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Influence of Swissball Training on Selected Performance Factors among Cricket Players

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Abstract

The purpose of the study was to find out the influence of swissball training on selected performance factors among cricket players. It was hypothesized that there would be significant differences on selected performance factors due to the effect of swissball training among cricket players. For the present study the 30 male cricket players from Chennai region, Tamilnadu 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 players each and named as Group 'A' and Group 'B'. Group 'A' underwent swissball training and Group 'B' has not undergone any training. The performance factors such as bowling and batting were assessed by expert's rating. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05. The experimental group showed better improvement on bowling and batting among cricket players than the control group.

Keywords: Swissball training, Bowling, Batting, Cricket.

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Introduction

Swiss ball is a ball which is loaded with air and it has a versatile stage which gives bouncy impact to the body along these lines the body ought to adjust and keep up adjust while playing out an activity. Activities are for the most part planned with the part or the entire of the body to make physically fit. Distinctive analysts have made on all parts of activity preparing and their essentialness and impact on the physical wellness. A particular molding for a specific movement will get an unmistakable change physical wellness level and have this at the top of the priority list, another arrangement of activities called swiss ball practices has been produced particularly to enhance wellness. The idea of ball practices was foreign to America from Europe by Joanne Posner Mayer in the late '80s. She was the first to truly advance the utilization of ball practices in the wellness business particularly. From that point forward, practice balls have rapidly advanced into business record centers all through the nation and into individual exercise centers up to the point where they have set up themselves as backbones in the wellness business. Starting today, innumerable wellness experts are advancing the utilization of ball activities and competitors from each game possible and from each level are fusing them into their preparation regimen. Exercise balls now arrive in a

wide range of sizes and are regularly utilized close by different wellness hardware. For instance, keeping in mind the end goal to lessen the scope of movements permitted by the activity ball, you can utilize what is known as a security pad that you would position underneath the ball to support it set up. Moreover, new ball practices as always being produced that consolidate the utilization of dumbbells or link frameworks. Be that as it may, appropriate preparing power is hard to acquire amid Swiss ball practices while fortifying activities on machines for the most part are performed to actuate an abnormal state of muscle initiation (Milligan, 2005).

Today cricket seems to be a virtual lifeline of many commonwealth nations. Cricket is a game in which each team has to bowl and bat according to certain rules and regulations. The team which scores greater number of runs will be the winner. The game of Cricket is developed from a simple game of hitting an object with a piece of wood. Basically it is the battle between bat and the ball, but the approach has changed from time to time. Cricket is played in many forms such as Test, One day International, First class Twenty 20, Super Six, Eight-a-side, Indoor Cricket Max Cricket, Double wicket and Single wicket.

Methodology

The purpose of the study was to find out the influence of swissball training on selected performance factors among cricket players. It was hypothesized that there would be significant differences on selected performance factors due to the effect of swissball

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training among cricket players. For the present study the 30 male cricket players from Chennai region, Tamilnadu 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 players

each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent swissball training and Group ‘B’ has not undergone any training. The performance factors such as bowling and batting were assessed by expert’s rating The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent ‘t’ test. The level of significance was set at 0.05.

Table 1
Variables and Test

S.No	Variables	Tests
1	Bowling	Expert’s Rating
2	Batting	Expert’s Rating

Results

The findings pertaining to analysis of dependent ‘t’ test between experimental group and

control group on selected performance factors among cricket players for pre-post test respectively have been presented in table 2 to 3.

Table 2
Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Swissball training Group (STG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Bowling	4.25	7.97	3.72	1.34	0.76	12.88*
2	Batting	4.19	8.01	3.82	1.47	0.82	13.17*

* Significant at 0.05 level

Table 2 shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of bowling (12.88) and batting (13.17). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically

significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved performance factors namely bowling (3.72, p<0.05) and batting (3.82, p<0.05) thus the formulated hypothesis is accepted.

