player and producing a good player-coach and referee by conducting new policies and programs in the field of volleyball. According to the investigation, the Nepal Volleyball Association has formed management to make the Nepal volleyball association award by looking at the activities of the players and coaches, and team throughout the year. For this Nepal, the volleyball association has been assisting for private purposes. The Nepal volleyball association has given Rs.25000 each to the coaches (male and female), best team (male and female), and best players (male and female). The number of successful players, coaches, and teams in 2074 and 2075 has been presented by tables and 2076 is pending in announcement. The following table shows the contribution of NVA for the best Coaches, players, and Teams.

**Table 4: List of the Best Players of the Year from 2073 to 2075**

| Year | Players Names       | Male/ Female | Model  | Reward      |
|------|---------------------|--------------|--------|-------------|
| 2073 | SaraswotiChaudhary  | Female       | Trophy | 25 Thousand |
|      | Man badahurShrestha | Male         | Trophy | 25 Thousand |
| 2074 | Pratibha Mali       | Female       | Trophy | 25 Thousand |
|      | Man badahurShrestha | Male         | Trophy | 25 Thousand |
| 2075 | SaraswotiChaudhary  | Female       | Trophy | 25 Thousand |
|      | KulBahadurThapa     | Male         | Trophy | 25 Thousand |

**Table 5: List of the Best Coaches of the Year from 2073 To 2075**

| Year | Coaches Name       | Male/ Female | Model  | Reward      |
|------|--------------------|--------------|--------|-------------|
| 2073 | GyanendraBista     | Female       | Trophy | 25 Thousand |
|      | JagadishBhatta     | Male         | Trophy | 25 Thousand |
| 2074 | GyanendraBista     | Female       | Trophy | 25 Thousand |
|      | KopilKishorShresth | Male         | Trophy | 25 Thousand |
| 2075 | GyanendraBista     | Female       | Trophy | 25 Thousand |
|      | SorojShresth       | Male         | Trophy | 25 Thousand |

**Table 6: List of the Best Teams of the Year from 2073 To 2075**

| Year | Teams Name        | Male/ Female | Model  | Reward      |
|------|-------------------|--------------|--------|-------------|
| 2073 | Nepal Police Club | Female       | Trophy | 25 Thousand |
|      | Nepal Army Club   | Male         | Trophy | 25 Thousand |
| 2074 | Nepal Police Club | Female       | Trophy | 25 Thousand |
|      | Nepal Army Club   | Male         | Trophy | 25 Thousand |
| 2075 | Nepal Police Club | Female       | Trophy | 25 Thousand |
|      | Nepal Police Club | Male         | Trophy | 25 Thousand |

#### **4.9 Organization and Participation in Different Games by NVA**

The Nepal volleyball association should focus on organizing and participating in various competitions for the development and expansion of the game. Because the development of various aspects such as sports skill, sports strategy, confidence, and socialization in the players is possible only through the organization and participation of the game.



Organization and participation in competition helps to build a mature player by identifying where the player's weakness points need to be improved and to identify the different aspects that can be flown. Therefore, NVA has been conducting various national and international sports competitions as well as participation.

It has been found that the national level volleyball tournaments had been started to be played in Nepal from 2030 BS. Before the establishment of NVA in 2030 BS, the following tournaments were conducted in the field of volleyball.

#### **4.9.1 First National Tournament of Men**

In the history of Nepalese Volleyball, the first national championship was played in 2030 BS. That was a zonal wise competition which was held in Kathmandu. Bagmati zone's team had stood the winner and Gandaki zone's team had stood runner.

#### **4.9.2 Second National Tournament of Men**

The second national championship for men was held in Surkhet in 2031 BS. Narayani zone's team had got the first position and Gandaki zone's team had got the second position of that tournament.

#### **4.9.3 Third National Tournament of Men**

The third men's championship was held in Birgunj city of Koshi zone. in 2032 BS. Koshi zone's team and Veri zone's team were stood first and second respectively.

