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Effect of Specific Badminton Training on Agility and Badminton Playing Ability of Hilly Tribal

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Abstract

The purpose of this study was to find out the effects of Specific Badminton Training on agility and badminton playing ability of selected tribal boys of hilly areas of Darjeeling District. To achieve these forty tribal school boys of 8th and 9th grade were selected as subjects and their age ranged between 13 and 15 years. Thereafter subjects were subdivided randomly into two equal groups (N=20) namely experimental group and control group. The specific Badminton Training programme of ten weeks, (three days per week i.e. Monday, Wednesday and Friday) was administered to the experimental group. Agility and badminton playing ability were taken as criterion measures for this investigation. 10 x 4 yard shuttle run test to measure agility and three judges rating process to measure Badminton playing ability were used. The data collected prior and after the experimental treatment was analyzed using analysis of covariance (ANCOVA). The result revealed that experimental group of tribal school boys' showed improvement in Badminton playing ability and insignificant improvement in agility.

Keywords: Specific Badminton Training, Agility, Badminton Playing Ability, Tribal.

Introduction

Today sports have become an inseparable phenomenon of our social life and it has become a part and parcel of our culture. It is being influenced and does influence all of our social institutions including education, economics, arts, politics, law, mass communication and in international diplomacy, its scope is awesome.[2] It has made its own place at the apex of human civilization because of its trial, competitive event and ever improving nature. In last few decades, sports have gained tremendous popularity all over the globe. The popularity of sports is still increasing at a fast pace and this happy trend is likely to continue in the future also.[8]

Each and every country develops its own innovation and techniques, tactics and strategies for exhibiting top level performance so as to emerge winner and champion of sports. Modern games and sports are getting tougher and faster day by day. Now the game is enthralled by speed, stamina, great strength, suppleness, power packed encounters along with sophistication of equipments, facilities and cloths. There is all round encouragement to improve with new set-ups and even changing styles or techniques on the whole.

Training technique based on new findings in sports training, Biomechanics, sports medicine, sports psychology etc. are adopted to bring about highest possible unfolding of potential in respective sports performance.[1, 3, 4]

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Methodology

Forty out of eighty tribal school boys of 8th and 9th grade from Jawahar Novodaya Vidyalaya Chhabbisay, Mirik, Darjeeling and 5th Mile High School, District Darjeeling –West Bengal – India were initially assembled according to height and thereafter randomly selected as the subject for this study. The average age of the subjects were ranging from Thirteen years to fifteen years of age. Further subdivided randomly into two equal groups (N=20) one group was treated as experimental group, where as remaining one group was studied as control group. The selected criterion variables agility was assessed 4 x 10 yard shuttle run test and Badminton Playing ability was assessed three judges rating scale. The specific Training programme of ten weeks, three days per week and a session on each day was administered to the experimental group only. Pre and Post test data were collected before and after 10 weeks of training. The collected data was analyzed using analysis of covariance (ANCOVA). The level of significance was set at 0.05 level of confidence.

Analysis of Data

Analysis of covariance was applied to determine the effects of training programmes and presented in the following tables.

Results

Table I. Analysis of Co-Variance of Agility Scores Between Experimental and Control Group Subjects Belonging to Tribal School Boys Category

Means	Experimental	Control		SS	df	Mss	F-Ratio
Pre Test	9.76	9.78	A	0.003	1	0.003	0.009
			W	12.556	38	0.330	
Post Test	9.72	9.79	A	0.051	1	0.051	0.175
			W	11.086	38	0.292	
Adj. Post Test	9.73	9.78	A	0.031	1	0.031	3.232
			W	0.350	37	0.009	

*Significant at 0.05 level F.05 (1, 38) =4.10 F.05 (1, 37) =4.11
A = among mean variance. W = within group variance

Figure 1. Comparison of means of Agility between Experimental and Control group subjects belonging to Tribal School boys in pre, post and adjusted post test phases.

