International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

EFFECT OF SPECIFIC SKILL TRAINING ON PERFORMANCE VARIABLES AMONG BADMINTON PLAYERS

Dr. V. Vallimurugan[1], C Hanny Lindha[2], D Valarmathi[3]

[1]Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore, Tamilnadu.
[2]PhD Research Scholar, Department of Physical Education, Bharathiar University, Coimbatore, Tamilnadu.
[3]Master of Physical Education, Department of Physical Education, Bharathiar University, Coimbatore, Tamilnadu.

ABSTRACT :

This research aims to assess the effect of Specific Skill Training on Performance Variables among badminton Players. To achieve the purpose of the study thirty players were selected as subjects from Bharathiar University Coimbatore, Tamilnadu. The age of the subjects was ranged from 21 to 25 years. The subjects were further classified at random into two equal groups of 15 subjects, Group-I underwent specific skill training and group-II acted as Control Group (CG). Training period limited with three days in a week for six weeks of training. The selected criterion variables short serve, long serve and overhead clear were assessed by french short serve, French long serve and Lockhart & McPherson Skill Test before and after the training period. The collected data were statistically analysed by using dependent 't' test. From the results of the study, it was found that there was a significant enhancement on short serve, long serve and overhead clear among badminton players.

Keywords: Specific Skill Training, Badminton, short serve long serve, overhead clear.

INTRODUCTION:

The games of badminton, court, and lawn are played using shuttlecocks and lightweight rackets. In the past, the shuttlecock, sometimes referred to as a "bird" or "birdie," was a tiny cork hemisphere that weighed roughly 0.17 ounces (5 grammes) and was adorned with 16 goose feathers. The Badminton World Federation permits the usage of shuttles constructed of synthetic materials, however these sorts of shuttles are still permitted in contemporary play. The game is named from the place where it was originally played, around 1873, on the duke of Beaufort's rural home in Gloucestershire, England. The ancient games of battledore and shuttlecock are strongly linked to the sport, which has roots in Greece, China, and India. Pone, a game played in the 1860s by British army officers stationed in India, is directly the source of badminton. In 1899, there were the first-ever unofficial men's and women's badminton championships held in England, with the first women's event scheduled for the following year.

The international authority that oversees badminton was established in 1934 and is known as the Badminton World Federation (BWF; formerly the International Badminton Federation). In addition, badminton is well-liked in Denmark, Malaysia, Indonesia, and Japan. In 1977, the BWF hosted its inaugural global championships. Numerous countries host regional, national, and zonal badminton competitions. Among them, the All-England Championships are the most well-known. The Thomas Cup (donated in 1939) for men's team competition and the Uber Cup (donated in 1956) for women's team competition are two other well-known international competitions.
In 1972 and 1988, badminton made its debuts at the Olympics as demonstration and exhibition sports, respectively. It was introduced as a full-medal Olympic sport in the 1992 Games, featuring competition for both women's and men's one-on-one and two-on-two singles. In 1996, mixed doubles made its debut at the Games.

STATEMENT OF THE PROBLEM

This experimental study was to find out the effect of specific skill training on performance variables among badminton players.

METHODS

EXPERIMENTAL APPROACH OF THE PROBLEM

The study was formulated as pre-test and post-test randomized groups design, based to the voluntary response to participate in, thirty college level women badminton players were selected and they were divided into two equal groups namely specific skill training group and control group. The selected subject (N=15) was divided into two groups (n=15) of which specific skill training group I underwent specific skill training and group II was

considered as control group (CG). The specific skill training group I underwent the short serve, long serve, and overhead clear for a period of eight weeks; group II was not treated with any training but they were doing their regular activity.

TRAINING PROGRAM

The total duration of specific skill training, the load was increased one in two skill training progress and lasted for 45 minutes. During the training period the subject were treated with specific skill training for three alternative days (Monday, Wednesday, Friday) per week.

PHASE I

During the 1 to 3 weeks of specific skill training, the subjects were treated with warm up for 10 minutes. Followed by Specific skill training drills namely lateral walk, diagonal walk, shuffle, lunges, action practice, target practice. underwent different repetitions with 2 sets. Further the session ended with warming down for 10 minutes.

PHASE II

During the 4 to 6 weeks, specific skill training the subjects were treated with warm up of 10 minutes. Lunges, lateral walk, shuffle, diagonal walk, action practice, target practice. followed by underwent different repetitions with 3 sets. Further the session ended with warming down for 10 minutes.

PHASE III

During the 7 to 8 weeks of training specific skill training the subjects were treated with warm up for 10 minutes' Specific skill training drills namely shuffle, diagonal walk, lateral walk, lunges, action practice, target practice underwent 12 minutes with 3 sets. Further the session ended with warming down for 10 minutes.

STATISTICAL ANALYSIS

As the purpose of the study was find out the impact of specific skill training on selected skill performance variables of women badminton players at college level, the collected data prior to treatment and after of treatment period were tested using statistically dependent 't' test. It was considered as appropriate for this study.

