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## Influence of video modelling with video feedback on hang technique in triple jump

**Dr. C Durai and G Anantharaj**

### Abstract

The purpose of the study was to find out the influence of video modelling with video feedback on hang technique in Triple Jump. To achieve this purpose, twenty four students were selected from the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India in during the academic year 2017-18 and their age ranged between 22-25 years. The selected subjects were divided in to two groups and each group consist of 12 subjects. Video modelling with video feedback was shown to Group I and Group II acted as Control group. Triple Jump Performance was selected as dependent variable and it was measured by jumping technique eight week of video modelling and video feedback show to group I. The pre and post tests data on hang technique in Triple Jump were collected. The collected data on video modelling with video feedback on hang technique in Triple Jump was analysed by using dependent 't' test and the results were discussed at 0.05 level of confidence. The result of study indicated that there was a significant improvement on hang technique in Triple Jump due to the influence of video modelling with video feedback. Also the result of the study shown that video modelling with video feedback group performed better than the control group.

**Keywords:** Video modelling, video feedback and triple jump hang technique

### Introduction

Technology advances support a role in the feedback with the development of computer analysis. Video is mostly recognized as an appropriate for obtaining qualitative information about performance (Liebermann & Franks, 2004, 166-188) [3] video replay and information technology enables enhancement of feedback during the replays, where the comparison between one's performance and that of other athletes is possible. Thus providing video feedback to learners is intuitively appealing, as one would expect learners who view their performance would detect their errors and thus improve.

Observational learning or traditional method of coaching involves subjective observations and conclusion where coach's perception is considered to be one of the most important methods for learning skills (McCullagh, Weiss, & Ross, 1989) [1]. The information provided as feedback from an external source, such as a supervisor or expert, that influences performance of a skill is called augmented feedback. Augmented feedback, in which visual observation and verbal instruction are combined, leads to better execution of the movement in question in comparison to sole observation of the model (McCullagh & Little, 1989) [2]. Learners gain a lot of information about their actions by receiving feedback. Therefore proper feedbacks by coach may lead to better learning.

The development of Technology has created a variety of stuff in sports field which speed up and eases the sportsman performance. All the associated products were assisting the sportsman to increase and improve the performance, which lead more participation thus increases the competition in the area of sports.

The basic task of the Triple Jump is to reach the greatest possible speed from which you can still perform a powerful take-off to reach sufficient height in the flight for a good distance. To be a good Triple Jumper, you must therefore not only be a fast sprinter but also a good jumper. Remember, fast sprinters do not necessarily make good Triple Jumpers, unless they possess a high level of jumping power.

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Remember also, that it is mainly the run-up and the take-off that decide how long your body will stay in flight. What you do in the air will not prolong your flight. However, what you do in the air can help you to get in a good landing position and thus assist to increase the distance jumped. You have, no doubt, seen that champion Triple Jumpers perform a running-in-the air motion, commonly known as the hitch-kick. This is the recommended technique for the Triple Jump. Unfortunately, the hitch-kick is out of the reach for novice jumpers, simply because they are not in the air long enough to complete the movement. For this reason we recommend that you begin your Triple Jumping career by developing a good single-stride action in the air. The single-stride technique helps you to learn a correct run-up, a good take-off and an efficient landing. It is so similar to the hitch-kick that you will have no trouble in changing to the running-in-the-air action as soon as you reach distances that warrant the change. At the same time you are warned not to get trapped by using the natural bunched position, known as the sail jump, in the flight. It has many shortcomings and should be avoided at all cost (Jess Jarver, 2013).

**Purpose of the Study**

The purpose of the study was to find out the influence of video modelling with Video feedback on hang technique in Triple Jump.

**Methodology**

To achieve this purpose, twenty four students were selected from the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India and their age ranged between 22-25 years the selected subject in two group, Group I (Video Modelling with Video Feedback, Group II Control Group). Video Modelling with Video Feedback on Hang Technique in Triple Jump was selected as dependent variables and it was measured through jumping performance. Group I underwent video modelling with video feedback and Group II Control group for eight weeks with three alternative days per week. This study was conducted during Odd semester. The pre and post test data on Triple Jump Performance was collected prior to and immediately after the experimental period from the selected subjects. The collected data on Triple Jump Performance was analysed by using dependent ‘t’ test the result were discussed at .05 level of confidence.

**Analysis of Data**

The analysis of dependent ‘t’ test on the data obtained for Video Modelling with Video Feedback on Hang Technique in Triple Jump groups have been analyzed and presented in Table 1.

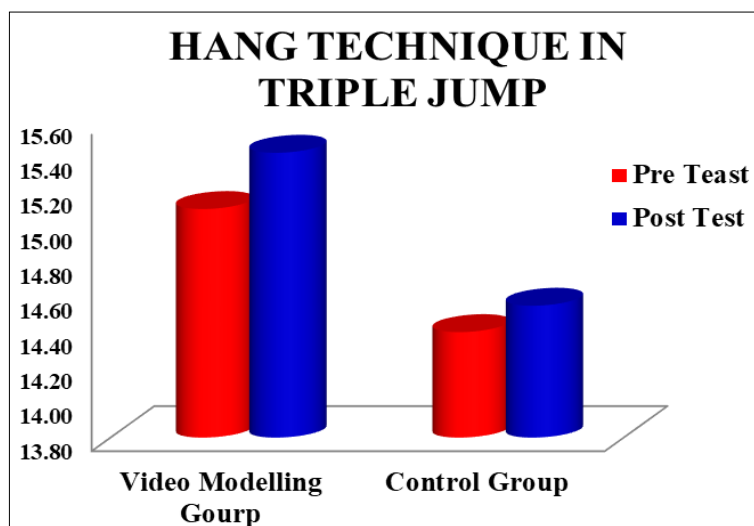
**Table 1:** Mean and Dependent ‘t’ Test for pre and post tests on video modelling with video feedback group and control groups

Variables	Mean	Video modelling with video feedback Group	Control Groups
Triple Jump Performance (in metres)	Pre test Mean	15.10	14.40
	Post test Mean	15.42	14.55
	‘t’ test	29.50*	22.37*

\*Significant at 0.05 level of confidence. (Table Value required for significance at 0.05 level For ‘t’ test with df 11 is 2.14).

From the table 1, the dependent ‘t’- test values between the pre and post tests of Video modelling with video feedback on Hang technique in Triple Jump performance are 29.50 and 22.37 respectively, which are greater than table value of 2.14

with df 11 at 0.05 level of confidence, it is concluded that video modelling with video feedback had significant improvement on Hang technique in Triple Jump performance. When consulted Control Group II.



**Fig 1:** Mean Values of influence of video modelling with Video feedback on hang technique in Triple Jump.

**Discussion on finding**

The result of study indicates that there was a significant improvement on Triple Jump performance due to the influence of video modelling with video feedback among college level students. According to Jose Manuel Palao, (2015) [5] the augmented feedback provided by the video was a positive outcome. Also the result of Sethu, S (2014) [6]

support that there was a significant improvement on High Jump Performance and Technique due to the influence of skill training with and without visual feedback. And the result of Anantharaj, G & Durai, C 2018 [7] indicates that there was a significant improvement on Triple Jump Performance and Technique due to the effect of skill training with and without video feedback.

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