#### **4.9.4 Organization of National Tournament After Establishment of NVA**

NVA has been conducting the national/international and friendship/invitational matches since 2033/establishment till now. The national matches described below:

**Table 7: National Tournament of Men in Detail from 2033 to 2076**

| Tournament No.   | Year | Venue          | Winners      |                | Remark |
|------------------|------|----------------|--------------|----------------|--------|
|                  |      |                | First        | Second         |        |
| 4 <sup>th</sup>  | 2033 | Dhangadhi      | Veri         | Bagmati        |        |
| 5 <sup>th</sup>  | 2034 | Jhapa          | Veri         | Bagmati        |        |
| 6 <sup>th</sup>  | 2035 | Hetauda        | Bagmati      | Veri           |        |
| 7 <sup>th</sup>  | 2036 | Kathmandu      | Bagmati      | Veri           |        |
| 8 <sup>th</sup>  | 2037 | Janakpur       | Bagmati      | Veri           |        |
| 9 <sup>th</sup>  | 2038 | Kathmandu      | Bagmati      | Veri           |        |
| 10 <sup>th</sup> | 2039 | Pokhara        | Bagmati      | Gandaki        |        |
| 11 <sup>th</sup> | 2040 | Pokhara        | Gandaki      | Koshi          |        |
| 12 <sup>th</sup> | 2041 | Jumla          | Koshi        | Bagmati        |        |
| 13 <sup>th</sup> | 2042 | Birgunj        | Bagmati      | Koshi          |        |
| 14 <sup>th</sup> | 2043 | Salyan         | Mahakali     | Rapti          |        |
| 15 <sup>th</sup> | 2045 | BiratNagar     | Koshi        | Janakpur       |        |
| 16 <sup>th</sup> | 2046 | Mahendra Nagar | Koshi        | Mahakali       |        |
| 17 <sup>th</sup> | 2048 | Janakpur       | Nepal Police | Army           |        |
| 18 <sup>th</sup> | 2051 | Dhankuta       | Army         | Nepal Police   |        |
| 19 <sup>th</sup> | 2053 | Solukhumbu     | Nepal Police | Army           |        |
| 20 <sup>th</sup> | 2055 | Surkhet        | Army         | Nepal Police   |        |
| 21 <sup>st</sup> | 2059 | Pokhara        | Army         | W. Dev. Region |        |
| 22 <sup>nd</sup> | 2060 | Dhangadi       | Nepal Police | Army           |        |
| 23 <sup>rd</sup> | 2062 | Kathmandu      | Nepal Police | Army           |        |
| 24 <sup>th</sup> | 2063 | Hetauda        | Nepal Police | Army           |        |
| 25 <sup>th</sup> | 2065 | Kathmandu      | Nepal Police | W. Dev. Region |        |
| 26 <sup>th</sup> | 2068 | MahendraNagar  | APF          | Nepal Police   |        |
| 27 <sup>th</sup> | 2069 | Terahathum     | APF          | Nepal Police   |        |
| 28 <sup>th</sup> | 2070 | Nabalparasi    | Nepal Police | APF            |        |
| 29 <sup>th</sup> | 2071 | Pokhara        | Nepal Police | APF            |        |
| 31 <sup>th</sup> | 2074 | Pokhara        | APF          | NPC            |        |
| 32 <sup>th</sup> | 2076 | Nepalgunj      | NPC          | APF            |        |

Table 7 seems that competitions have been growing on continuously since the establishment of the volleyball association. In which seven provinces and three department teams have been participating incompletions. The 32<sup>nd</sup> national man's volleyball championship is the NPC club.

#### 4.9.5 Details of National Tournament of Women

Nepal Volleyball Association has not only been involved and conscious about the development of men's volleyball but also dedicated to women's volleyball too. It is found that the women volleyball's tournament in Nepal had been started from BS 2037. The details of the national tournament for women volleyball in Nepal is given in the following table:

