

ISO 9001 - 2015

ISSN 2349 - 4891

Monthly



IF
4.665

Volume 4, Issue 4, April 2017

International Journal of
Recent Research and Applied Studies

SURRAGH PUBLICATIONS
SURRAGH PUBLICATIONS





Combined Effects of Recreational Games with Gymnastics Training on Selected Fundamental Motor Skills of School Students

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Received 10th March 2017, Accepted 1st April 2017

Abstract

The present study is to find out the combined effects of recreational games with gymnastics training on selected fundamental motor skills of school students. 20 subjects were selected from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore. The subjects were between 11 and 14 years. They were divided into two groups of ten in each. One group was acted as the experimental group and another group was acted as control group. The experimental group underwent the combined training for 18 weeks of 5 days per week. Each training session was for one hour in the evening from 3.00 PM to 4.00 PM. To achieve the result, the collected data on following criterion measures namely fundamental motor skill variables like catch, kick and overhand throw were tested. The standardized tests were taken before and after the combined training. The paired 't' test was applied to analyze the collected data and in all cases the criteria for the statistical significance was set at 0.05 level of confidence. It is concluded that the recreational games with gymnastics training significantly increased the catch, kick and overhand throw of school students.

Keywords: Recreational games, gymnastics training, catch, kick and overhand throw.

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Introduction

In the modern world, man is enjoying lots of luxuries provided by the developments in advanced technology. Simultaneously, man is also facing lots of physical, mental, emotional and social disturbances in everyday living. Undoubtedly the latest technological developments have provided all kinds of comforts in all walks of life, at home as well as the work places, in agriculture or industries and so on. They have also reduced dependence of persons on each other, has resulted in increased social, and physiological problems. It has also reduced physical work but introduced the shift system at work places. People working in day and night shift have reduced the family members to strangers. This is causing emotional upheavals. Collectively all these factors affect family life, society and nation adversely in the long run. Further, the technological advancements in every sphere of life have created lots of free, or leisure time after the working hours. Side by side easy availability of recreational gadgets like T.V, cable T.V, Video CD games, computer games have made the human child least interested in physical activity. As a result, in so many physical, mental and emotional problems have cropped up. To counteract these, i.e. to utilize the free or leisure time in a constructive way and to make people

physically active thereby allowing their growth and development, active recreation activities, other than the passive ones, are a must.

Statement of the Problem

The present study is to find out the combined effects of recreational games with gymnastics training on selected fundamental motor skills variables namely catch, kick and overhand throw of school students.

Significance of the Study

1. The study will be helpful to prepare the physical education syllabus for school students.
2. The study will be helpful to know the combined effects of recreational games with gymnastics training on selected fundamental motor skills of school students.
3. The study will be helpful to develop combined training schedule improve the combined effects of recreational games with gymnastics training on selected fundamental motor skills of school students.
4. The study will be the model to prepare other training programme for developing motor skills of different age and general school students.
5. The study will be the guide to educationists and physical educationists.

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Hypotheses

1. It is hypothesized that there may be significant differences due to combined training of the recreational games with gymnastics training on selected fundamental motor skills of school students.
2. It is hypothesized that there may be significant differences due to combined training of the recreational games with gymnastics training on selected fundamental motor skills variables namely catch, kick and overhand throw.
3. It is hypothesized that there may be no significant differences between combined training of recreational games with gymnastics training on selected fundamental motor skills of school students.

Delimitations

1. This study is confined to twenty school boys from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore, Tamil Nadu.
2. The subjects were selected only from the age group of 11 to 14 years.
3. The study delimited the fundamental motor skills, namely catch, kick and overhand throw.
4. The duration of the experimental period was eighteen weeks.
5. The study is confined the recreational games with gymnastics training.

Limitations

The following limitations are considered for the study.

- ❖ The factors like personal habits, life style, routine, diet, climatic conditions and environmental factors which might have had an effect on the results of this study will not be taken into consideration.
- ❖ Hereditary, social and other psychological factors could not be controlled.

Methodology

Selection of Subjects

The purpose of the present study is to find out the combined effects of recreational games with gymnastics training on selected fundamental motor skills of school students. 20 school boys were selected randomly from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore. The age of the subjects ranged from 11 to 14 years. They were divided into two groups of 10 in each. One group was acted as the experimental group. The experimental group was undergone the training for 18 weeks.

Selection of Variables

Independent Variable

- RECREATIONAL GAMES WITH GYMNASTICS TRAINING

Dependent Variables

- FUNDAMENTAL MOTOR SKILLS
 1. Catch
 2. Kick
 3. Overhand throw

Table 1

Selected Variables and Tests

S.NO	VARIABLES	TESTS	UNIT UPPERCASE
1.	Catch	Subjective rating	Points
2.	Kick	Subjective rating	Points
3.	Overhand throw	Subjective rating	Points

Experimental Design

For this study, twenty school students were selected as subjects. They were selected from nearby school of Ramakrishna Mission Vidyalaya, Coimbatore, Tamil Nadu state. Their age ranged from 11 and 14 years which represented a true random sample group and it was called as experimental group. These subjects were tested to find out their fundamental motor skills variables namely catch, kick and overhand throw were tested. A recreational games with gymnastics training for eighteen

weeks was given to the subjects. Their training days and hours every week ranged from Monday to Friday from 3.00pm to 4.00pm. A pre - test was conducted before the commencement of the training the final test data were collected after six weeks.

