



Effect of Ladder Training on Selected Psychological Variables among Kho-Kho Players

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Abstract

The purpose of the study was to find out the effect of ladder training on selected psychological variables among kho-kho players. It was hypothesized that there would be significant differences on selected psychological variables due to the effect of ladder training among kho-kho players. For the present study the 30 male kho-kho players from Narsinghpur district, Madhya Pradesh, India were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent ladder training and Group 'B' has not undergone any training. The questionnaire used in this study was Competitive State Anxiety Inventory-2 (CSAI-2) and standardized by the authors concerned by statistically proving the validity, reliability and objectivity of the questionnaires. The data was collected before and after six weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05. The ladder training had positive impact on cognitive anxiety, somatic anxiety and self confidence among kho-kho players. The experimental group showed better improvement on cognitive anxiety, somatic anxiety and self confidence among kho-kho players than the control group.

Keywords: Ladder Training, Kho-Kho, Cognitive Anxiety, Somatic Anxiety, Self Confidence.

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Introduction

In recent years the training methods have changed its structure purely on the results of research. Ladder training is an excellent way to improve foot speed, agility, coordination and overall quickness. Speed ladder drills are about quality and form rather than producing overload. The drills are not meant to leave the fatigued or breathless in the way that shuttle runs might, for example. It is better to perform these drills at the start of a session after the warm up. The muscles should be fresh to ensure good quality of movement. And because it will not leave the exhausted can perform ladder or endurance training afterwards. There are 4 basic skills used when training with the Ladder. These are Runs, Skips, Shuffles and Jumps/Hops. When setting up your training programme use the skills in this order, and then always come back and repeat the runs. Runs are generally the skill you are working to improve the most. Begin the training programme using the full range of motions Runs and Skips. This will help to teach the body's muscle memory system the basic skills. Once the basic skill is learned, then the athlete can work on improving the speed at which the skill can be performed. Always remember to learn the skills slowly, then add

speed with control. Once control is lost, the athlete is no longer developing skill, but rather practicing for performance failure.

Methodology

The purpose of the study was to find out the effect of ladder training on selected psychological variables among kho-kho players. It was hypothesized that there would be significant differences on selected psychological variables due to the effect of ladder training among kho-kho players. For the present study the 30 male kho-kho players from Narsinghpur district, Madhya Pradesh, India were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent ladder training and Group 'B' has not undergone any training. The questionnaire used in this study was Competitive State Anxiety Inventory-2 (CSAI-2) and standardized by the authors concerned by statistically proving the validity, reliability and objectivity of the questionnaires. The data was collected before and after six weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05.

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Results

Table I. Significance of mean gains & losses between pre and post test scores on selected variables of ladder training group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Cognitive anxiety	23.66	20.20	3.46	3.15	0.81	4.25*
2	Somatic anxiety	22.20	19.13	3.06	2.52	0.65	4.71*
3	Self confidence	25.93	30.40	4.46	2.50	0.64	6.91*

An examination of table-I indicates that the obtained 't' ratios were 4.25, 4.71 and 6.91 for cognitive anxiety, somatic anxiety and self confidence respectively. The obtained 't' ratios were found to be greater than the required table value of 2.14 at 0.05 level of significance

for 14 degrees of freedom. So it was found to be significant. The results of this study showed that statistically significant and explained its effects positively. The graphical representation of data has been presented in figure I.

Figure I. Comparisons of pre – test means and post – test means for experimental group in relation to psychological variables

