



## INFLUENCE OF VIDEO MODELLING WITH VIDEO FEEDBACK ON HANG TECHNIQUE IN LONG JUMP

Dr. C. DURAI<sup>1</sup> & G. ANANTHARAJ<sup>2</sup>

<sup>1</sup>Assistant Professor and Head, Dept. of Physical Education and Sports, Manonmaniam Sundaranar University, Abishekapatti, Tirunelveli-12, TamilNadu, India

<sup>2</sup>Ph.D Scholar (Full Time), Reg No: 12094, Dept of Physical Education and Sports, Manonmaniam Sundaranar University, Abishekapatti, Tirunelveli-12, TamilNadu, India

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### Abstract

The purpose of the study was to find out the influence of video modelling with video feedback on hang technique in long jump. To achieve this purpose, twenty four students were selected from the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India in during the academic year 2017-18 and their age ranged between 22-25 years. The selected subjects were divided in to two groups and each group consist of 12 subjects. Video modelling with video feedback was shown to Group I and Group II acted as Control group. Long Jump Performance was selected as dependent variable and it was measured by jumping technique eight week of video modelling and video feedback show to group I. The pre and post-tests data on hang technique in long jump were collected. The collected data on video modelling with video feedback on hang technique in long jump was analysed by using dependent 't' test and the results were discussed at 0.05 level of confidence. The result of study indicated that there was a significant improvement on hang technique in long jump due to the influence of video modelling with video feedback. Also the result of the study shown that video modelling with video feedback group performed better than the control group.

**Key words:** Video Modelling, Video Feedback and Long Jump Hang technique.

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### Introduction

Technology advances support a role in the feedback with the development of computer analysis. Video is mostly recognized as an appropriate for obtaining qualitative information about performance (Liebermann & Franks, 2004, 166-188) video replay and information technology enables enhancement of feedback during the replays, where the comparison between one's performance and that of other athletes is possible. Thus providing video feedback to learners is intuitively appealing, as one would expect learners who view their performance would detect their errors and thus improve.

Observational learning or traditional method of coaching involves subjective observations and conclusion where coach's perception is considered to be one of the most important methods for learning skills is called augmented feedback. Augmented feedback, in which visual observation and verbal instruction are combined, leads to better execution of the movement in question in comparison to sole observation of the model (McCullagh & Little, 1989). Learners gain a lot of information about their actions by receiving feedback. Therefore proper feedbacks by coach may lead to better learning.

The development of Technology has created a variety of stuff in sports field which speed up and eases the sportsman performance. All the associated products were assisting the sportsman to increase and improve the performance, which lead more participation thus increases the competition in the area of sports.

### Purpose of the study

The purpose of the study was to find out the influence of video modelling with Video feedback on hang technique in Long Jump.

To achieve this purpose, twenty four students were selected from the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, India and their age ranged between from 22-25 years. Video Modelling with Video Feedback on Hang Technique in Long jump was selected as dependent variables and it was measured through jumping performance. Group I underwent video modelling with video feedback and Group II Control group for eight weeks with three alternative days per week. This study was conducted during Odd semester. The pre and post test data on Long Jump Performance was collected prior to and immediately after the experimental period from the selected subjects. The collected data on Long Jump Performance was analysed by using dependent 't' test and analysis of covariance (ANCOVA) and the result were discussed at .05 level of confidence.

### Correspondence

G. ANANTHARAJ

Ph.D Scholar (Full Time), Reg No: 12094, Dept of Physical Education and Sports, Manonmaniam Sundaranar University, Abishekapatti, Tirunelveli-12, TamilNadu, India

**RESULT AND FINDINGS****Analysis of data**

The analysis of dependent 't' test on the data

obtained for Video Modelling with Video Feedback on Hang Technique in Long jump groups have been analyzed and presented in Table I.

**Table I: Mean and Dependent 't' Test for Pre and Post tests on video modelling with video feedback Group and Control Groups**

Variables	Mean	video modelling with video feedback Group	Control Groups
Long Jump Performance (in metres)	Pre-test Mean	5.10	4.40
	Post-test Mean	5.42	4.71
	't' test	12.37*	19.50*

\*Significant at 0.05 level of confidence. (Table Value required for significance at 0.05 level for 't' test with df 11 is 2.14).

From the table I, the dependent 't'- test values between the pre and post tests of skill training with and without video feedback on long jump performance are 12.37 and 19.50 respectively, which are greater than table value of 2.14 with df 11 at 0.05 level of confidence, it is concluded that video modelling with video feedback

had significant improvement in long jump performance. The analysis of covariance (ANCOVA) on Long Jump Performance of video modelling with video feedback groups have been analyzed and presented in table II.

**Table II: Analysis of Covariance on video modelling with video feedback Group and Control Groups**

Adjusted Post Test Means		Source of Variance	Sum of Squares	df	Mean Squares	'F' – Ratio
Video modelling with Video Feedback	Control group					
5.65	4.80	Between	.161	1	.161	71.971
		Within	1.047	21	.047	

\*Significant at .05 level of confidence. (The table value required for significance at 0.05 level with df 1 and 21 is 4.85).

From the table II shows that the obtained F-ratio value for adjusted post-test means of video modelling with video feedback group on Long Jump performance is 5.65 and 4.80, which is greater than the table value 4.85 with df 1 and 21 required for significance at 0.05 level. Since

the value of F-ratio is greater than the table value, it indicates that there was a significant difference between the adjusted post-test means of video modelling with video feedback group on improving the Long Jump performance.



**FIGURE: MEAN VALUES OF INFLUENCE OF VIDEO MODELLING WITH VIDEO FEEDBACK ON HANG TECHNIQUE IN LONG JUMP.**

The mean values of video modelling with video feedback group on Long Jump performance were graphically represented in the figure I.

**Results**

From the analysis of the data, the following results were drawn.

There was significant improvement on Long

Jump performance due to the influence of video modelling with video feedback among Physical Education Students.

There was significant difference between video modelling with video feedback groups towards improving the Long Jump performance among Physical Education Students.

### Discussion

The result of study indicates that there was a significant improvement on Long Jump performance due to the influence of video modelling with video feedback among college level students. According to Jose Manuel Palao, (2015) the augmented feedback provided by the video was a positive outcome. Also the result of Sethu, S (2014) support that there was a significant improvement on High Jump Performance and Technique due to the influence of skill training with and without visual feedback. And the result of Anantharaj, G & Durai, C 2018 indicates that there was a significant improvement on Long Jump Performance and Technique due to the effect of skill training with and without video feedback.

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