



EFFECT OF FARTLEK TRAINING ON SELECTED PHYSICAL VARIABLES AMONG BALL BADMINTON PLAYERS

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ABSTRACT

The purpose of the study was to find out the effect of fartlek training on selected physical variables among ball badminton players. It was hypothesized that there would be significant differences on selected physical variables due to the effect of fartlek training among college ball badminton players. For the present study the 30 male ball badminton players from Shanmuga Industries Arts and Science College, Tiruvannamalai, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent fartlek training and Group 'B' has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05. The fartlek training had positive impact on speed and anaerobic power among ball badminton players.

Keywords. Fartlek Training, Speed, Anaerobic power, Ball badminton players.

INTRODUCTION

Ball Badminton is basically a South Indian game. There is no exact record available, when and by whom this game was introduced. But there is evidence that before 1856 the rulers of Thanjavur played this game. Ball Badminton originated in Tanjore, in Tamil Nadu. It became popular, commanding the interest of the Maharaja of Tanjore. It is learned that the royal family of 'Travancore' (Kerala) played this game as a recreation sport. Some historians opined that the 'Ball Badminton' takes its name from the Ball Badminton game because originally Ball Badminton is an Indian game. In India, the game 'Ball Badminton' attained immense popularity in the 19th century particularly in the south, people who migrated from south India carried the game to different parts of the country. The game attained popularity in the river basins of Cauvery, Krishna and Godavari. Some people say that Ball Badminton is a skill oriented game not fitness oriented. But the modern Ball Badminton game needs high degree of accuracy, reaction, strength, flexibility and reflexes to perform powerful smashes, fast rallies, strokes and shut- at-net. By performing the skills perfectly to win the opponents and play without the risks of injury a player needs to have specific and sufficient Ball Badminton fitness (Kirubakar, 2009).

Fartlek means " speed play " in Swedish , is a form of conditioning which puts stress in the whole aerobic energy system due to the continuous nature of the exercise. The difference between this type of training and continuous training is that the intensity or speed of the exercise varies, meaning that aerobic system can be

put under stress most farther sessions last a minimum of 45 min and can vary from aerobic walking to anaerobic sprinting. The use of fatlike came about to provide a less speed training. Its origins and use ere developed in the structure prescribes a given distance ran in a give to have you run at a given time, 2 minutes for wherever you wish to make your effort. The test in between recovery before the next effort. The intensity, duration and terrain is determined terrains, even on a track surface (Singh, 1991).

METHODOLOGY

The purpose of the study was to find out the effect of fartlek training on selected physical variables among ball badminton players. It was hypothesized that there would be significant differences on selected physical variables due to the effect of fartlek training among college ball badminton players. For the present study the 30 male ball badminton players from Shanmuga Industries Arts and Science College, Tiruvannamalai, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent fartlek training and Group 'B' has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05.

**TABLE I
VARIABLES AND TEST**

S.No	Variables	Tests
1	Speed	50 Metres Run
2	Anaerobic power	Margaria Kalamen Anaerobic Power Test

RESULTS

The findings pertaining to analysis of dependent 't' test between experimental group and

control group on selected physical variables among ball badminton players for pre-post test respectively have been presented in table II to III.

**TABLE II
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF FARTLEK TRAINING GROUP**

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Speed	7.55	7.14	0.41	0.14	0.04	12.50*
2	Anaerobic power	1212.53	1444.26	231.73	100.47	26.17	9.45*

* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post test mean difference in the selected variable of speed (12.50) and anaerobic power (9.45). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically

significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were significantly improved in performance variables namely speed and anaerobic power thus the formulated hypothesis is accepted.

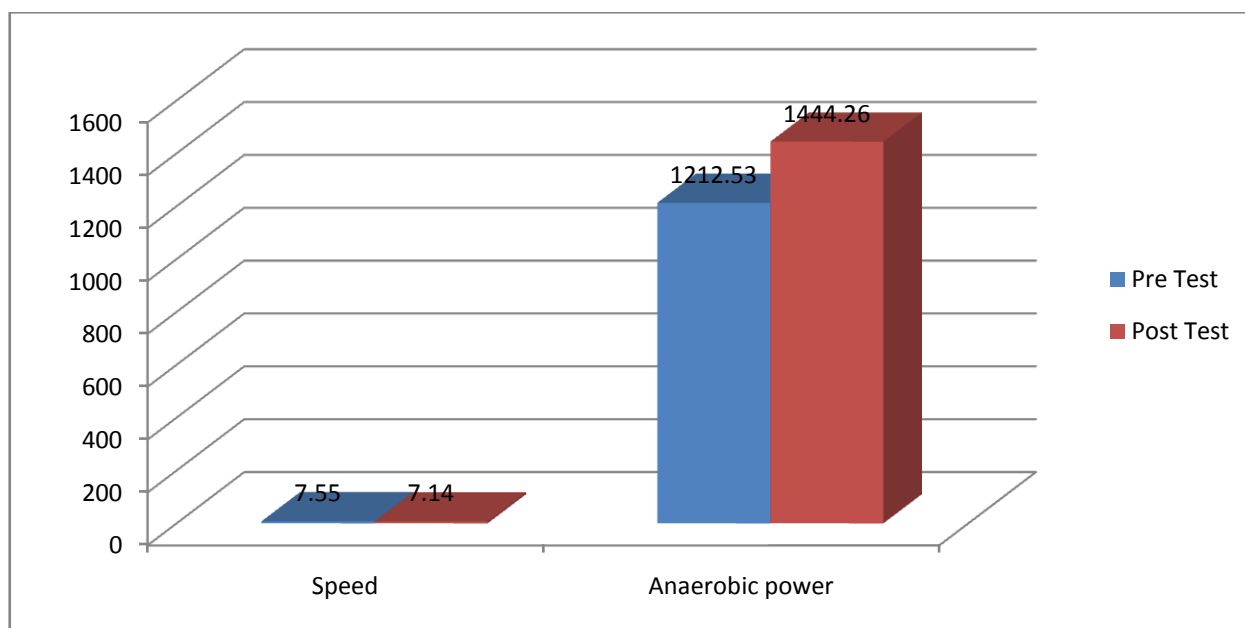
**FIGURE I
COMPARISONS OF PRE – TEST MEANS AND POST – TEST MEANS FOR EXPERIMENTAL GROUP IN RELATION TO PHYSICAL VARIABLES**

