EFFECT OF CONVENTIONAL TRAINING ON SELECTED SKILL PERFORMANCE VARIABLES AMONG BALL BADMINTON PLAYERS

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Abstract

Background: The purpose of the study was to examine the effect of conventional training on skill performance variables among Ball Badminton players.

Method: For the present study 30 male ball badminton players from Selvam Group of Institutions, Namakkal, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test randomized group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent conventional training and Group 'B' underwent no training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique to find out the effect of conventional training programme. The level of significance was set at 0.05.

Result: The findings of the present study have strongly indicates that conventional training of twelve weeks has significant effect on selected skill performance variables i.e., service and volley of ball badminton players. Hence the hypothesis earlier set that conventional training programme would have been significant effect on selected skill performance variables in light of the same the hypothesis is accepted.

Conclusion: Significant effect of conventional training was found on service and volley.

Key words: Ball Badminton, skill performance variables.

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Introduction

Ball Badminton is basically a South Indian game. There is no exact record available, when and by whom this game was introduced. But there is evidence that before 1856 the rulers of Thanjavur played this game. Ball Badminton originated in Tanjore, in Tamil Nadu. It became popular, commanding the interest of the Maharaja of Tanjore. It is learned that the royal family of 'Travancore' (Kerala) played this game as a recreation sport. Some historians opined that the 'Ball Badminton' takes its name from the Ball Badminton game because originally Ball Badminton is an Indian game. In India, the game 'Ball Badminton' attained immense popularity in the 19th century particularly in the south, people who migrated from south India carried the game to different parts of the country. The game attained popularity in the river basins of Cauvery, Krishna and Godavari (Kirubakar & Glory, 2009). The conventional training is the traditional way of training the ball badminton player like strength training, flexibility training, mental training, lead up games etc.

In this modern era, few scientific studies have been conducted to investigate the effective methods of developing performance variables among ball badminton players. Since this plays an important portion in players performance, the investigator motivated to take up this study.

Objective of the Study

The purpose of the study was to investigate the effect of twelve weeks of conventional training programme on selected skill performance variables among Ball Badminton players. It was hypothesized that there would have been a significant effect of twelve weeks of

conventional training programme on selected skill performance variables among ball badminton players.

Procedure and Methodology

For the present study 30 male ball badminton players from Selvam Group of Institutions, Namakkal, Tamilnadu were selected as subjects at random and their age ranged from 18 to 25 years. For the present study pre test – post test randomized group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent conventional training and Group 'B' underwent no training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique to find out the effect of conventional training programme on selected skill performance variables among ball badminton players. The level of significance was set at 0.05.

Results and Discussions on Findings

The findings pertaining to analysis of co-variance between experimental group and control group on selected skill performance variables among ball badminton players for pre-post test respectively have been presented in table No.1 to 2.

Table – 1: **ANCOVA between Experimental Group and Control Group on Service of Ball Badminton Players for Pre, Post and Adjusted Test**

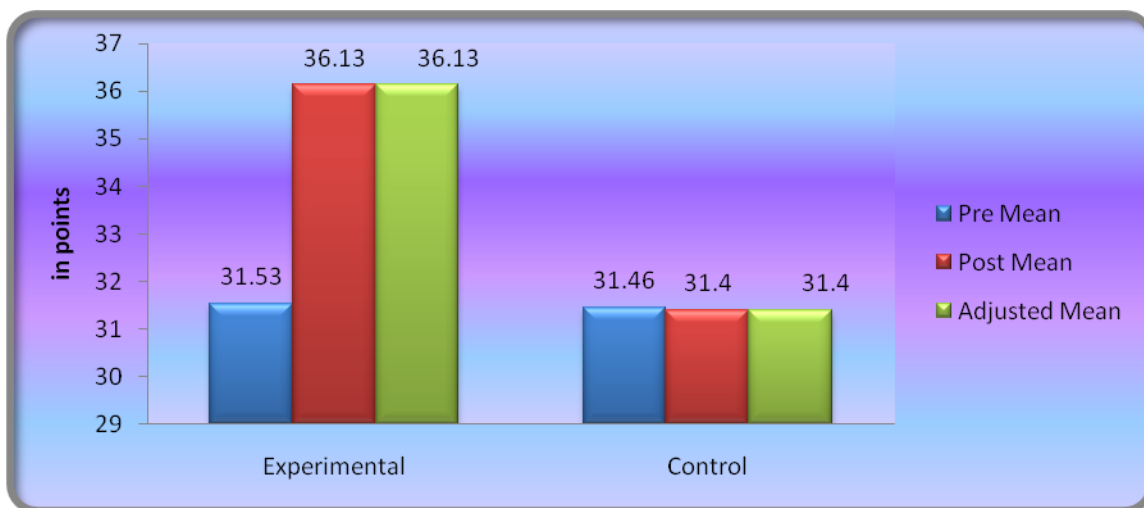|	**Experimental Group**	**Control Group**	**Source of Variance**	**Sum of Squares**	**df**	**Mean Square**	**F**
Pre Test Mean	31.53	31.46	BG	0.03	1	0.03	0.01
			WG	53.46	28	1.91	
Post Test Mean	36.13	31.40	BG	168.03	1	168.03	67.86*
			WG	69.33	28	2.47	
Adjusted Post Mean	36.13	31.40	BG	167.56	1	167.56	65.55*
			WG	69.01	27	2.55	