**Table 8: National Tournament of Women**

| Tournament No.   | Year | Venue         | Winners       |              | Rem. |
|------------------|------|---------------|---------------|--------------|------|
|                  |      |               | First         | Second       |      |
| 1 <sup>st</sup>  | 2037 | Kathmandu     | Bagmati       | Gandaki      |      |
| 2 <sup>nd</sup>  | 2038 | Kathmandu     | Bagmati       | Gandaki      |      |
| 3 <sup>rd</sup>  | 2039 | Dang          | Gandaki       | Koshi        |      |
| 4 <sup>th</sup>  | 2040 | Pokhara       | Dhaulagiri    | Bagmati      |      |
| 5 <sup>th</sup>  | 2041 | Baglung       | Daulagiri     | Gandaki      |      |
| 6 <sup>th</sup>  | 2042 | Birgunj       | Dhaulagiri    | Gandaki      |      |
| 7 <sup>th</sup>  | 2043 | ailekha       | Gandaki       | Bagmati      |      |
| 8 <sup>th</sup>  | 2045 | Syangja       | Gandaki       | Bagmati      |      |
| 9 <sup>th</sup>  | 2048 | Butwal        | Daulagiri     | Bagmati      |      |
| 10 <sup>th</sup> | 2053 | Dhangadi      | Central Rg.Re | E. Dev       |      |
| 11 <sup>th</sup> | 2055 | Surkhet       | W. Reg.Reg.   | Central      |      |
| 12 <sup>th</sup> | 2059 | Pokhara       | Nepal Police  | Mid. Dev.    |      |
| 13 <sup>th</sup> | 2062 | Kathmandu     | Western Dev.  | Public Ins   |      |
| 14 <sup>th</sup> | 2063 | Hetauda       | Western Dev   | N. Police    |      |
| 15 <sup>th</sup> | 2065 | Kathmandu     | Western Dev   | N. Police    |      |
| 16 <sup>th</sup> | 2068 | MahendraNagar | N. Police     | Western      |      |
| 17 <sup>th</sup> | 2070 | Baglung       | W. Reg.       | Central Reg. |      |
| 18 <sup>th</sup> | 2071 | Butwal        | APF           | NPC          |      |
| 21 <sup>th</sup> | 2074 | Pokhara       | APF           | NPC          |      |
| 22 <sup>th</sup> | 2075 | Baglung       | APF           | NPC          |      |
| 23 <sup>th</sup> | 2076 | Nepaelgunj    | APF           | NPC          |      |

Table 8 shows that the number of national competitions for women's is less than the number of men's tournaments. In which seven provinces and three department teams have been participating in competitions. The 23<sup>rd</sup> national man's volleyball championship is the APF club.

#### 4.9.6 Nepal's Participation in International Volleyball Tournament

The international participation of the Nepali team is more regular now than in the past due to the good coordination of the Nepal volleyball association. Nepal has been continuing in the south Asian game and has not lagged in achieving success. The key to good results is regular and scientific coaching to provide good experience and motivation. The progress of the Nepali reflects the good coordination of the NVA.

According to volleyball coach Mr. Jagdish Bhatt to train regularly, one should regularly participate in the internal and external competition and should conduct regular training from good coaches, & conducting training and morale-boosting programs, and organize friendly games from time to time, to arrange foreign coaches. Coach Bhatt said that the Nepali team could make further progress in the next few years if it could provide scientific equipment for training.

The details of the participation in international matches of both Nepalese men and women teams are here given below:

**Table 9: Nepal's Participation in International Volleyball Official Tournament (Men)**

| S.N. | Year | Host Nation       | Tournament Name                    | Remarks |
|------|------|-------------------|------------------------------------|---------|
| 1.   | 1978 | Thailand          | 8 <sup>th</sup> Asian Game         |         |
| 2.   | 1982 | India             | 9 <sup>th</sup> Asian Game         |         |
| 3.   | 1983 | Japan             | Asian Championship                 |         |
| 4.   | 1986 | Korea             | 10 <sup>th</sup> Asian Games       |         |
| 5.   | 1987 | India(Calcutta)   | 3 <sup>rd</sup> South Asian Games  |         |
| 6.   | 1989 | Pakistan          | 4 <sup>th</sup> South Asian Games  |         |
| 7.   | 1991 | Srilanka          | 5 <sup>th</sup> South Asian Games  |         |
| 8.   | 1993 | Bangladesh        | 6 <sup>th</sup> South Asian Games  |         |
| 9.   | 1995 | India (Madras)    | 7 <sup>th</sup> South Asian Games  |         |
| 10.  | 1999 | Nepal (Kathmandu) | 8 <sup>th</sup> South Asian Games  |         |
| 11.  | 2004 | Pakistan          | 9 <sup>th</sup> South Asian Games  |         |
| 12.  | 2006 | Srilanka(Colombo) | 10 <sup>th</sup> South Asian Games |         |
| 13.  | 2010 | Bangladesh(Dhaka) | 11 <sup>th</sup> South Asian Games |         |
| 14.  | 2016 | India             | 12 <sup>th</sup> South Asian Games |         |
| 15.  | 2019 | Nepal             | 13 <sup>th</sup> South Asian Games |         |

From the above table 9, it is seen that Nepal's men's volleyball team first participated in the 1978 Asian Games. He also participated in the 9<sup>th</sup> and 10<sup>th</sup> Asian Games. After then, 32years later in 2018, the 18<sup>th</sup> Asian Game was held in Indonesia. But so far no progress has been made.