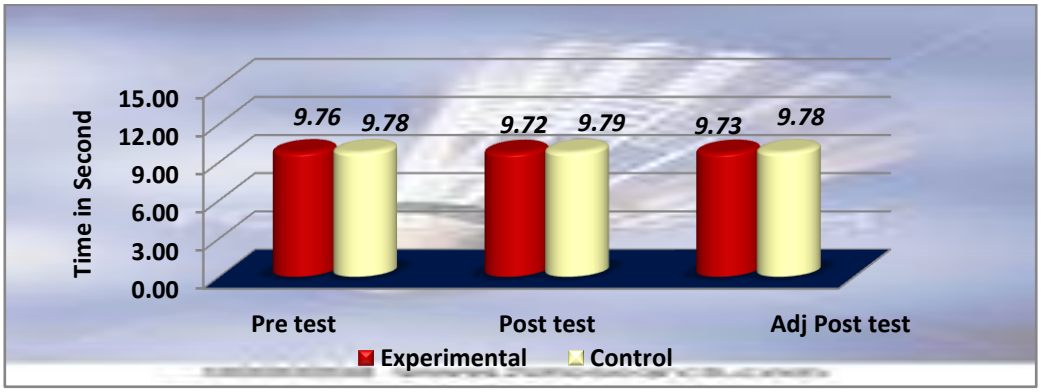
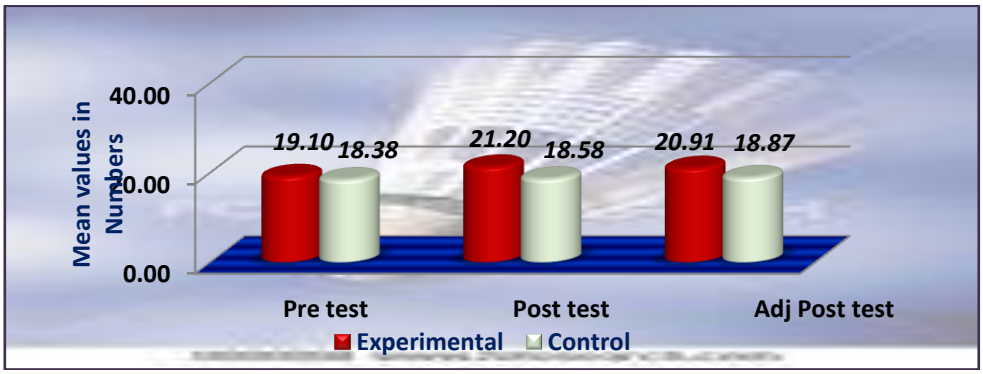


Table II. Analysis of Co-Variance of Badminton Playing Ability Scores Between Experimental and Control Group Subjects Belonging to Tribal School Boys Category

Means	Experimental	Control	SS	df	Mss	F-Ratio	
Pre Test	19.10	18.38	A	5.256	1	5.256	0.529
			W	377.237	38	9.927	
Post Test	21.20	18.58	A	68.906	1	68.906	9.324*
			W	280.838	38	7.390	
Adj. Post Test	20.91	18.87	A	41.014	1	41.014	43.877*
			W	34.586	37	0.935	

*Significant at 0.05 level F.05 (1, 38) =4.10 F.05 (1, 37) =4.11
A = among mean variance. W = within group variance

Figure 2. Comparison of means of Badminton playing ability between Experimental and Control group subjects belonging to tribal school boys in pre, post and adjusted post test phases.



There is no significant difference in agility ability between experimental and control group subjects belonging to the tribal school boys categories in pre, post and adjusted post test phases. Agility is highly depend speed, strength, balance and co-ordination. It is developed through practice and confidence in movement.[7, 10]Agility can be improved by improving the component parts of agility i.e. speed, strength, balance, co-ordination etc. and practicing them in training.[5]

There is no significant difference in Badminton Playing ability respectively between experimental and control group subjects belonging to the tribal school boys categories in pre test phase. However, significant differences in Badminton Playing ability are observed in post and adjusted post test phases between experimental and control group subjects belonging to the tribal school boys categories.

Modern sport is concerned with speed and aggression. Badminton is no exception to it and fast play over a long period of time can be very exhausting. It is important to polish up fitness and racket skills before matches and tournaments start. It is easy to achieved standard with a reasonable amount of training, but a concentrated effort of six to eight weeks is needed to lift that standard to higher plane.[9]Specialized badminton training programs however help players gain a winning edge over their opponents. A training session is an appropriate combination of work out sessions and conditioning work. [6]

Conclusion

Specific Badminton training programme of ten weeks duration showed significant effect in developing Badminton Playing Ability of experimental group Tribal School boys. On the other hand insignificant effect on the control group of Tribal school boys in developing Badminton Playing Ability is noticed. In case of Agility ability there was no significant effect on the experimental as well as control group of Tribal School boys is noticed.

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