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A Comparative Analysis on the Level of Selected Motor Fitness of Badminton and Tennis Players (Boys)

KEYWORDS: Speed, Strength, Leg Explosive Power, Badminton and Tennis Players

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ABSTRACT *The purpose of the study was to compare the selected Motor fitness variables of Badminton and Tennis players (age16-18 years). Fifteen (15) Badminton and Fifteen (15) Tennis players were randomly selected for the study. To measure selected Motor fitness of Badminton and Tennis players Speed, Strength and Leg Explosive Power were measured. For statistical analysis and Interpretation of data't' test was conducted. It was observed that there was significant difference in Speed, Strength and Leg Explosive Power. Result showed that Tennis players have higher level of Motor ability as compare to Badminton players.*

INTRODUCTION

The new millennium is the age of technological excellence, where the life has become more luxurious with mechanical dependence that results into material gain and economic prosperity, yet in the process we lost our moral and spiritual realms including fitness and health too development of science and technology discouraging the human beings from doing vigorous activities as a result of which various physical and mental diseases are flourishing at a great speed throughout the world. Physical fitness is that state of body in which a person can carry his daily duties and responsibilities efficiently and with the energy left he can enjoy hobbies and other recreational activities and can meet the unusual. In other words Physical fitness can be defined as the state of body in which a person can do work for a longer duration without undue fatigue. Physical fitness not only a state of younger's but is the reality for all ages. Physical fitness is the product of physical exercises and exercise is very much related to health and wellbeing. Motor Fitness refers to the ability of an athlete to perform successfully at their sports. Speed, Strength and Leg Explosive Strength are the basic components of Motor Fitness and are required for good performance in sports like Badminton and Tennis. Fitness can be described as a condition that helps us look, feel and do our best. It is "The ability to perform daily task with vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergencies demands. It is the ability to endure, to bear up, to withstand stress to carry on in circumstances where an unfit person could not continue and is a major basis for good health and well-being. The findings of the present study will give information regarding Motor ability of Badminton and Tennis players.

METHODOLOGY

Fifteen (15) Badminton players (boys-age16-18 years) were randomly selected from Bathan beria Srinibash Vidyamandir Higher Secondary School in Purba Medinipur, and Fifteen (15) Tennis players (boys-age16-18 years) were selected from Pitpur Tennis club, Purba Medinipur,West Bengal. Badminton and Tennis players (boys-age16-18 years) were those boys who regularly used to go for physical activities willingly and participated in matches and tournaments. To measure selected Motor fitness variables of Badminton and Tennis players Speed, Strength and Leg Explosive Power were measured. Speed of the subjects was measured by using 50 meter run. To measure strength Standing Broad Jump was used. To measure Leg Explosive Power Vertical Jump was employed. The best of three efforts was recorded. For statistical analysis and Interpretation of data't' test was conducted

RESULTS AND DISCUSSION

For statistical analysis and Interpretation of data't' test was conducted. The results are presented in tabular form as given here under.

Table – 1: Mean SD of Speed and Comparison of t-test Between Means of Badminton and Tennis players.

Group	Mean	SD	MD	t-value
Badminton Players	9.25	1.22	0.11	2.51*
Tennis players	9.14	1.26		

*Significant at 0.05 level

Fig. 1: Graphs Showing Speed of Badminton and Tennis players.

Table -1 show that there were significant differences in Speed of Badminton and Tennis players. The Mean of Speed of Badminton and Tennis players were 9.25 and 9.14 respectively. 't' test was applied and t-value (2.51) appeared significant at 0.05 level of confidence. Table–1 was illustrated through graphical representation (Fig. 1) for clear understanding of this study.

Table – 2: Mean SD of Strength and Comparison of t-test Between Means of Badminton and Tennis players.

Group	Mean	SD	MD	t-value
Badminton Players	10.80	7.67	2.47	5.29*
Tennis players	13.27	8.90		

*Significant at 0.05 level

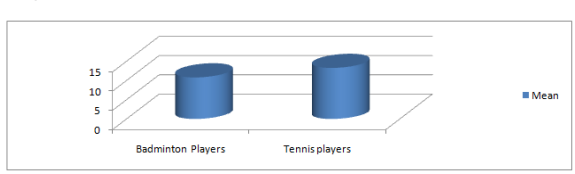

Fig. 2: Graphs Showing Strength of Badminton and Tennis players.

Table-2 gives information regarding Strength of Badminton and Tennis players. Table shows that there were significant

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differences in Strength of Badminton and Tennis players The Mean of Strength of Badminton and Tennis players were 10.80 and13.27 respectively. 't' test was applied and t-value (5.29) appeared significant at 0.05 level of confidence. Graphical representation (Fig. 2) also indicates similar trend of this study.

Table – 3: Mean SD of Leg Explosive Power and Comparison of t-test Between Means of Badminton and Tennis players.

Group	Mean	SD	MD	t-value
Badminton Players	1.50	0.33	0.06	4.76*
Tennis players	1.56	0.32		

*Significant at 0.05 level

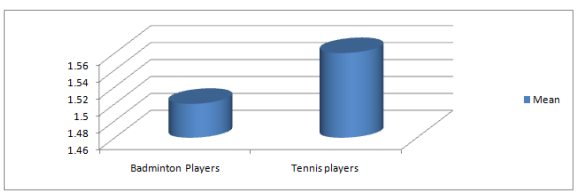

Fig. 3: Graphs Showing Leg Explosive Power of Badminton and Tennis players.

Table-3 gives information regarding Leg Explosive Power of Badminton and Tennis players. Table shows that there were significant differences in Leg Explosive Power of Badminton and Tennis players The Mean of Leg Explosive Power of Badminton and Tennis players were 1.50 and1.56 respectively. 't' test was applied and t-value (4.76) appeared significant. Graphical representation (Fig. 3) also indicates similar trend of this study.

CONCLUSION

Based on the result of the present study and within the limitation, the following conclusions may be drawn.

- The Tennis players have higher Speed ability than the Badminton players.
- The Tennis players have higher Strength ability as compare to Badminton players.
- The Tennis players have higher Leg Explosive Strength as compare to Badminton players.

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