**Table 10: Nepal's Participation in Central Zone Asian Game (Men)**

| S.N. | Year | Host Nation | Tournament Name                     | Remarks |
|------|------|-------------|-------------------------------------|---------|
| 1.   | 2015 | Bangladesh  | 1 <sup>st</sup> Central Asian Games |         |
| 2.   | 2016 | Bangladesh  | 2 <sup>nd</sup> Central Asian Games |         |
| 3.   | 2017 | Bangladesh  | 3 <sup>rd</sup> Central Asian Games |         |
| 4.   | 2018 | Bangladesh  | 4 <sup>th</sup> Central Asian Games |         |
| 5.   | 2019 | Nepal       | 5 <sup>th</sup> Central Asian Games |         |

According to the table 10, the Nepal men's volleyball team has been participating in the Central Asian Games since 2015. So far five games have been played. The third Asian Games have been in which Nepal won a historic third medal. This was the first international medal in the history of Nepal volleyball.

**Table 11: Nepal's Participation in International Tournament (Women's)**

| S.N. | Year   | Host Nation       | Tournament Name  | Remarks                  |
|------|--------|-------------------|--|--------------------------|
| 1.   | 1987AD | Thailand          | Friendship Match   |                          |
| 2.   | 1998   | Srilanka          | Rupawahini International Club Championship                     |                          |
| 3.   | 1999   | Thailand          | Friendship Match   |                          |
| 4.   | 1999   | Nepal(Kathmandu)  | 8 <sup>th</sup> South Asian Games                              | 3 <sup>rd</sup> Position |
| 5.   | 2006   | Srilanka(Colombo) | 10 <sup>th</sup> South Asian Games                             | 3 <sup>rd</sup> Position |
| 6.   | 2012   | Maldives          | Central Zone women's Championship                              | 1 <sup>st</sup> position |
| 7.   | 2014   | Nepal             | South Asian Invitation   | 2 <sup>nd</sup> Position |
| 8.   | 2016   | India             | 12 <sup>th</sup> South Asian Games                             | 3 <sup>rd</sup> Position |
| 9.   | 2019   | Nepal             | 13 <sup>th</sup> South Asian Games                             | 2 <sup>nd</sup> position |
| 10.  | 2019   | Bangladesh        | 1 <sup>st</sup> Senior Asian Central Zone women's Championship | 1 <sup>st</sup> position |

According to the above table, it is seen that the Nepalese women's volleyball team has been participating in different international matches i.e.; SAG, CZWC, SACZWC. The women's team third position in 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> and the sound position in the 13<sup>th</sup> South Asian Games. In Central zone women's volleyball championship 2012 and First Seniors Asian Central zone women's volleyball championship 2019, Nepal has been successful in bringing gold medals. Observing all these results, the international participation of Nepali women's players seems to be good.

Bhatt, (2016) "Conducted a study entitled "Situation of Nepal Volleyball Association" The objective of the study find out the list out the organization and participation in different games and tournaments by NVA. He found that the NVA has organization and participation in the games and tournaments is very poor. But in the research it has been found that the organization and participation in the games and tournaments are good in the present situation.

#### **4.10 Various Sports Clubs and their Contribution to Volleyball**

Volleyball is considered the most popular sport in Nepal. Volleyball is currently the national sport of Nepal. Cricket is as popular in the lowland region of Nepal whereas volleyball is in the hills. According to the geographical location of Nepal, the popularity of volleyball is increasing day by day in the Nepali society as it has got the status of the national game of Nepal from the world which can be easily played anywhere.

Nepal Volleyball Association alone cannot do all the things for the development of volleyball in Nepal without the support of the national level clubs which are working for the betterment of volleyball. To help and shake hands with the national associations, various clubs are formed and acting within our nation. Nepal's national game is volleyball. So, local clubs are there to conduct the tournaments of volleyball.

