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The Effect Of Ball Badminton Game On The Rallying Ability Of The Badminton Players

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Abstract:

The study was conducted the effect of Ball Badminton game on the rallying ability of the Badminton players. The present study was conducted on 40 male badminton players from SGBAU by random method aged between 18 to 24 years, which were randomly selected, from the different college of Yavatmal City. Divided the subject in two homogenous groups of 20 players in each named 'A' (Experimental) and 'B' (Control) with simple random sampling method. The data obtained were statistically analysis with the help of 't' test. The above table shows that the mean score of Pre test of experimental group and control group were 24.7 and 24.2 where as calculated value of 't' i.e. 1.00 at 0.05 level of significance which shows that there was no significant difference found in Pre test of experimental and control group among the Badminton players.

It can also be revealed from the experimental group and a control group was 31.15 and 26.05. Obtained value of 9.44 was greater than the table value of 't' i.e. 2.021 at 0.05 level of significance, which shows that there was highly significant difference found in Post test of experimental and control group. It can also be revealed that the found difference in post test of experimental and control group was due to effect of training program given to them for eight week. It was also found that the mean value of post test for experimental group was 31.15 where as for control it was 26.05.

Key Word: Effect, Rallying Ability, Ball Badminton Game

Introduction

Sports is a psycho – social Activity It has both psychological and social dimensions beside physical psychological and technical aspects. Means interest in sports is found in all societies of the world. Most of the nation shares a common interest in sports competition specially at certain times during the Olympic games where people from all nations focus their attention on that drama of competition. But the quality of the participation of the athletes and sportsmen is determined by their psychological factors. In this modern era of competition, the psychological preparation of the team is as much important as teaching the different skills of a game the scientific lines.

Physical education trends have developed recently to incorporate a greater variety of activities. Introducing students to activities like bowling, walking/hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching non-traditional sports to students may also provide

the necessary motivation for students to increase their activity, and can help students learn about different cultures.

Since 1992, badminton has been on Olympic sport with five events: men's and woman's singles, men's and women's doubles and mixed doubles, in which each pair consists of a man and a woman. At high level of play, especially in singles, the sport demands excellent fitness; players require aerobic stamina, agility, explosive strength, speed and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movement.

In 1970 – 71 this game was concerned in the course of university grant commission. 9th Asian games were held in 1982 and the exhibition matches of Ball Badminton game were played. In 1984 Ball Badminton association was founded in Karla in 1985, by the invitation of Arab country the exhibition match of Ball Badminton game was played.

Ball badminton is a sport native to India. It is a racket game played with a yellow ball made of wool on a court of fixed dimensions (12 by 24 meters) divided by a net. The game was played as early as 1856 by the royal family in Tanjore the capital of Thanjavur district in Tamil Nadu India. It enjoys the greatest popularity In India. Ball badminton is a fast –paced game; it demands skill quick reflexes good judgment, agility, and the ability to control the ball with one's wrist.

Materials & Methods:

Purpose: Considerable research is required to identify the effect of Ball Badminton game on the rallying ability of the Badminton players that will predict or achieve high level of skill in a given event with proper coaching. 1. The present study was to find out that the Ball Badminton game is helpful to improve the rallying ability of the Badminton players 2. To find out that there is any negative effect of Ball Badminton game on the performance Badminton players 3. To find out that up to what extent the Ball-Badminton exercise Should be given to the Badminton players to improve their performance. 4. To find out that there is any negative effect of Bal-Badminton game on the performance of Badminton player 5. To motivate the further research worker's to undertake further Investigation in this field for other games and sports and for the other components of motor fitness.

Objective: 1. To find out the effect of Ball Badminton game on the performance of the Badminton players. 2) To find out the physical fitness of Ball Badminton and Badminton players. 3) To evaluate the performance of Ball Badminton and Badminton players. 4) To compare the significant difference in Ball Badminton and Badminton players.

Hypothesis: 1. It was also Hypothesized that there will be positive significant effect of Ball Badminton games on the rallying ability of the Badminton player. 2. It was Hypotheses the performance of the Badminton players may be remained un effected.

Design Of The Study

Sources: Required data for this study was collected from age group 18 to 24 years intercollegiate level players of Ball Badminton and Badminton games from Sant Gadge baba Amravati University. **Selection of Subject:** The study will selected 40 badminton player from Sant Gadgebaba Amravati University by random method aged between 18 to 24 years who used to participate badminton game. **Sampling :** selected 40 Badminton players from the different college of Yavatmal City researcher divided the subject in two homogenous groups of 20 players in each named 'A' (Experimental) and 'B' (Control) with simple random sampling method.

Analysis And Interpretation Of Data

Level of significance: To test the hypothesis, level of significance at 0.05 level of confidence was considered adequate for the purpose of this study. While using the 't' test a value of 't' = 2.021 was needed for being significant at 0.05 level of confidence for 38 degree of freedom.

Statistical analysis of data: As mentioned earlier a study of effect of Ball Badminton Game on the rallying ability of the Badminton players at intercollegiate level was under taken by the researcher. Forty subjects were observed in the study. Each subject was administered total three tests during the training. The score of the entire test were arranged in a tabulated form with a view to analyses them further by standard statistical procedure. The purposes behind these analyses were. 1. To find out the difference between the pre & post training means of both the group A & B. 2. To know the level and significance of the difference between the means of both the group 1) Group 'A' was experimental group 2) Group 'B' was control group For group 'A' a training program of eight week was conducted. The training was given to group A to see the effect. The tests were conducted on both the groups after every fourth weeks and finally after last four weeks of training.

