

## The Effect of Ball Badminton Games on The Rallying Ability of the Badminton Players At the Inter-Collegiate Level

**Dr. Virendra R. Talreja**

Principal, H.V.S.K.M. Physical Education College,  
P-10, MIDC, Lohara Yavatmal

### **Abstract:**

*The purpose of this study is to investigate. The Effect of Ball Badminton game on the Rallying Ability of the Badminton players at inter-collegiate level. The age group of selected subjects were ranging from 18 to 25 years. 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. It can be concluded from the 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 whereas 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 the rallying ability of Badminton players, it would be used by the coaches to evaluate and classify their players and athletes.*

**Keywords:** Effect, Rallying Ability, Ball Badminton, Badminton players

### **Introduction**

**P**hysical 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.

Development and progress are two dynamic processes in our society. Every individual in society is engaged in surpassing others, to achieve higher standards of living. Scientific development in the present century has added more to this phenomenon of rapid development. After the start of the modern Olympic Games, tremendous development has taken place in this discipline.<sup>1</sup>

Nowadays sport is a wide term that includes games, athletics, and swimming. It is used in terms of recreation. Actually, sports mean such activities where the pattern of movements does not change, as

in athletics where a runner goes on running in the same body movements. Sports are generally individualistic games or team activities where the movement of the body change from one activity to another as in the case of games like Football, Hockey, and Basketball Badminton, etc.<sup>2</sup>

The concept of physical fitness is unfortunately interpreted very differently from one investigation to another some authors have taught primarily. The physiological demands are then highly specific ranging an unusual development of explosive strength in the particularly favorable aerobic power / body mass ratio in the distance runners others hence viewed fitness as an ability to under take the tasks of daily living.

Physical fitness is an aspect of total fitness total fitness is viewed as the capacity to function in every way at one's best A new concept of fitness is included that involves that the mental social as well as physical aspect thus when total fitness is used in its modern concept it includes the emotional social and mental as well as the physics component and all components play a significant role all living a full and happy life. In previous years (when? ), fitness commonly defined as the capacity to carry out the days activities without undue fatigue. However, as

automation increased leisure time, change in life styles following the industrial revolution rendered this definition in sufficient, (citation needed ) the days, physical fitness is considered a measure of the body’s ability to function efficiently in work and leisure activities to be healthy.

The following are the components of total fitness:

1. Optimum organic health, consistent heredity and the application of personal health knowledge.
2. Sufficient co-ordination, strength vita
3. Emotional stability to meet stress is strains of modern life
4. Special consciousness and adaptability with respect to the requirements of life.
5. Sufficient knowledge and insight to make suitable decision and arriving at feasible solution to problems.
6. Attitudes, values, and skills, satisfactory participation in full range of daily activities.
7. Spiritual and moral qualities contribute to the fullest measure of living in a democratic society.<sup>14</sup>

**1. Statement of the Problem:** The physical fitness of Badminton players are gauged by performance and the performance is based on many motor factors. The most common motor fitness factors are agility, speed, power strength, Balance endurance and flexibility same of these factors are more dominate in some games then in other games. Hence the problem started is **“The Effect of Ball Badminton game on the Rallying Ability of the Badminton players at inter-college level”**.

**2. Purpose:** 1. the present study was 1.) To find out that the Ball Badminton game is helpful to improve the rallying ability of the Badminton players 2. To find out if there is any negative effect of Ball Badminton game on the performance of Badminton players 3. To find out up to what extent the Ball-Badminton exercise should be given to Badminton players to improve their performance. 4. To find out whether there is any negative effect of Bal-Badminton game on the performance of Badminton players. 5. To motivate further research workers to undertake further investigation in this field for other games and sports and for the other components of motor fitness.

**3. Objective:** 1. To find out the effect of a Ball Badminton game on the performance of

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 between Ball Badminton and Badminton players.

**4. Significance:** 1. the study may be helpful for coaching purposes. 2. The study will be helpful for Badminton players to improve their rallying ability 3. The study will be helpful for Badminton players to know the importance of Ball Badminton game to improve their rallying ability. 4. The result of the study will be helpful for motivated to follow the particular training progress. 5. The study may be helpful to physical education teachers to find out the new Badminton players at school level .6. This study may help to guide the new researcher who wants to do research about the Badminton game. 7. If the study gave the better result, then the Badminton players would be motivated to follow the particular training program. 8. The study will be helpful in drawing more attention of coaches, players, and enthusiasts towards the improvement in the rallying ability of Badminton players.

