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## Difference between University Women Ball Badminton and Tennis Players on Selected Physical and Physiological Variables

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### Abstract

The purpose of the study was to compare the selected physical and physiological variables between university women ball badminton and tennis players. To achieve this purpose of the study, sixty women players were randomly selected as subjects. Among them, thirty women ball badminton players and thirty women tennis players with an age between 20 to 24 years were selected. Among the physical and physiological variables, the following variables namely speed and breath holding time were selected as dependent variables. All the subjects were tested on selected criterion variables such as speed and breath holding time by using 50 mts run and holding the breath for time respectively. The independent 't' ratio was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. The results of the study showed that there was a significant difference exist between women ball badminton and tennis players on selected physical and physiological variables namely speed and breath holding time.

**Keywords:** Ball Badminton, Tennis, Physical, Physiological.

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### Introduction

The modern age is the age of science and technology. Man gets all his comforts in life from machines. At this stage of development it is not only difficult to do away with machines but also impossible to keep man alive without them. For this dependence, there has been deterioration in human physical efficiency. Modern man in comparison to his primitive counterpart is poorer and inferior with regard to physical power and skill. Therefore, in the centres of learning, emphasis is now given on physical activities.

Sport is the way which we use our physical capacities to play. Sports is an important in other ways, when one's body works better his mind works better, his brain and his body are interrelated. Sports allows you to blow of tension, to forget your problems for a while and to go out and have a good time no matter what other pressures one may be under in his life.

### Methodology

The purpose of the study was to compare the selected physical and physiological variables between university women ball badminton and tennis players. To

achieve this purpose of the study, sixty women players were randomly selected as subjects. Among them, thirty women ball badminton players and thirty women tennis players with an age between 20 to 24 years were selected. Among the physical and physiological variables, the following variables namely speed and breath holding time was selected as dependent variables. All the subjects were tested on selected criterion variables such as speed and breath holding time by using 50 mts run and holding the breath for time respectively. The independent 't' ratio was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

### Analysis of the Data

The mean, standard deviation and 't' ratio values on selected physical and physiological variables between women ball badminton and tennis players have been analysed separately and presented below.

### Speed

The mean, standard deviation and 't' ratio values on speed between women ball badminton and tennis players have been analysed and presented in Table I.

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**Table I.** The mean, standard deviation and 't' ratio values on speed of women ball badminton and tennis players

Groups	Mean	Standard Deviation	't' ratio
Ball Badminton Players	8.01	0.19	4.75*
Tennis Players	7.81	0.13	

\*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 58 was 2.00)

The table I shows that the mean values on speed for women ball badminton and tennis players are 8.01 and 7.81 respectively. The obtained 't' ratio value on speed 4.75 which was more than the table value required for significance with df 58 was 2.00. The results of the study showed that there was a significant difference between women ball badminton and tennis players on

speed.

#### Breath Holding Time

The mean, standard deviation and 't' ratio values on breath holding time between women ball badminton and tennis players have been analysed and presented in Table II.

**Table II.** The mean, standard deviation and 't' ratio values on breath holding time of women ball badminton and tennis players

Groups	Mean	Standard Deviation	't' ratio
Ball Badminton Players	36.82	0.86	23.86*
Tennis Players	42.15	0.87	

\*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 58 was 2.00)

The table II shows that the mean values on breath holding time for women ball badminton and tennis players are 36.82 and 42.15 respectively. The obtained 't' ratio value on breath holding time 23.86 which was more than the table value required for significance with df 58 was 2.00. The results of the study showed that there was a significant difference between women ball badminton and tennis players on breath holding time.

#### Conclusions

1. There was a significant difference between women ball badminton and tennis players on speed.
2. There was a significant difference between women ball badminton and tennis players on breath holding time.
3. University women Tennis players dominated all the selected physical and physiological variables namely speed and breath holding time than ball badminton players.

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