It is also found that most especially at the national level, some clubs like Youth Sports Group, Bhaktapur, Jawalakhel Volleyball Training club, new demon club, NPC, APF, Dhorpatan Sports Club have been playing a vital role to promote the volleyball game by organizing different tournaments along with the training for volleyball lovers. From the list of those tournaments Dhorpatan double league for women by

Dhorpatan sports club and Workers Cup by Youth Sports Group, Bhaktapuris the major tournaments in Nepalese Volleyball.

#### **4.11 Problems Faced by Nepal Volleyball Association**

Nepal Volleyball Association is facing several problems. The major problems are listed below on the following points:

##### ***Figure 5: Problems Faced by Nepal Volleyball Association***

The above-mentioned problems are the major problems of Nepal Volleyball Association for the development of volleyball in Nepal; those problems should be solved as soon as possible.

#### **4.12 Suggestion to the Government of Nepal by NVA Member, Referees, Coaches, and Player's**

Volleyball is played in all parts of Nepal. NVA has District Associations in all 75 Districts of Nepal. The popularity of volleyball is increasing day by day in Nepal. Along with the popularity of volleyball in Nepal local and national level competitions have been organized. However, for the first time in history, Nepal players have also received international gold medals. All the credit goes to the Nepal volleyball association. Because of the good coordination of the NVA, today Nepali players have been able to get good results at the international level.

To succeed in the game and run the activities of the association effectively, the economic side is very necessary for the development of volleyball. NVA has been conducted sports activities by finding sponsors by investing in its efforts. The association alone can't make it more effective and the grants given by the national sports council have made it difficult for the association to complete its programs due to insufficient grant amount. Therefore, to develop the national game of volleyball, the NVA needs to practice continuously and if there is a proper investment from government bodies, it is a great success in the days to come. The researcher has received various suggestions from the members, referees, and coaches of the Nepal volleyball association regarding that the initiatives to be taken by the government bodies for the development and expansion of the volleyball game, which is presented as follows.

#### **4.12.1 Suggestion to the Government of Nepal by NVA Member's**

- a) Government of Nepal should construct at least one national level covered hall in each province.
- b) Arrangement of one international level covered hall at the center.
- c) Increase the number of coaches for the development and expansion of volleyball and arrange volleyball coaches in every school and college.
- d) The association should make special budget arrangements for the year-round training of the Nepali national team.
- e) Budget should be provided for the participation of Nepali national men's and women's teams in AVC/FIVB international competition.
- f) To provide a budget to the association for the international coaches to provide knowledge of modern volleyball training to the Nepali national coaches.

#### **4.12.2 Referees Suggestion to the NVA**

- a) Fair selection of referee's commission
- b) To organizing seminars and workshops.
- c) Refresh referees courses should be organized.
- d) To the practice of making volleyball their part of the officials to the association.
- e) Emphasis on international conferences.



#### **4.12.3 Coaches suggested to the NVA**

- a) To conduct regular training, regular participation should be made in internal and external competitions.
- b) To manage even the minimum facilities for sports food and transportation, there should be programs to the motivation of coaches and players,
- c) Managing necessary sports equipment evaluation from time to time during training.
- d) Organizing friendly games from time to time to communicate with them about the training program.
- e) Arrangement of foreign trainers.

#### **4.12.4 Players Suggest to the NVA**

- a) Covered hall should be arranged.
- b) Appropriate sports training should be arranged.
- c) Continuous training and coaching should be provided.
- d) National competitions should be organized continuously.
- e) Emphasis should be on international participation.
- f) An environment should be created for players to participate in the competitions.
- g) If the player is injured, the government should arrange for medical treatment.
- h) A monthly salary and allowance should be provided to the players.
- i) Player's life should be insured.

The above mentioned are the major suggestions to the government of Nepal and NVA by the players for the development of volleyball in Nepal.

## CHAPTER – V

### CONCLUSION AND RECOMMENDATIONS

#### 5.1 Summary

Volleyball is considered the most popular sport in Nepal. Volleyball is currently the national sport of Nepal. Cricket is as popular in the lowland region of Nepal as volleyball is in the hills. According to the geographical location of Nepal, the popularity of volleyball is increasing day by day in the Nepali society as it has got the status of the national game of Nepal from the world which can be easily played anywhere. So this study was based on the "contribution of Nepal Volleyball Association for the development of volleyball game in Nepal" The main objectives of the study were to examine the contribution of Nepal volleyball association for the development of volleyball game in Nepal, to identify the situations of Nepal Volleyball Association. Nepal volleyball association members, referees, coaches, and players the main population included in the study. The purposive sampling method was used by the researcher in selecting the sample from the response. A total of 33 respondents were selected for the study, including 12 male and 12 females players were selected from volleyball national players and 3 coaches, 3 referees, and 3 members of NVA. The researcher used the questioner schedule as the main tool of data collection. The questionnaire was created covering all data, the collected data were tabulated analyzed, and interpreted as per the demands of the objectives of the study. The data was analyzed in thought descriptive way. Required tables and figures were used to analyze and present collected data.