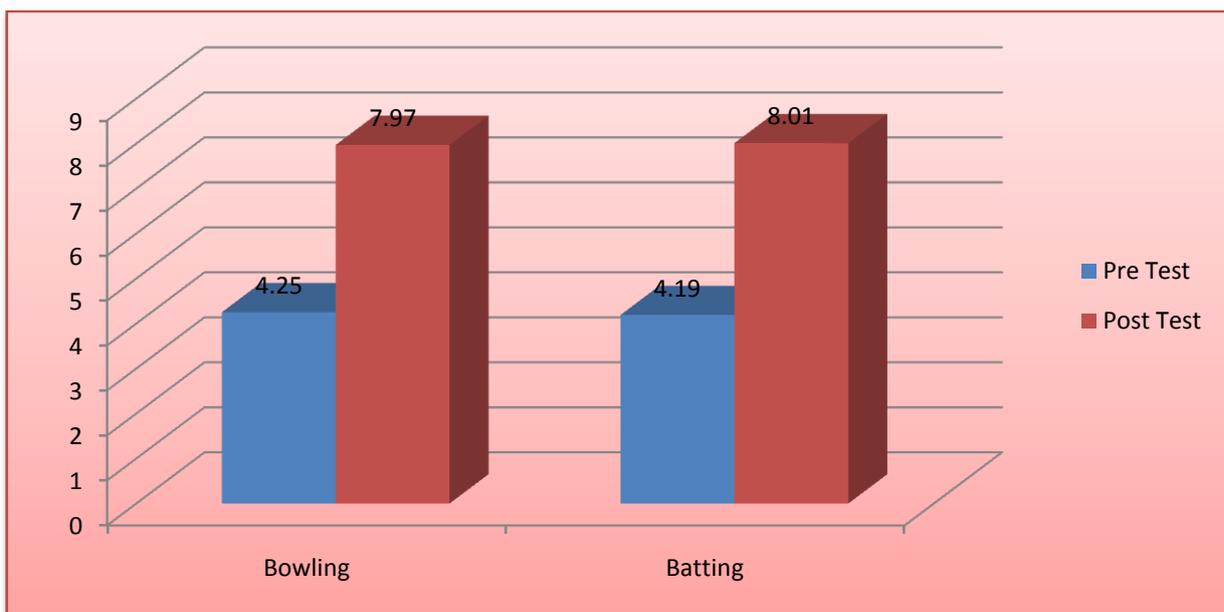


Figure 1
Comparisons of Pre – Test Means and Post – Test Means for Experimental Group in Relation to Performance factors

Table 3
Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group (CG)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Bowling	4.19	4.59	0.40	0.58	0.14	1.78
2	Batting	3.97	4.08	0.11	0.45	0.19	0.98

* Significant at 0.05 level

Table 3 shows the obtained 't' ratios for pre and post test mean difference in the selected variable of bowling (1.78) and batting (0.98). The obtained ratios

when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically insignificant at 0.05 level of confidence.

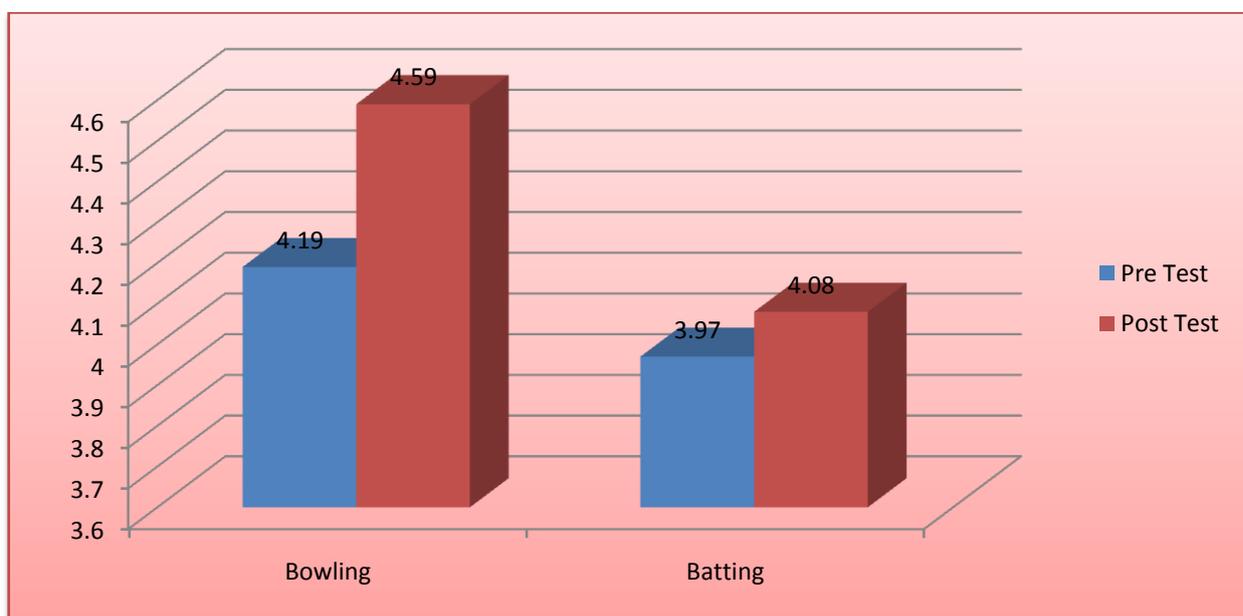


Figure II
Comparisons of Pre – Test Means and Post – Test Means for Control Group in Relation to Performance factors

Discussions on Findings

In case of performance factors i.e. bowling and batting 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 swissball training which may also bring rapid burst in performance factors in cricket players. The findings of the present study have strongly indicates that swissball training of twelve weeks have significant effect on selected performance factors i.e., bowling and batting of cricket players. Hence the hypothesis earlier set that swissball training programme would have been significant effect on selected performance factors 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 swissball training had positive influence on bowling and batting among cricket players.
2. The experimental group showed better improvement on bowling and batting among cricket players than the control group.

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