TABLE III
SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP

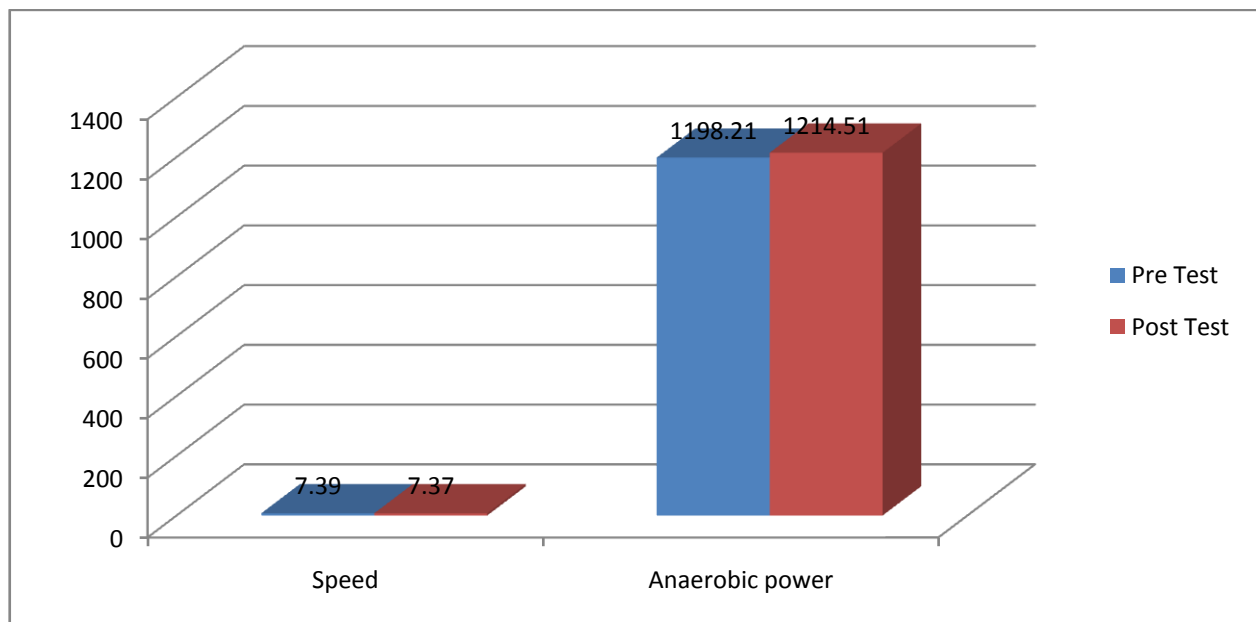
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Speed	7.39	7.37	0.02	0.12	0.03	0.44
2	Anaerobic power	1198.21	1214.51	16.30	111.29	31.02	0.81

* Significant at 0.05 level

Table III shows the obtained 't' ratios for pre and post test mean difference in the selected variable of speed (0.44) and anaerobic power (0.81). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically

significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were not significantly improved in performance variables speed and anaerobic power.

FIGURE II
COMPARISONS OF PRE – TEST MEANS AND POST – TEST MEANS FOR CONTROL GROUP IN RELATION TO PHYSICAL VARIABLES



DISCUSSIONS ON FINDINGS

In case of physical variables i.e. speed and anaerobic power the results between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular fartlek training which may also bring sudden spurt in physical variables in ball badminton players. The findings of the present study have strongly indicates that fartlek training of six weeks have significant effect on selected physical variables i.e., speed and anaerobic power of ball badminton players. Hence the hypothesis earlier set that fartlek training programme would have been significant effect on

selected physical variables in light of the same the hypothesis was accepted.

CONCLUSIONS

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The fartlek training had positive impact on speed and anaerobic power among ball badminton players.
2. The experimental group showed better improvement on speed and anaerobic power among ball badminton players than the control group.

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