**5. Hypothesis:** The researcher made the following Hypothesis for this study. 1. It was also hypothesized that there will be a 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 affected.

**6. Scope & Limitations:** 1. The preset study was delimited only up to rallying ability of the badminton players. 2. The study was delimited to Yavatmal .District only and age group of selected ranging from 18 – 25 years only. 3. Only male subject was taken for the present study. 4. The present study was delimited only up to rallying ability of the Badminton players. 5.

Researcher has no control over the leisure time activities of the subjects. 6. The weight and height of the subjects had not considered.

**Design of The Study:**

**7. Sources :** Required data for this study was collected from age group 18 to 25 years intercollegiate level players of Ball Badminton

and Badminton games from Sant Gadgebaba Amravati University. **Selection:** The researcher 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. **Method of Sampling :** Researcher selected 40 Badminton players from the different college of Yavatmal City researcher divided the object in two homogenous groups of 20 players in each named 'A' (Experimental) and 'B' (Control ) with simple random sampling method. **Selection of Test:** The researcher will used Lockhart and McPherson test. In the test the researcher will used Badminton's Rocket and shuttle in place of Ball Badminton ball and Rocket. 1. 10 feet high and 10 feet wide wall plain wall 2. Tape 3. Electronic stop watch 4. Chooona (lime powder ) or chalk 5. Score sheet, pen and pencil 6. Badminton Rocket, shuttlecock. **Pre Test :** Before the begriming training program, all the subjects of both groups were given time for practice and then the three trials of 30 seconds were taken with the intervals of 30 seconds and final score is the average of the three trails. The pretest was conducted on both groups before starting the training, the researcher is required to identify the effect of Ball Badminton games on the rallying ability of the Badminton Players.

**8. Methodology: Administration of the Test:** The test was administered on the selected subject at the Indoor stadium of selected institution of Yavatmal City by the research scholar himself with the help of trained assistance. In this test the research used Badminton's Rocket and shuttlecock in place of Ball Badminton Ball and Rocket and shuttle. The test procedure is as follow : **Wall Marking :** An unobstructed walls spaced at least ten feet high and ten feet wide is used , across this space 1 inch net line is marked 5 feet above and parallel to the floor on the wall. **Floor Marking:** The floor lines parallel to the wall are necessary. A starting line is drawn 6½ feet from the wall and a restrig line is drawn 3 feet from the wall. **Mid Test:** It was conducted on both groups after giving training to the experimental groups 'A' for four weeks. After the fourth weeks of training the researcher was see the effect of

training program. **Post Test :** It was taken after the 8<sup>th</sup> weeks of training during the eight week of training experimental group 'A' was given practice with Ball Badminton and group we was remained as control group. The performance both group's was almost equal at the time of pre testing period to the commencement of training. The post test was shown the performance of group 'A' increased that of group 'B'. **Collection of Data:** The researcher gave the training of 8 week to the experimental group. The data were collected initially before the conduct of the training rogram on the basis of their scores in Ball Badminton of both the groups. Average of three trials were taken then after every fourth week of the training and finally in the test. After the 8<sup>th</sup> weeks test were conducted and data were collected. In other words three times scores were taken of both groups through the course of the experiment. By administrating test researcher will record all the scores of test. It will be the data for the present study. **1<sup>st</sup> Test :** Pre test scoring before starting the training. **2<sup>nd</sup> Test :-** It was taken after the first four week of training. **3<sup>rd</sup> Test :** Finally it was taken after the 8<sup>th</sup> week of training. The raw scores of all the tests were recorded and processed statically and accordingly conclusion were drawn by comparing the initial data with the final data.

### 9. Analysis And Interpretation

**9. Level of significance:** To test the hypothesis, the 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. **10. Statistical analysis:** 1. To find out the difference between the pre and post-training means of both the group viz A and B. 2. To know the level and significance of the difference between the means of both the group. Group A' was the experimental group. Group 'B' was a control group For group 'A' a training program of eight weeks was conducted. The training was given to group A to see the effect. The test was conducted on both groups after every fourth week and finally after the last four weeks of training. **Pre Test :** it was

conducted on both groups before the commencement of the training. **Mid Test:** It was conducted on both group after giving training to the experimental group ‘A’ for four weeks. **Post Test :** This test was conducted on both the group at the end of the eight weeks of training to group ‘A’ The raw data obtained for each group, of all the three test, were arranged in frequency distribution table. Then mean and standard deviation were calculated and ‘t’ test was applied to find out significant level.

