

**ABSTRACT**

Objective of the study was to find out the effect of ball badminton game on the rallying ability of the badminton players at inter college level. For that researcher has selected 40 badminton players age ranging from 18 to 28 years of SGB Amravati University Amravati. Eight week training schedule was given to experimental group. Lockhart and Mc Pherson test was used for collection of data. Mean SD and t test was used as stastical measures. Result shown significant effect on experimental group.

**KEYWORDS:** Ball Badminton, Rallying Ability.

**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 share a common interest in sports competition specially at certain times during the Olympic games where people from all nations fox 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.

**OBJECTIVE OF THE STUDY**

Following was the objectives of study:

- 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:**

The researcher had made the following Hypothesis for this study.

- 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.

**SCOPE OF THE STUDY****Delimitations**

The study was delimited in the following aspects :

- 1) The preset study was delimited only up to rallying ability of the badminton players.
- 2) The study was delimited to Yavatmal District only.
- 3) The age group of selected subjects was ranging from 18 – 25 years only.

- 4) Only male subject was taken for the present study.
- 5) The present study was delimited only up to rallying ability of the Badminton players.

**Limitations :**

The following aspects were not under the control of the researcher.

1. There was no control on diet and environment factor of the subjects some of them used to take supplementary food in the form of milk, fruits, eggs, etc.
2. Researcher has no control over the leisure time activities of the subjects.
3. The weight and height of the subjects had not considered.
4. All the subjects were the students of different physical education college of Yavatmal. So the subjects were involved in different type of activities in their colleges according to the schedule other than the experiment for which they were being tested, not be controlled by researcher

**Sources of Data:**

Required data for this study was collected from age group 18 to 28 years intercollegiate level players of Ball Badminton and Badminton games from SantGadgebaba Amravati University.

**Selection of Subject:**

The researcher will selected 40 badminton player from SantGadgebaba Amravati University by random method aged between 18 to 28 years who used to participate badminton game.

**Method of Sampling :**

Researcher selected 40 Badminton players from the different college of Yavatmal Cityresearcher divided the subject 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.

**Pre Test :**

Before the beginning 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 pre test 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.

**Training Schedule:**

Researcher gave the training program in the ground of H.V.S.K.M. in college of Physical Education Yavatmal. In the first stage the time duration of the training program was one hour in the morning and one hour in the evening for first four weeks. In the second stage time duration one hours 15 minutes in the morning and one hour 15 minutes in the evening for next four weeks. Every Sunday was complete rest day during the hole 8 weeks training program.

**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 program 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 administratingtest 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.

**Statistical analysis of data :**

**Table No.1**

*The table showing the effect of training on rallying ability of experimental group among the Badminton Players.*

Test	Mean	SD	Sem	't' Cal.	't' Table
Pre	24.7	1.11	0.25	12.17*	2.021
Post	31.15	1.25	0.28		

\* Significant

\* 38 df at 0.05 level of Significant

From the above table it can be revealed that the mean score of Pre and Post test experimental groups are 24.07 and 31.15. where as calculated value 't' 12.17 was grater than the table value of 't' i.e. 2.021 at 0.05 level of significance which shows that highly significant difference found in pre – test rallying ability of experimental groups of Badminton players. It was also found that mean value of post test for experimental group was found high which can be clearly seen the figure.

**Table No. 2** *The table showing the effect of training on rallying ability of control group among the Badminton Players.*

Test	Mean	SD	Sem	't' Cal.	't' Table
Pre	24.2	1.1	0.25	3.63*	2.021
Post	26.05	1.14	0.26		

\* Significant

\* 38 df at 0.05 level of Significant

Above table shows that the mean score of Pre and Post test for the control group were 24.2 and 26.05 where as calculated value 't' 3.63 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 Pre and Post test of control groups among the Badminton players.

**Table No. 3**

*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*	
	control	26.05	1.14	0.26		

<sup>@</sup> 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 III.

### DISCUSSION ON 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

Finding shows high significant difference in the Pre and Post test among the experimental group of Badminton players calculated value of 't' was grater than the table value of 't' at 0.05 level of confidence as shown in table No.1

The finding also revealed that there is significant difference in Pre and Post test of respective control group calculated value of 't' was grater then the table value of 't' at 0.05 level of confidence as shown in table No. II

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 as shown in table III.

### 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 II that significant difference was found in Pre and Post test of control group also.
3. It can be concluded from the table III 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.
4. 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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