Statistical Techniques

't' ratio was calculated to find out the significance difference between the mean of pre and post test of the each group.

Table 2

Table showing the mean difference standard deviation and 't' value of experimental and control groups in catch

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	9.33	5.93	0.62	0.16	23.91*	2.26
Experimental post test	15.27		0.88	0.22		
Control pre test	8.66	0.20	0.89	0.23	1.87	2.26
Control post test	8.86		0.92	0.24		

***significance at 0.05 level of confidence**

To find out the significant difference between pre test and post test on catch 't' ratio was employed and the level of significance was set at 0.05. The experimental group on catch pre test value was 9.33 and post test value was 15.27 respectively. The mean difference value was 5.93 and catch obtained 't' ratio

23.91 was greater than the table value 2.26. So it was to be significant. The control group on catch pre test value was 8.66 and post test value was 8.86 respectively. The mean difference value was 0.20 and catch obtained 't' ratio was 1.87 and is lesser than table value of 2.26. So it is found to be insignificant.

Figure 1

Bar diagram showing the pre and post test mean value of experimental group and control group of catch

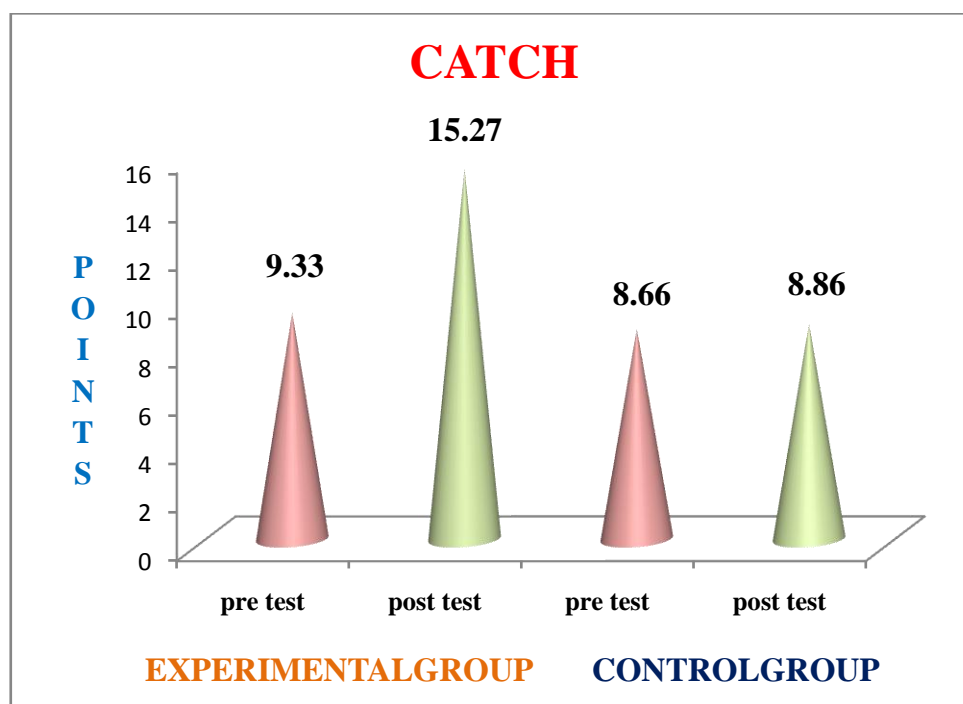


Table 3

Table showing the mean difference standard deviation and 't' value of experimental and control groups in kick

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	8.73	6.40	0.80	0.20	25.15*	2.26
Experimental post test	15.13		0.83	0.22		
Control pre test	8.87	0.13	0.83	0.21	1.00	2.26
Control post test	9.00		0.85	0.22		

***significance at 0.05 level of confidence**

To find out the significant difference between pre test and post test on kick 't' ratio was employed and the level of significance was set at 0.05. The experimental group on kick pre test value was 8.73 and post test value was 15.13 respectively. The mean difference value was 6.40 and kick obtained 't' ratio

25.15 was greater than the table value 2.26. So it was to be significant. The control group on kick pre test value was 8.87 and post test value was 9.00 respectively. The mean difference value was 0.13 and kick obtained 't' ratio was 1.00 and is lesser than table value of 2.26. So it is found to be insignificant.