#### 5.2 Key Findings

The researcher has originated the major finding after objective wise analysis in this analysis part. The key finding has drawn out in following lists:

- 5.2.1 It has been found that the Nepal volleyball association was established in 2033 B.S.
- 5.2.2 The study found that the first National tournament of Volleyball for men and women was held in 2030 B.S and 2037 B.S respectively.
- 5.2.3 It has been found that the first International participation of Nepaleseman volleyball team was kaideAsam International Volleyball tournament Pakistan in 1976 AD.

- 5.2.4 The study found that the first International participation of Nepalese women volleyball team was Thailand in 1987 AD.
- 5.2.5 It has been found that first International tournament organization of Nepal NVA Federation cup in 1988 AD.
- 5.2.6 The study found that Volleyball was declared the national sport of Nepal on Jestha 8, 2074 B.S.
- 5.2.7 It has been found that NVA has its District Association in 77 Districts.
- 5.2.8 It has been found that Nepal Volleyball Association is unable to succeed in the annual calendar due to few grants provided by the NSC.
- 5.2.9 It has been found that the present situation the physical facilities of the NVA are now better than before.
- 5.2.10 The study found that the Nepal volleyball association has been giving NVA awards to the best coaches, players, and teams every year.
- 5.2.11 It has been found that a total of 448 referees are there under NVA. But it has been found that only one international referee and four AVC and two international referees' candidates.
- 5.2.12 It has been found that only eighteen coaches are working under NVA.
- 5.2.13 The study found that NVA to the coaches, referees, and players were paid according to the level of the game and season of the game.
- 5.2.14 The study found that the NVA contributed was 66.66 percent organization workshop and seminar to develop an expansion of referees
- 5.2.15 It has been found that NVA contributed was 66.66 percent referees course to develop the capacity of coaches.
- 5.2.16 It has been found that the NVA contributed was 54.16 percent to the national and international participation to increase the level of players.
- 5.2.17 It has been found that only the women's volleyball team has got three bronze medals, one silver medal, and two gold medals in international match's i.e. 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> SAG. And then CAG 2012 and 1<sup>st</sup> SCAG.
- 5.2.18 It has been found that the major problems faced by NVA were the problem related to physical facilities, human resources, and financial resources.
- 5.2.19 It has been found that RS. 50 Million Allocated in the current budget for the construction of a cover hall of the government of Nepal.
- 5.2.20 It has been found that the government has not provided life insurance for the national volleyball coaches, referees, and players.

### 5.3 Conclusion

This research title was “Contributions of the Nepal Volleyball Association for the development of volleyball in Nepal”. The objectives of the study were to identify the situations of NVA and to examine the contribution of NVA. The historical cum descriptive research design has used and questionnaires as tool for this research.

Researcher has found that NVA was established in 2033 BS. After 2033, the NVA has been organizing the volleyball tournaments as province, national and international level. Financial, physical and human resources were the major problems. In 2074, government of Nepal has declared that volleyball game has authorized as national game. After awarded national game, financial and facilitates aspects have been progressing than earlier years in investment side. However, low number of coaches and international referees has found existed. Furthermore, it has found the NVA has paid the coaches, referees and players according to their game standard. NVA has 54.16 percent contributed in national and international participation among total investment. In order to development capacity for referee, NVA has contributed 66 percent workshop and seminar among total investments for referee. Similarly, refresh coaches training has given most priority in development capacity for coaches. Since these activities, volleyball players of Nepal have found good results among international matches. It has been found that NVA has been giving NVA awards to the best coaches, players, and teams for every year. Likewise, it has allocated 50 million amounts in the current budget for the construction of a cover hall from MOYS side. Moreover, NSC has provided 1.3 million grand to the NVA in every year. Hence, NVA has received around 2 million annually budget from government side. Finally it has concluded that NVA has long term plan for the development and expansion of volleyball game.