Experimental Groups:

The means of initial and final tests of Badminton players were compared by applying 't' test to find out the level of significance.

Control Groups: The means of initial and final tests of Badminton players were compared by applying 't' test to find out the level of significance.

Experimental and Control Groups: The mean of initial test of Badminton players of both groups were compared by applying 't' test to find out of the level of significance.

The mean of post test of Badminton players of both groups were compared by applying 't' test to find out of the level of significance.

Table No. 1

The table showing the effect of training on rallying ability Pre Test of experimental and control group and Post test of experimental and control group among the Badminton Players.

Test	Group	Mean	SD	Sem	't' Cal.	't' Value
Pre	Experimental	24.7	1.11	0.25	1.00 [@]	2.021
	control	24.2	1.1	0.25		
Post	Experimental	31.15	1.25	0.28	9.44 [*]	
	control	26.05	1.14	0.26		

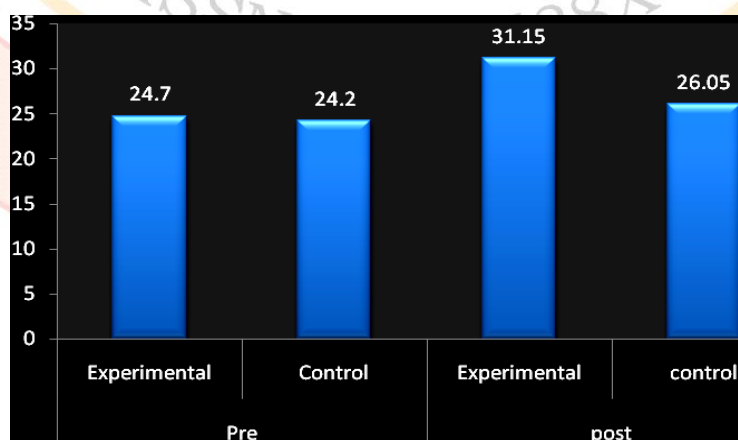
@ Insignificant * Significant * 38 df at 0.05 level of Significant

The above table shows that the mean score of Pre test of experimental group and control group were 24.7 and 24.2 where as calculated value of 't' i.e. 1.00 at 0.05 level of significance which shows that there was no significant difference found in Pre test of experimental and control group among the Badminton players.

It can also be revealed from the above table that there was highly significant difference founded between the mean score of final test of experimental group and control groups was 31.15 and 26.05. obtained 't' value of 9.44 was grater than the table value of 't' i.e. 2.021 at 0.05 level of significance, which shows that there was highly significant difference found in Post test of experimental and control group. It can also be revealed that the found difference in post test of experimental and control group was due to effect of training program given to them for eight week. It was also found that the mean value of post test for experimental group was 31.15 where as for control it was 26.05, which shows high mean value for experimental groups which is clearly shown in figure I.

Figure No. 1

The figure showing the effect of training on rallying ability Pre Test of experimental and control group and Post test of experimental and control group among the Badminton Players



Findings:

During the 8 weeks training experiment, group 'A' was given practice with Ball Badminton and group 'B' was remained as control group. Mean performance of both the groups was almost equal, at the time of Pre testing, period to the commencement of training. Following training mean performance of group 'A' increased more significantly than that of group 'B' when tested statistically. Further the comparison of values of calculated 't' of group 'A' (experimental) with calculated 't' of group 'B' (control), tables shown that level of improvement of group 'A' is higher than that of group 'B' at 0.05 level of significance.

The findings of this study shows that there is significant difference among the two group viz. experimental and control group of Badminton players

Finding shows high significant difference in the Pre and Post test among the experimental group of Badminton players calculated value of 't' was greater than the table value of 't' at 0.05 level. The finding also revealed that there is significant difference in Pre and Post test of respective control group calculated value of 't' was greater than the table value of 't' at 0.05 level. The finding reveals that there is no significant difference in Pre test of experimental and control groups calculated value of 't' is less than the table value of 't' at 0.05 level of confidence. The finding also revealed that there is a high significant difference in post test of control group and experimental group calculated value of greater than the table value of 't' at 0.05 level.

Testing of Hypothesis:

There is the outcome of above result the aforementioned hypothesis that, there may be positive significant effect of Ball Badminton game on the rallying ability of the Badminton players stands accepted.

Conclusion: Following conclusion are given on the base of findings:

1. It can be concluded that significant difference was found in Pre and Post test of experimental group in rallying ability of the players. It was also concluded from the table that positive effect of training can be seen on experimental group.
2. It can also be concluded from table I that significant difference was found in Pre and Post test of control group also.
3. It can be concluded from the table I that significant that was found between Post test of experimental and control group, which may be the result of eight week training program given to experimental group where as no significant difference was found in Pre test of experimental and control group of Badminton players. Which shows the authenticity of homogenous group made before the providing training to the experimental group of subject?

It is therefore concluded that, As the practice with Ball Badminton game effective significant on the improvement of rallying ability of Badminton players, it would be used by the coaches to evaluate and classify their players and athletes.

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