RESULTS

Table 1: Computation of 't' ratio between pre and post-test means of Experimental group on Performance variables

Experimental Group					
Performance Variables	**Pre/Post test**	**Mean**	**Std. Deviation**	**Std Error Mean**	**'t' Ratio**
Short serve	Pre-Test	42.46	8.70	0.67	8.874*
	Post-Test	48.46	7.50		
Long serve	Pre-Test	35.26	7.62	0.87	6.874*
	Post-Test	41.26	8.31		
Overhead clear	Pre-Test	7.00	3.64	0.64	10.241*
	Post-Test	13.46	4.08		

*Significant at 0.05 level of confidence (2.145), 1 & 14.

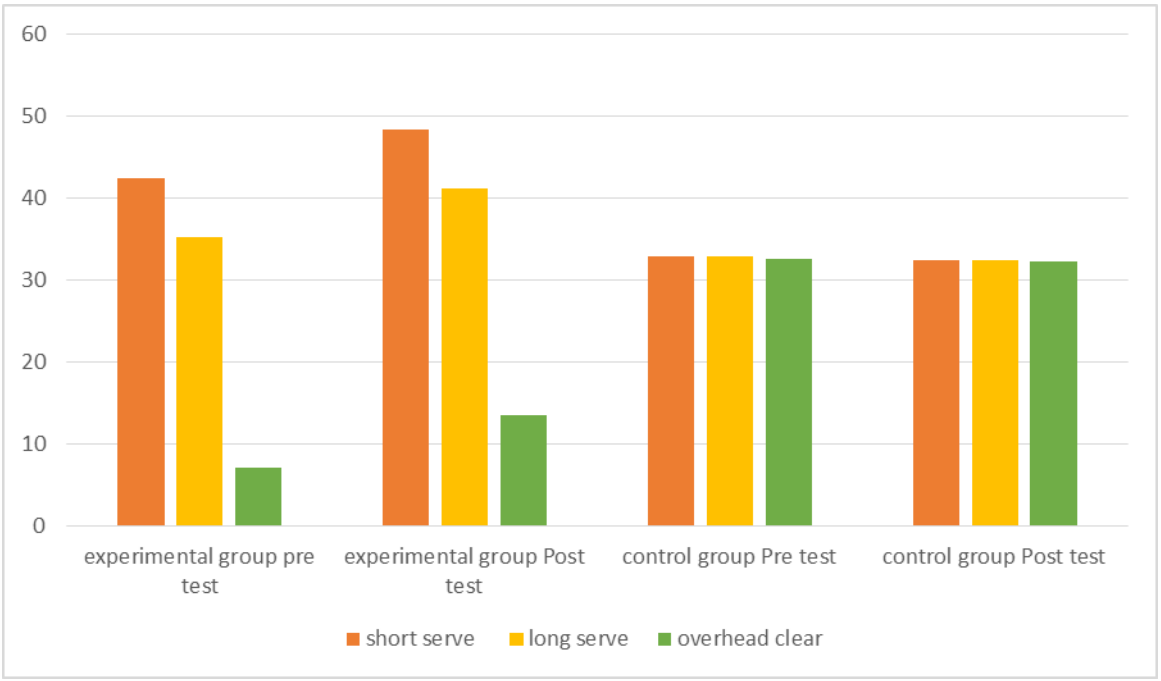
Table 1 reveals that the Computation of 't' ratio between pre and post-test means of experimental group on Performance variables. The 't' ratio on short serve, long serve and overhead clear are 8.874, 6.874 and 10.241 respectively. The required table value was 2.14 for the degrees of freedom 14 at 0.05 level of significance. Since the obtained 't' ratio values were greater than the table value, it was found statistically significant.

Table 2: Computation of 't' ratio between pre and post-test means of Control group on Performance variables

Control Group					
Performance Variables	**Pre/Post test**	**Mean**	**Std. Deviation**	**Std Error Mean**	**'t' Ratio**
Dribbling	Pre-Test	32.96	3.80	0.26	1.73
	Post-Test	32.50	3.68		
Passing	Pre-Test	32.96	3.80	0.26	1.86
	Post-Test	32.47	3.72		
Shooting	Pre-Test	32.53	3.71	0.17	1.14
	Post-Test	32.33	3.94		

*Significant at 0.05 level of confidence (2.145), 1 & 14.

Table 2 reveals that the Computation of 't' ratio between pre and post-test means of Control group on Performance variables. The 't' ratio on 1.74, 1.86 and 1.14 respectively. The required table value was 2.14 for the degrees of freedom 14 at 0.05 level of significance. Since the obtained 't' ratio values were lower than the table value was found statistically not significant.



DISCUSSION ON FINDINGS

The results of the study indicated that the performance variables like long serve, short serve, overhead clear were improved significantly after undergoing impact of specific skill training. The changes in the selected parameters were attributed the proper planning, preparation and execution of the training package given to the players.