**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. The mean and standard deviation of all the three test were calculated with the help of following formula

$$M = \frac{\sum X}{N} \quad SD = \sqrt{\frac{\sum d^2}{N}}$$

The difference of significant level between two means was calculated by ‘t’ test. formula is given below.

$$t = \frac{M_1 - M_2}{\sqrt{SEM_1 + SEM_2}}$$

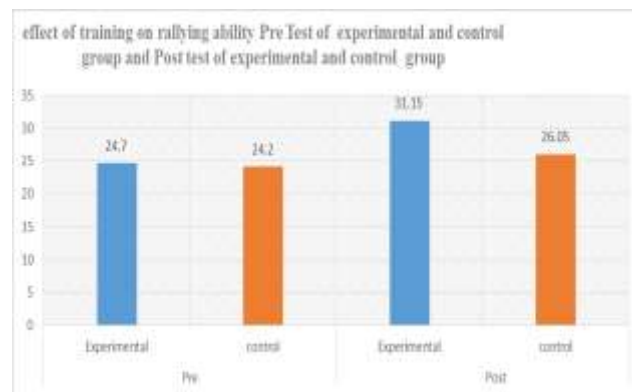
$$SEM = \frac{Sd}{\sqrt{N}}$$

After computing the ‘t’ test formula is all the test, ‘t’ score were obtained

**Table : 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 <sup>@</sup>	2.021
	control	24.2	1.1	0.25		
Post	Experimental	31.15	1.25	0.28	9.44 <sup>*</sup>	
	control	26.05	1.14	0.26		

<sup>@</sup> Insignificant <sup>\*</sup> 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 III.

**11. 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, priod to the commencement of training. Following training mean performance of group ‘A’ increased more significantly then 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 then 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 .The finding reveals that there is no significance 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 grater than the table value of 't' at 0.05 level of confidence.

**12. 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.

**13. 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 that significant difference was found in Pre and Post test of control group also.
- 3.It can be concluded from the 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 the rallying ability of Badminton players, it would be used by the coaches to evaluate and classify their players and athletes.

## Bibliography

1. **Anug W.Htin** " Importance of Qualified Trainees and Their Pre-Requistities" snipes journal 1982
2. **Anil V. Dhande** " Effect of Skipping Exercises on the Foot Work of Female Badminton Player." (Original in Marathi on Ppublished Master Dissertation.)
3. **Bucher and West**, " Foundation of Physical Education and Supports" (Santa Clara : Times Mirror, 1987)
4. **Bucher and west**, " Foundation of physical Education aand Sports" (Santa Clara: time is mirror, 1987)
5. **Chakraborti Gopal at. Al**, " Effect of Specific Exercise and Asana on Selected Clinic Findings of the Adults." (Published Shri. H.V.P.Mandals Amravati Feb. 2003.)
6. **Charles A Bucher**, "Foundation of Physical Education " (S.T. louis ; the C.V.Moshy Company, Published in 1983 )
7. **Dr. Agyajit Singh**, "Sports Psychology A Study of Indian Sportsmen" (friends Publications, India : 6, mukerji Tower, commercial Complex Dr. Murkerji Nagar, Delhi 110 009 1992,)
8. **Dingle Umakant**, " Effect of Certain Selected Mulkham Exercise on Physical Fitness,"( Unpublished Master Dissertation 1989.)
9. **Dr. M.L. Kamalesh**, "Book of Games" (New Delhi : metropoition Book Co.Pvt.Ltd. 1991)
- 10.**Dr. Ajmer Singh**, and Other, Scientific, Approach to Physical Education and Sports (New Delhi : Kalyani Publishers, 2001)
- 11.**Dr. Agyajit Singh**, "Pyschology of Coaching" (New Delhi : Friends Publication2004)
12. **Dr. Ramesh Singh**, "Physiology of Coaching" (Friends Publication 2005)
- 13.**Dr. Mukesh Singh** & other "Scientific Approach to Physical Education and Sports" (New Delhi : Kalyani Publication 2001)
- 18.**Donald K. Mathews**, "Measurement In Physical Education" (Philadelphia : W.B. Saunders Co. 1968)