** Significant at 0.05 level.   **df: 1/27= 4.21**

Table No. 1 revealed that the obtained 'F' value of 65.55 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of service of ball badminton players between experimental group and control group.

The graphical representation of data has been presented in figure No.1.

Figure: 1 Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Service

Table – 2: **ANCOVA between Experimental Group and Control Group on Volley of Ball Badminton Players for Pre, Post and Adjusted Test**

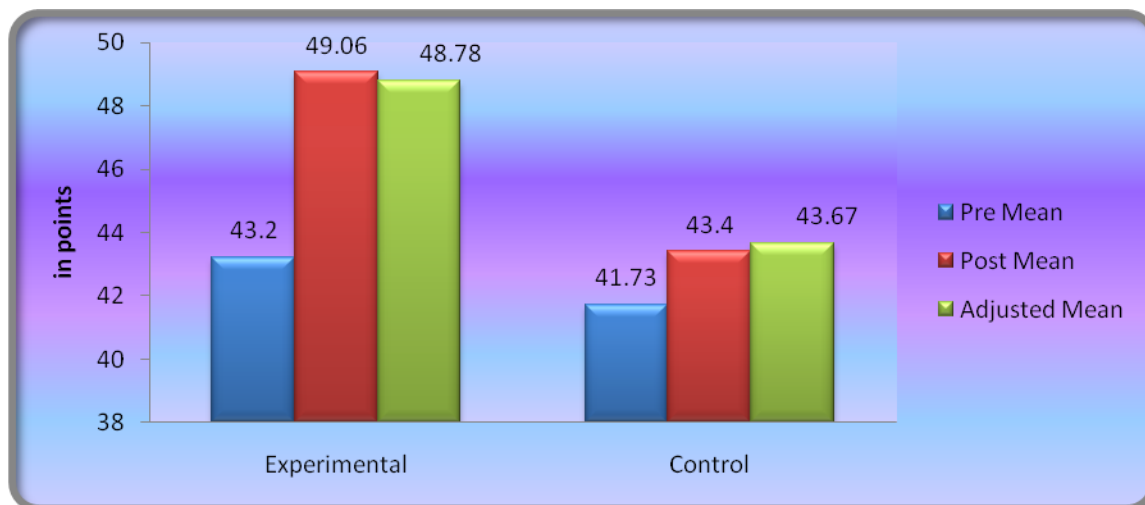|	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	43.20	41.73	BG	16.13	1	16.13	2.54
			WG	177.33	28	6.33	
Post Test Mean	49.06	43.40	BG	240.83	1	240.83	30.03*
			WG	224.53	28	8.01	
Adjusted Post Mean	48.78	43.67	BG	179.45	1	179.45	24.35*
			WG	198.91	27	7.36	

** Significant at 0.05 level.   **d/f: 1/27= 4.21**

Table No. 2 revealed that the obtained 'F' value of 24.35 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of volley of ball badminton players between experimental group and control group.

The graphical representation of data has been presented in figure No.2.

Figure: 2 Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Volley

In case of skill performance variables i.e. service and volley the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that conventional training of twelve weeks have significant effect on selected skill performance variables i.e., service and volley of ball badminton players. Hence the hypothesis earlier set that conventional training programme would have been significant effect on selected skill performances variables 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: Significant effect of conventional training was found on service and volley.

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