Volleyball has not so far developed in professionally from NVA and government side. It will not be develop unless they provide motivating/incentive activities towards this game. The officials/players’ economic and family life can make easier through these professional/incentive activities. For this this purpose, the government should provide adequate budget. Volleyball dependence programmed/good salary, professional activities etc. should expansion in each province.

### 5.4 Recommendations

Based on the findings and conclusion of the study the following recommendations are drawn.

#### **5.4.1 Recommendations for Practice**

- a) Physical facilities should be made available for training and competition
- b) The government of Nepal should construct a national level covered hall in 7 provinces.
- c) The number of coaches and international referees should be increased.
- d) A sufficient budget should be allowed allocated to NVA for running the activities according to the annual calendar.
- e) To manage even the minimum facilities for sports food and transportation, there should be programs to the motivation of coaches and players.
- f) The association should make special budget arrangements for the years –round training of the Nepali national team.
- g) The Player's life should be insured.
- h) Coaches training and refresher courses should be organized from time to time.

#### **5.4.2 Recommendations for National Policy**

- a) Policy should be made to attach the schools sector towards the volleyball
- b) The policy should be made for professionalism in volleyball.
- c) Long term plan should be prepared for the development of volleyball in Nepal.
- d) Political interference in Nepal Volleyball Association should be fully removed by making such a policy.

#### **5.4.3 Recommendations for Further Study**

Researcher would like to recommend the following potential areas according to base on this study for further studies:

- a) The contribution for development towards games: e.g. football, basketball, cricket etc.
- b) Contribution for development by sports related association of Nepal: e.g., contribution for development activities of football by ANFA contribution for development activities of cricket by CAN
- c) Comparative study of contribution/situation toward sports on the subject of physical education at district, regional, provincial and national level

- d) National/provinces level studies on the development of sports: e.g., situation of boxing in Nepal, situation of swimming in Nepal etc.

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**Contribution of the Nepal Volleyball Association for the Development of  
Volleyball Game in Nepal**

**Questionnaire for NVA Member's**

**Personal Information**

**Name:** .....

**Age:** .....

**Sex:** .....

**Permanent Address:** .....

**Education:** .....

**Post in NVA:** .....

**Information Related to the Study Topic:**

1. When was the Nepal Volleyball Association established?  
.....
2. What are the major work areas of NVA?  
.....
3. How many years does the committee formation process of NVA?
  - a. One year                      b. Two year
  - b. Three                         d. Four year
4. How many of the seven province states are members of the NVA?  
.....
5. Which aspect of the NVA pays special attention to the province and district associations?
  - a. Economic aspect              b. Physical aspect
  - c. Training and coaching       d. Manpower production
6. What are the financial resources for NVA in 2074 t0 2076?

| Year | NSC/MOYS | Foreign Grants | Self-Generated | Others | Total | Remarks |
|------|----------|----------------|----------------|--------|-------|---------|
| 2074 |          |                |                |        |       |         |
| 2075 |          |                |                |        |       |         |
| 2076 |          |                |                |        |       |         |

7. Are those resources satisfied to run the activities?





- a. According to the level of the game
- b. According to the education qualifications
- c. According to the game season
- d. According to the level.

20. What are the problems that are being faced by NVA?

|    |                     |  |
|----|---------------------|--|
| 1. | Physical Facilities |  |
| 2. | Human resources     |  |
| 3. | Financial resources |  |

21. What initiatives need to be taken by the government to develop and expand the game of volleyball?

.....

**APPENDIX – B**  
**Questionnaires for the Coaches**

**Personal Information**

**Name:** .....

**Age:** .....

**Sex:** .....

**Education:** .....

**Post in NVA:** .....

**Permanent Address:** .....

1. When did you start coaching the volleyball game?  
.....
2. Are you satisfied with volleyball as a coach?
  - a. General satisfied
  - b. Ok,
  - c. Satisfied
  - d. Very satisfied
3. What sorts of training courses have you done?
  - a. NIS
  - b. Level A
  - b. Level B
  - d. all of them
4. What are the most common problems are facing during coaching?
  - a. Lock of adequate sports equipment.
  - b. Absence of players on time.
  - c. Arrangement of salary on time.
  - d. Lack of a balanced diet
5. What field have you been conducting training programs outside the NVA?
  - a. private sector
  - b. club and group
  - c. School and colleges
  - d. In all of the above
6. How the volleyball association has paid the coach?
  - a. Monthly
  - b. According to level
  - d. Season of game
  - d. According to daily allowance
7. What has helped the government done for the volleyball coach?
  - a. Arrangement employment
  - b. System to respect
  - c. Reward system
  - d. provision of free sports materials

