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TH Shyam Singh

Dept. of Physical Education,
Health Education & Sports,
D.M. College of Science,
Manipur, India

H Surendra Sharma

Dept. of Physical Education &
Sports Science, Manipur
University, Manipur, India

A comparative study between the badminton and lawn tennis players of Manipur on speed, endurance, agility and flexibility

TH Shyam Singh and H Surendra Sharma

Abstract

Aim of the study was to compare the physical fitness variables (speed, endurance, agility and flexibility) of 15/15 each Badminton and Lawn-tennis male Players of Manipur between the age group of 17-19 years. The data was analysed by descriptive statistics and t-test. From the, it observed that there was no significant different between Badminton and Lawn-tennis finding male Players of different selected physical fitness variables.

Keywords: Badminton, lawn-tennis, speed, endurance, agility, flexibility

Introduction

Amity and harmony is the motto of sports that bring the different nations closer and establish brotherhood and friendship between the people of different countries. Deeds, philosophy and pride show the esteem and credit of the country of its sport societies.

By more scientific and mass oriented, well organized and mostly health directed, elevate mental and physical fitness of the participants, increase mental concentration, bring reputation and social self-esteem to the successful participants has been changed by the sports. "Physical fitness is one's richest possession, it cannot be purchased, and it has to be earned through a daily routine of physical exercise."

On the nature of the game and also peripheral conditions need physical fitness of a player such as speed, endurance, agility and strength to correct and maintenance of body weight. Badminton and lawn-tennis both are almost comparable games.

Badminton and tennis players should possess the qualities such as agility, speed, flexibility and explosive power for better performance in addition to the basic components such as flexibility, coordination, strength endurance. The term fitness implies relation between the task to be performed and the individual capabilities to perform it (Lawrance, 1976) ^[10].

Statement of the problem

Physical activity effects on physical, physiological and motor abilities under a proper training plan with appropriate intensity, duration, frequency and mode as well as deserve to achieve the objective of the training. There are a number of general physical requirements of badminton and lawn tennis players like explosive strength, speed, endurance, coordination, strength, agility and flexibility. While these should all be developed specifically, it is also beneficial if there is some general development of these components as well. So, the statement of the problem was decided to set up "A comparative study between the Badminton and Lawn tennis players of Manipur on speed, endurance, agility and flexibility".

Hypothesis

It was hypothesized that there might be a significant difference of speed, endurance, agility and flexibility between the badminton and lawn tennis players of Manipur.

Correspondence

TH Shyam Singh

Dept. of Physical Education,
Health Education & Sports,
D.M. College of Science,
Manipur, India

Limitation

The study was limited to the following aspects.

- The players' performance was not considered for the study.
- The factor like diet, food habits and climatic condition were not controlled which have effect on the result.
- The family, educational and coaching background of the subject was unknown.
- Regular practice of the badminton and lawn tennis activity of the subject was considered as the limitation of the study.

Delimitation

The study was delimited to the following points.

- The study was delimited to male subjects ranging between the age group of 17-19 years.
- The subject was randomly selected from regular match practice group.
- The study was further delimited to 15/15 each male players of badminton and lawn tennis.
- The study was considered the following speed, endurance, agility and flexibility of both badminton and lawn tennis players.

Significance of the study

This study can be considered significant because of the following benefits.

Physical variables are importance in all human endeavours. Performance at high level will be affected if optimum physical fitness is not maintained. The study has the following specific significant contributions.

- The study could be helpful to coaches, physical education coaches, sportsman and student to understand about the relationship of comparative speed, endurance, agility and flexibility between the badminton and lawn tennis players.
- The result of study will be enlightened how the physical variables can influence on performance between the badminton and lawn tennis players.
- The findings of the study would help for skill development purpose.
- The result would encourage the male population to practice badminton and lawn tennis to improve speed, endurance, agility and flexibility.

Methodology

The purpose of the study was to compare the physical variables (speed, endurance, agility and flexibility) between Badminton and Lawn-tennis players. By the purposive random sampling method, 15/15 each male players of badminton and lawn tennis of Manipur were selected for the study of the age group arranging from 17-19 years. The Descriptive statistics (mean and standard deviation) and Independent 't' test were employed using SPSS Software to compare the variables.

Speed: It was measured through 30m dash.

Endurance: It was measured through bent knees sit-ups.

Agility: It was measured through shuttle run (4x10m).

Flexibility: It was measured through bridge up test and shoulder and wrist elevation test.

Results and Discussion

The comparison of the study variables between the lawn tennis and badminton players of Manipur were highlighted in the table 1.

From the table 1 shown that the 30m mean values and standard deviation of Lawn-Tennis and Badminton male Players were 5.14 ± 0.47 and 5.2 ± 0.41 respectively. The Sit ups values and standard deviation of Lawn-Tennis and Badminton male Players were 35.8 ± 6.36 and 41.8 ± 5.9 respectively. The Shuttle run values and standard deviation of Lawn-Tennis and Badminton male Players were 10.44 ± 0.99 and 11.41 ± 1.05 respectively. The Bridge up test values and standard deviation of Lawn-Tennis and Badminton male Players were 17.53 ± 3.58 and 18 ± 3.74 respectively. The Shoulder and wrist elevation test values and standard deviation of Lawn-Tennis and Badminton male Players were 12.86 ± 3.24 and 14.2 ± 3.16 respectively.

The t test calculation values of 30 M dash (0.72), Sit ups (0.01), Shuttle run (0.01), Bridge up test (0.72) and Shoulder and wrist elevation test (0.26) were less than the tabulated value at 5% level of significant (Table 1). Thus there were no differences of all the variables between Lawn-Tennis and Badminton male Players.

Table 1: Comparison between Lawn-Tennis and Badminton male Players of Manipur

| Variables | Lawn tennis | | Badminton | | t test |
|-----------------------------------|-------------|------------|-----------|------------|--------|
| | Mean | SD | Mean | SD | |
| 30 M dash | 5.14 | ± 0.47 | 5.2 | ± 0.41 | 0.72 |
| Sit ups | 35.8 | ± 6.36 | 41.8 | ± 5.9 | 0.01 |
| Shuttle run | 10.44 | ± 0.99 | 11.41 | ± 1.05 | 0.01 |
| Bridge up test | 17.53 | ± 3.58 | 18.0 | ± 3.74 | 0.72 |
| Shoulder and wrist elevation test | 12.86 | ± 3.24 | 14.2 | ± 3.16 | 0.26 |

*Significant at 0.05 level

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