The impact of specific skill training is a fantastic training which has been found to be beneficial for the badminton players. To study the specific skill training on performance variable of women badminton players at college level, it was tested under, to differentiate between impact of specific skill training group and control group. The specific skill training includes on long serve, short serve, overhead clear. The specific skill training includes on long serve, short serve, overhead clear. The Specific Skill training drills are namely, lateral walk, diagonal walk, shuffle, lunges, action practice, target practice. It also improves the service ability, game tactics, anaerobic capacity, quickness, eye hand coordination and other than some physical fitness components are namely speed, agility, and power. It also improves the hand strength, eye hand coordination, control. The obtained result proved positively the specific skill training group significantly improved. The result of the present study showed that the impact of specific skill training has significant improvement on college level women badminton players. The following studies was revealed that **Araujo G H O *et al.*, (2022)** the effect of eight weeks of training during the preparatory phase on performance variables for amateur Badminton players. A second aim was to monitor the internal training load (ITL) during the training period. **Yılmaz N *et al.*, (2022)** effectiveness of 4-week badminton training on some selected biometric features in young individuals engaged in recreational sports. result was helpful for the study.

CONCLUSIONS

Based on the findings and within the limitation of the study, it is noticed that practice of impact of specific skill training helped to improve long serve, short serve and overhead clear ability of college level women badminton players. It was also seen that there is progressive improvement in the selected criterion variables impact of specific skill training group of college badminton players after eight weeks. Further, it also helps to improve long serve, short serve and overhead clear skills.

- It was concluded that individualized impact of specific skill training group showed a statistically significant positive sign over the course of the treatment period on performance variable among badminton players.
- It was concluded that individualized effect of control group showed a statistically insignificant over the course of the period on performance variables of college level women badminton players.
- The results of effects lead to conclude that the specific skill training group had better significant improvement on performance variables (long serve, short serve and overhead clear) of college level women badminton players as compared to their performance with control group.

REFERENCES :

1. Senthil Kumaran and A Mahasuran. (2023). Effects of resistance training with yogic practice on selected physical variables among sedentary female students with postural deformities. International Journal of Intellectual Disability, 3(2), 16-17.
2. Mahasuran and Senthil Kumaran S (2023) Effects of Suryanamaskar practice with aerobic dance on selected health related physical fitness components among school hearing impairment girls. International Journal of Speech and Audiology, 4(1), 13-15.

3. Ooraniyan, K., Senthil Kumaran & Jenith, P. (2022). Effects of circuit training with kettlebell on explosive power and strength endurance among handball players. EPRA International Journal of Research and Development (IJRD), 7(4), 138-141.
4. Ooraniyan and Senthil Kumaran (2018). Impacts of Kettle bell Training on Selected Physical Fitness Components among Handball Players. International Journal of Current Trends in Science and Technology, Vol. 8 Issue 5, Pages: 20427-20430.
5. Senthil Kumaran and Mahaboobjan (2018). Impact of Specific Skill Training on Dribbling among Basketball Players. International Journal of Scientific Research, Vol. 7 Issue 5, pages: 675-676.
6. Senthil Kumaran (2018). Impacts of Plyometric Training on Selected Physical Fitness Variables among Basketball Players. International Journal of Yoga, Physiotherapy & Physical Education, Vol. 3 Issue 4, Pages: 52-54.
7. Ooraniyan and Senthil Kumaran (2018). Effect of Game Specific Aerobic Training on Motor Fitness Components among Handball Players. International Journal of Yoga, Physiotherapy & Physical Education, 2018, Vol. 3 Issue 4, Pages: 68-70.
8. Sakurai, S., & Ohtsuki, T. (2000). Muscle activity and accuracy of performance of the smash stroke in badminton with reference to skill and practice. Journal of sports sciences, 18(11), 901-914.
9. Jansson, M., Bergström, A. K., Blomqvist, P., & Drakare, S. (2000). Allochthonous organic carbon and phytoplankton/bacterioplankton production relationships in lakes. Ecology, 81(11), 3250-3255.
10. Srinivasan, M. (2013). Influence of conventional training programme combined with ladder training on selected physical fitness and skill performance variables of college level badminton players. International Journal of Behavioral Social and Movement Sciences, 2(3), 14-27.
11. Abdullah, S. (2014). Effect of high intensity interval circuit training on the development of specific endurance to some of essential skills in youth badminton players. Journal of Advanced Social Research, 4(3), 77-85.h
12. Adhikary, P., Sardar, K., & Adhikari, H. (2014). Effects of a Specific Training Programme on Physical Fitness and Badminton Playing Ability of Selected Tribal of Hilly Areas Of Darjeeling District. International journal of research pedagogy and technology in education and movement sciences, 3(04).
13. Yuksel, M. F., Cengiz, A., Zorba, E., & Gokdemir, K. (2015). Effects of badminton training on physical parameters of players. The Anthropologist, 21(3), 542-547.
14. Hassan El-Gizawy, H. (2015). Effect of visual training on accuracy of attack shots performance in badminton. Journal of Applied Sports Science, 5(4), 36-45.
15. Duncan, M. J., Chan, C. K., Clarke, N. D., Cox, M., & Smith, M. (2017). The effect of badminton-specific exercise on badminton short-serve performance in competition and practice climates. European Journal of Sport Science, 17(2), 119-126.