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Effect of vision training among skill ability of inter collegiate male football players

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Abstract

Vision training is very essential for the athletes to reach peak performance. The awareness of physical activity and vision training transfer from ancient culture. The vision training is giving more important to physical health. In modern age important to Vision training increases day by day.

The purpose of the study was to determine the effect of Vision training among skill ability of intercollegiate male football players. A total of twenty students (N=20) were selected from the St. Joseph's Academy of Higher Education and Research. The ten (N=10) subjects are randomly selected as experimental group and ten (N=10) subjects as control group. Their age ranged from nineteen years to twenty three years.

Before conducting the test, all the subjects were given proper instruction. The collected data on selected criterion variables was statistically analyzed by using 't' ratio to find out the significant difference in skill ability of the experimental group and control group. In all the cases, 0.05 level of confidence was fixed to the test significant, which was considered appropriate.

Keywords: Vision training, football player, skill ability

Introduction

All sports involve physical and mental activities that are pursued for more than simply utilitarian reasons. For instance, running, when done as a sport, occurs for reasons beyond simply moving from one place to another. Value is gained from this activity when it is conducted easily for its own sake. This is similar to the concept of aesthetic value, which is seeing something over and above the strictly functional value coming from an object's normal use. For instance, an aesthetically pleasing car is one which doesn't just get from A to B, but which impresses with its grace, poise, and charisma. In the same way, a sporting performance such as jumping doesn't just impress as being an effective way to avoid obstacles. It impresses because of the ability, skill, and style that is demonstrated in its performance. In each sports and games there are different types of skills and ability. The team game like football, hockey, basketball etc. Have different way of training methods.

In the game of soccer/football the use of vision is high, when a player has the ball his vision goes to the opponent, his teammates and the goal. The tremendous visual demands of football vary by the specific needs and activities of the different positions. Vision, balance, tracking, eye movements, peripheral awareness, eye hand coordination, and near -far focusing are all required in football

The vision training is a new technique to improve the performance of the athlete. The vision has an important role in team games like Hockey, Basketball, and Football etc...Training to enhance vision in sports is not a new concept. Sports vision training has been done primarily in laboratory or clinical environments, at significant cost to the athlete. One of the unique aspects of sports vision is that training is a dynamic activity that should replicate the actual visual demands of the sport as closely as possible.

Vision Training

Vision training is also known as vision therapy, and is so important because now a day's large groups suffer from eye diseases and vision therapy help them.

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Vision may be defined as an act or an art of seeing. It is an act as we do it and is an art because we need to practice and refine it. It may be with, on the other hand, is a time dependent measurement of retinal health and is specified by the date on which the eye examination took place. It is measured with the help of various eye test charts in clinical environment. Most coaches think if their athletes can see 20/20 nothing more is needed in the visual arena, this misconception is common in youth sports and continues in professional sports as well. Studies have shown that even some elite Olympic athletes have not undergone a basic visual screening and very few are exposed to any sort of training to enhance sports vision. Today, in the fiercely competitive world of sports too many coaches and athletes are tempted to resort to illegal means to gain an advantage over their opponents. It makes more sense to in co-operate sports vision into the overall training programmed to safely and legally help athletes to achieve ultimate performance on the court or field; vision training may be the answer. Sports vision ; training for better performance introduces a dynamic programmed to teach athletes to see the field, teammates and opposition better give them the ability to perform better. Most sports vision clinics or labs use static vision enhancement training; vision training is done primarily in the clinic or lab. The athlete's responses to the training program me and improvements in their static visual skills are closely monitored. These types of programmes tend to be very clinical in nature and delivery. Visual improvements should translate to an improvement in athletic performance; the carry over to the actual sports performance is better when the training more closely stimulates actual sports situation. Dynamic sports vision takes sports vision enhancement to the training environment, weight room and field or court. Doing sports vision activities during practice time can more quickly reveal the areas in which the athlete has shortcomings in visual performance? Practicing sports vision in a dynamic environment offers positive reinforcement for the coach and athlete as they see visual and sports skill improvement over time.

Dynamic sports vision training exercise can be done while moving or stimulating the movement patterns of a particular sport. There are very few instances in sport where the athlete is stationary so why perform sports vision training while sitting still? When athletes move or work on balance while performing sports vision training exercise, they enhance the sport specificity of their vision training.