Figure II

Bar diagram showing the pre and post test mean value of experimental group and control group of kick

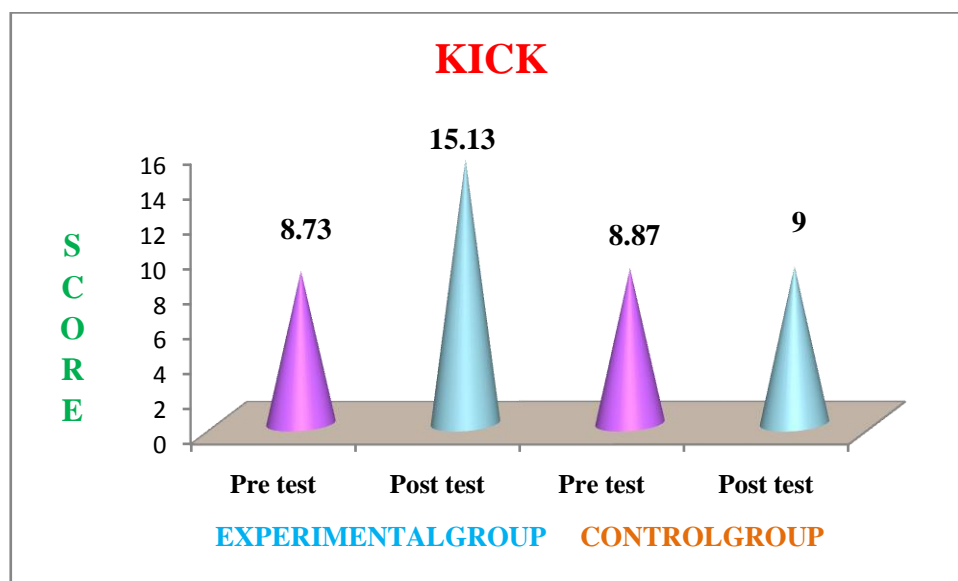


Table 3

Table showing the mean difference standard deviation and 't' value of experimental and control groups in overhand throw

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	9.13	7.00	0.64	0.17	22.68*	2.26
Experimental post test	16.13		0.99	0.26		
Control pre test	8.80	0.13	0.56	0.14	1.49	2.26
Control post test	8.93		0.48	0.18		

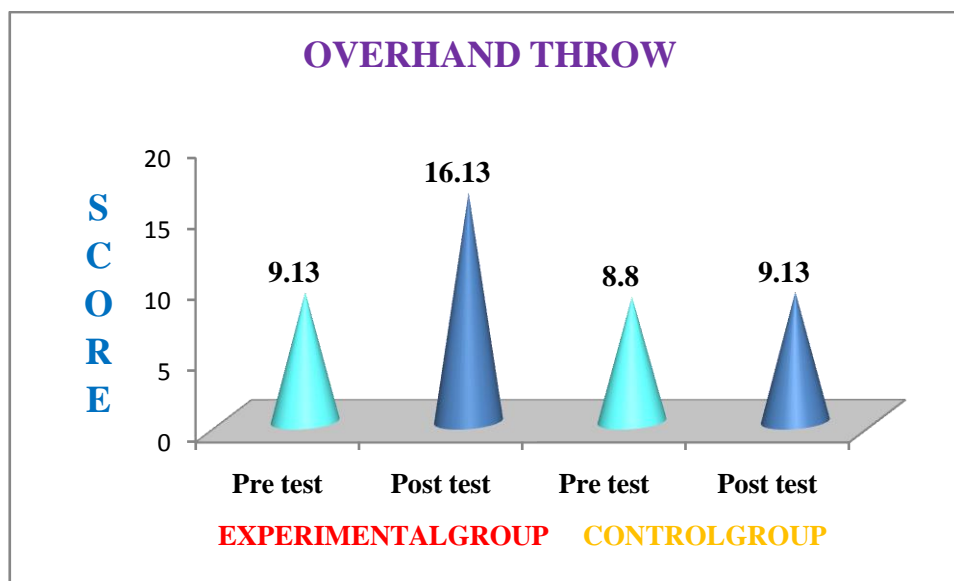
***significance at 0.05 level of confidence**

To find out the significant difference between pre test and post test on overhand throw 't' ratio was employed and the level of significance was set at 0.05. The experimental group on overhand throw pre test value was 9.13 and post test value was 16.13 respectively. The mean difference value was 7.00 and overhand throw obtained 't' ratio 22.68 was greater than

the table value 2.26. So it was to be significant. The control group on overhand throw pre test value was 8.80 and post test value was 8.93 respectively. The mean difference value was 0.13 and overhand throw obtained 't' ratio was 1.49 and is lesser than table value of 2.26. So it is found to be insignificant.

Figure III

Bar diagram showing the pre and post test mean value of experimental group and control group of dodge



Discussion on Findings

The result of the study shows that the recreational games with gymnastics group had significant improvement on selected fundamental motor skills namely catch, kick and overhand throw. This may be due to the combined effect of recreational games with gymnastics training. The results conformity with other studies Outle.,et.al (2011), Stern HP., et al (2009), Rajakumar (2010), Pratima., et al (2008), Hardy., et al (2013), Patterson., et al (2001) has also provide in their studies that an improvement did occur fundamental motor skills namely catch, kick and overhand throw.

Conclusions

Based on the statistical analysis and results of the study, the following conclusions are drawn.

- It is concluded that recreational games with gymnastics training significantly improved the fundamental motor skills namely catch, kick and overhand throw.

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