

Comparison of status of agility between badminton and tennis male players

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Abstract

The purpose of the study was to compare the agility of Badminton and Lawn-tennis Players. To fulfill the objective of the study, (30 Badminton players and 30 Lawn-Tennis players) boys were selected from university level for the data collection. Lateral Change of Direction Test was used to measures of agility of the players. In order to analyze the data t-test was used and investigator observed the significant difference between Badminton and Lawn-tennis Players.

Keywords: badminton, tennis, agility

Introduction

Tennis and badminton are racquet sports which played by male female like single and double competition [same sex and mix double] but the game have different sports arena but both the games have similar type of foot movement change of direction as well as other fitness component. Physical fitness of a player depends on the nature of his game and also external conditions. There are a number of fitness elements that need to be developed. Such as speed, endurance, agility and strength to correct and Maintenance of body weight. Badminton and lawn-tennis both are almost similar games. A complete badminton player should possess that agility of an acrobat, the power of a race horse, the killer instinct of a panther as well as like a lawn-tennis player. Some of the standards the fit player attain to meet the demands of the games are strength, power, speed etc. fitness components. Court and field games like Badminton, tennis, Table-Tennis, Kabaddi Squash, Football, Volleyball help in developing strength and speed of the players while other games like boxing, gymnastic, wrestling etc. developing agility and power of its players better. Tennis and badminton are skill full as well as fast games which require speed agility and balance to win. Tennis and badminton games having long rely and short period time of recovery so require good agility and foot movement and good aerobic system capacity. Physical fitness of player depends upon the nature of game and external conditions. Purpose of the study is to compare agility of tennis players and badminton players because both games have skill and foot movement is similar but both have different surface. We want to find out which game pattern has quality to develop better agility.

Methodology

Selection of subjects: A total of 60 subject selected of university level purposely in tennis and badminton purpose of study to compare the agility of badminton and tennis player. To achieve the desire objective of the study, the only those player were selected from University level who was attending

university camps. The age of the selected subject ranged from 19 to 24 years.

Variables and Tests: Agility was chosen as the alone fitness variable and was tested by the which had the unit second for collected the data of agility

Statistical technique: t-test was used for comparing the of agility of tennis and badminton player at 0.05 level of significance.

Result and Discussion

Table 1: Comparison of Agility Badminton and lawn-tennis University level players.

Game	N	Mean	Std. Deviation	Std. Error Mean
Badminton	30	5.7217	.35808	.06538
Tennis	30	5.9880	.29094	.05312

Independent T test

Table 2

Group	df	T test	Sig.(2 tail test)
Tennis	58	-3.162	.002
Badminton	55.667	-3.162	

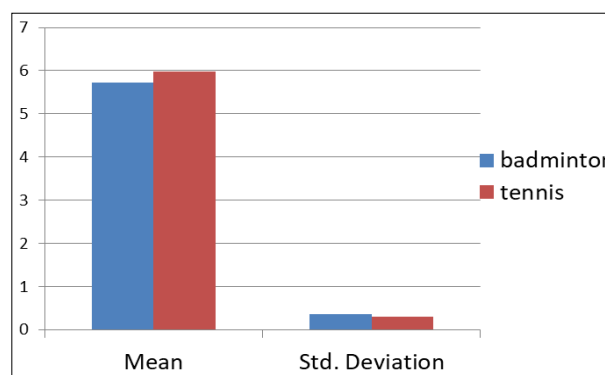


Fig 1

As shown in table-1 that the Mean score of Lateral Change Direction Test of Badminton and Lawn-Tennis Players were 5.7217 and 5.9880 respectively, SD of standing board jump of Badminton/Lawn-Tennis players were.35808 and.29094, 't' value was. 002 for significant 0.05 level. It means that Badminton players have better than Lawn-Tennis in agility compare to tennis player as the significant value was found to be.002 at University level.

Discussion and Result

The result of the study shows that tennis and badminton players differ significantly. The badminton player has better agility compare to tennis player as the significant value was found to be.002.

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