The last area of vision we explore is peripheral awareness. Many eyes of practitioners argue that peripheral vision is the same as peripheral awareness. We do not believe that this is true. Peripheral vision involves the ability of the rods and cones in the retina to detect light. There are approximately 100 million rods and 6 millions cones in each eye at birth, and these numbers can only decrease with disease and aging. Because of this anatomic fact, vision cannot be changed by sports vision training. However, sports vision training can dramatically improve athlete's peripheral awareness, which means that they can readily identify objects in their peripheral vision more accurately and more quickly, so they do not have to use their central vision and expand unneeded energy to locate the opposition during a game. Peripheral awareness training is a very dynamic and necessary part of sports vision training of athletes in almost every sport. The vision training is different in closed skills and dynamic skills.

Statement of the Problem

The purpose of the study was to assess the effect of vision training among skill ability of college level men football players of St. Joseph's Academy of Higher Education and Research Moolamattom.

Delimitations

- The study will be delimited to a total of twenty (N=20) college level male players.
- The subject's age ranged between 19-23 years.
- The training was only for duration of 4 weeks.

Hypothesis

It was hypothesis that there will be significance difference on football skill ability due to vision training.

Significance of the Problem

- The study was significant in making an attempt to find out the effect of vision training exercises.
- This study may help the teachers, coaches, physical educationists to select and utilize a well-planned effective training method for better performance.
- It may improve co-ordination and perfect rhythm in a particular pattern of movement, which was a part of training.

Methodology

The purpose of the study was to find out the effect of vision training to improve playing ability in football. In this chapter adopted selection of subjects, selection of variables, collection of data and statistical technique will be employed for analysis of data.

Selection of Subject

- For the purpose of the study twenty (N=20) inter collegiate male football players were selected randomly from St. Joseph's Academy of higher education and research Moolamattom.
- From twenty players ten (N=10) were control group and ten (N=10) were experimental group.
- Their age was ranged between 19 to 23 years.

Selection of Variables

Variables are the conditions or characteristics that the experimenter manipulates or observes.

- Dependent Variable : Skill ability.
- Independent Variable : Vision training.
- Criterion Variable : Mc Donald soccer skill test.

Statistical Technique

According to best "statistics" is a body of mathematical technique or process for gathering and interpreting data. In research statistics measure are used to describe and analysis the mass of data in meaningful way. The scores are computed by dependent "t" ratio for finding the effect of 4 weeks specific training on vision performance on intercollegiate men players.

Analysis of Data and Result of the Study

The present study was formulated to determine the difference among experimental and control group. The result and discussion of statistical analysis are presented in this chapter.

Analysis of Data

The purpose of the study was to find out the effects of four weeks of vision training on Inter collegiate male Football players of St. Joseph's Academy of Higher Education and Research Moolamattom. The pre and post-test data pertaining to respective physical variable were collected by employing standard test and equipment used on both the experimental and control group.

Result of the Study

The detailed statistical analysis of the data collected is presented in the following tables and figures:

Table 1: Mean difference on Skill ability among pre and post-test of Control group

Group	N	Mean	SD	DF	T
PRE	10	41.60	6.16	9	.231
POST	10	41.50	7.18	9	

The above table shows that there is no significant difference between the pre and post-test of Skill ability among control group, since the calculated 't' value of Skill ability. 231 is lesser than tabulated 't' value of 1.833 at 0.05 level of significance with 9 degrees of freedom. The difference in means of Skill ability among pre and post is shown in fig I

Table 2: Mean difference on Skill ability among pre and post-test of Experimental group

Group	N	Mean	SD	DF	T
PRE	10	42.30	5.45	9	3.772*
POST	10	43.70	5.63	9	

*Significant at 0.05 level of confidence, the tabulate value is 1.833

The above table indicates that there is a significant difference between pre and post-test of Skill ability of experimental group, since the calculated 't' value of skill ability 3.772 is higher than tabulated 't' value of 1.833 at 0.05 level of significance with 9 degrees of freedom. The difference in means of Skill ability among pre and post is shown in.

Discussion on Findings

From the statistical analysis it is evident that, in the case of Skill ability among experimental group between pre and post-test, there is significant difference. This result is proved with the research conducted by Clark JF on 2012 June, a study on High performance vision training improves batting statistics for University of Cincinnati base-ball players.

The result shows that there was no significant difference found in Skill ability among controlled group. This may be due to the fact that, the vision training improves the Skill ability of Football players who have gone through vision training.

Discussion on Hypothesis

In the first chapter, it was hypothesized that there will be significant difference on football skill ability due to vision training. The result of the study showed that there was significant difference on selected football skill ability due to vision training. The statistical technique proved that the hypothesis was accepted.

Conclusions

The results of the study permit the following conclusions;

- Four weeks of vision training program may help to improve the skill ability of experimental group.
- The control group had seen no change in skill ability

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