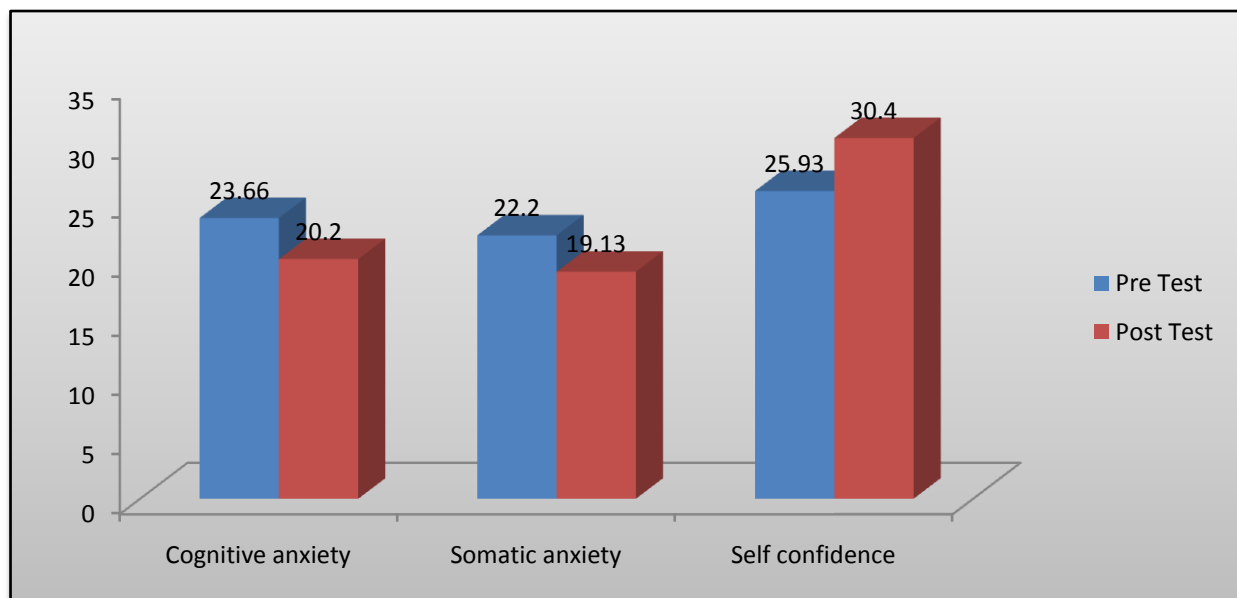
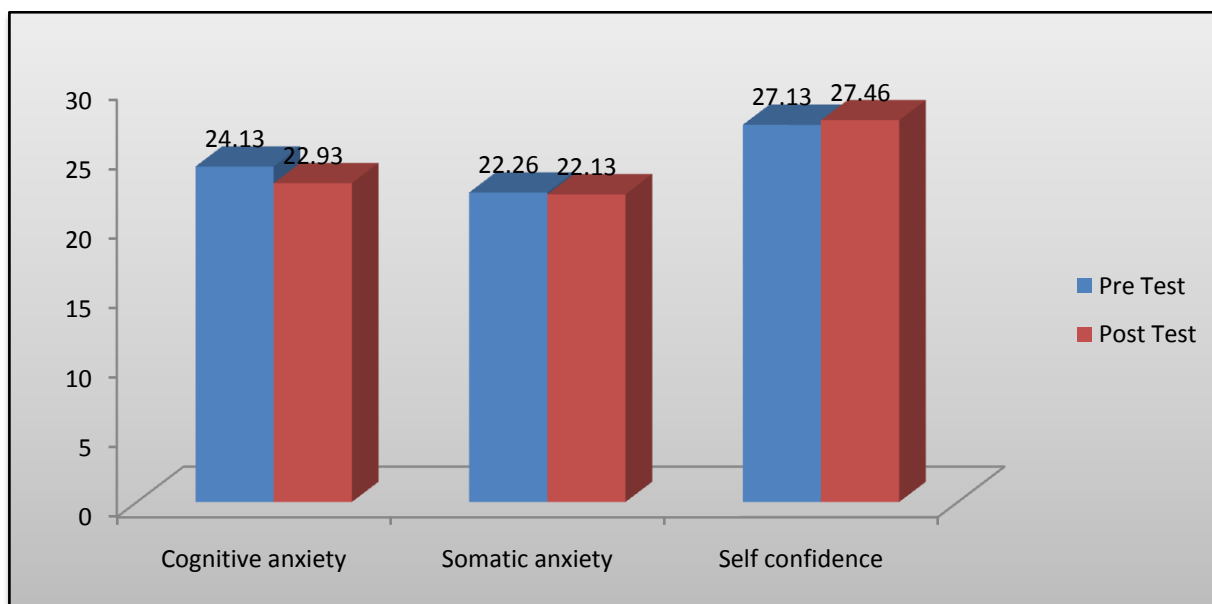


Table II. Significance of mean gains & losses between pre and post test scores on selected variables of control group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Cognitive anxiety	24.13	22.93	1.20	2.93	0.75	1.58
2	Somatic anxiety	22.26	22.13	0.13	0.83	0.21	0.61
3	Self confidence	27.13	27.46	0.33	1.39	0.36	0.92

An examination of table-II indicates that the obtained 't' ratios were 1.34, 1.48 and 0.87 for cognitive anxiety, somatic anxiety and self confidence respectively. The obtained 't' ratios were found to be lesser than the

required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be insignificant. The graphical representation of data has been presented in figure II.

Figure II. Comparisons of pre – test means and post – test means for control group in relation to psychological variables

Discussions on Findings

In case of psychological variables i.e. cognitive anxiety, somatic anxiety and self confidence the results between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular ladder training which may also bring sudden spurt in psychological variables in kho-kho players. The findings of the present study have strongly indicates that ladder training of six weeks have significant effect on selected psychological variables i.e., cognitive anxiety, somatic anxiety and self confidence of kho-kho players. Hence the hypothesis earlier set that ladder training programme would have been significant effect on selected psychological variables in light of the same the hypothesis was accepted.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The ladder training had positive impact on cognitive anxiety, somatic anxiety and self confidence among kho-kho players.
2. The experimental group showed better improvement on cognitive anxiety, somatic anxiety

and self confidence among kho-kho players than the control group.

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