8. Nepal volleyball association player's selection criteria.
  - a. Age
  - b. Performance
  - c. Height
  - d. Overall personality
9. Which area has the most impact on the player's selection process?
  - a. Political interference
  - b. The effect of prejudice
  - c. Attractive physical texture
  - d. Service area
10. NVA has been doing for the development capacity of coaches?
  - a. Organizing workshop and seminars
  - b. Training by international experts
  - c. Refresh coaches training
  - d. Life insurance system
11. What do you suggest to the NVA on the development and expansion of coaches?

.....

**APPENDIX – C**  
**Questionnaire for Referee**

**Personal Information**

**Name:** .....

**Age:** .....

**Sex:** .....

**Permanent Address:** .....

**Education:** .....

**Post:** .....

1. When did you become involved in volleyball professionally?  
.....
2. Why did you choose volleyball?  
.....
3. How satisfied are you with your professions?
  - a. Good
  - b. Satisfied
  - c. Ok
  - d. Very satisfied
4. What are the qualities of good referees?
  - a. Knowledge of the rules game
  - b. Good personality
  - c. Ability to make an impartial decision
  - d. New techniques
5. What is training did you have as a referee?
  - a. International referee training.
  - b. National referee training.
  - c. Provinces referee training.
  - d. Other.....
6. How the volleyball association has paid the referee?
  - a. Monthly
  - b. Season of the game
  - c. According to level
  - d. According to daily allowance
7. What was the government done to help the volleyball referee?
  - a. Arrangement employment
  - b. Provision of respect and honesty
  - c. Provision of free materials
  - d. Other.....

8. What has the NVA been doing for the development capacity of the referee?
  - a. Organizing workshops and seminars.
  - b. Participants in international conferences.
  - c. Training by international experts.
  - d. Provision of appropriate service facilities.
9. What are the most common problems are facing the referees?
  - a. Unnecessary noise from the audience
  - b. Absence of player on time.
  - c. Lack of timely salary arrangement.
  - d. Other.....
10. What do you suggest to the NVA to development and expansion of referee?  
.....



**APPENDIX – D**  
**Questionnaire for Players**

**Personal Information****Name:** .....**Age:** .....**Sex:** .....**Permanent Address:** .....**Education:** .....**Post:** .....

1. When did you start to play volleyball?
  - a) From childhood
  - b) From adolescence
  - b) From Youth,
  - d) From adult
2. What was your motto to enter the volleyball area?
  - a) Physical fitness
  - b) for entertainment
  - b) To make money
  - d) To become a national player
3. What level of completion have you participated in so far?
  - a. provincial-level competition
  - b. National level completion
  - c. International level completion
  - d. Other.....
4. How many times have you participated in international sports competitions?
  - a. One
  - b. Two
  - b. Three
  - d. Four above
5. How the NVA has been providing salary to the national players?
  - a. Monthly
  - b. Based on sports competition
  - b. Based on position d. Based on achievement
6. How do you see your future in volleyball?
  - a. Ok
  - b. Good
  - b. Excellent
  - d. Not good
7. What should be done from the government sector for the national players?
  - a) Life insurance
  - b) Proper training
  - c) Appropriate of salary
  - d) international Participant in tournament
8. What facilities does this association provide you while participating in international sports competitions?

- a. provision of honor and reward
  - b. Financial management
  - c. provision of allowance
  - d. Provision of suitable dress
9. What facilities has the NVA provided for sports practices?
- a. Arrangement of the covered hall
  - b. Arrangement of sports equipment
  - c. provision of a balanced diet
  - d. Arrangement of first aid
10. The NVA has laid special emphasis on raising the standard of volleyball players.
- a. Arrangement of continuous training and coaching
  - b. Necessary sports equipment available
  - c. Conducting competitive competition
  - d. Emphasis on international participation
11. NVA has arranged life insurance for the national players.  
.....
12. What do you think should be done by NVA for the development and expansion of volleyball in Nepal?  
.....