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A COMPARATIVE STUDY ON THE PHYSICAL FITNESS OF BADMINTON AND TENNIS PLAYERS

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ABSTACT :

The study became to compare the physical fitness variables (speed, agility and flexibility) of 15/15 each Badminton and Lawn--tennis gamers of among the age institution of 18-28 years. The information turned into analyzed by descriptive statistics and t-test. From the, it found that there was no tremendous specific among Badminton and garden-tennis finding male gamers of different selected physical fitness variables. The data have been collected in special coaching camps. The age of the chosen subjects ranged from 18 to 28 years. (Status Board leap and 60 backyard sprint tests) have been used to measures the selected Physical fitness variables of the players. In order to research the records t-test changed into used to analyze the information and investigator located the widespread distinct among Badminton and lawn-tennis gamers of various selected physical fitness variables.

KEYWORDS : Comparative study, the physical Fitness, Badminton and Tennis Players.

INTRODUCTION:

Physical fitness of a participant depends on the nature of his sport and also external conditions. There are some of health factors that need to be developed. Which include speed, persistence, agility and strength to correct and predominant tenancy of body weight. Badminton and garden-tennis both are almost comparable games. A complete Badminton participant ought to own that agility of an acrobat, the electricity of a race horse, the killer intuition of a panther in addition to like a Lawn tennis participant. A number of the standards the match participants gain to satisfy the demands of the games are energy, energy, pace and many others. Fitness components courtroom and field video games like Badminton and Lawn-tennis assist in growing strength and velocity of the players at the same time as different games like boxing, gymnastic, wrestling and so forth. Physical fitness is that kingdom of frame wherein a person can deliver his each day duties and responsibilities effectively and with the electricity left he can experience pursuits and different leisure sports and might meet the unusual. In different phrases physical fitness may be defined because the kingdom of frame wherein a person can do paintings for a longer period without undue fatigue. Physical fitness not most effective a country of younger's but is the fact for all ages. physical health is the made from physical games and exercise could be very a good deal related to health and well-being. Motor fitness refers back to the capability of an athlete to perform efficaciously at their sports activities. Speed, power and Leg Explosive power are the primary additives of fitness and are required for desirable overall performance in sports activities like Badminton and Tennis. Fitness may be described as a condition that enables us appearance, experience and do our nice. It is "The ability to perform every day assignment with vigorously and alertly, with energy left over for taking part in leisure-time sports and assembly emergencies demands. it is the ability to endure, to bear up, to face up to

stress to hold on in circumstances in which an unfit person couldn't keep and is a chief basis for appropriate health and properly-being. The findings of the existing examine will give records regarding Motor ability of Badminton and Tennis players.

LITERATURE REVIEW

SUSANTA JANA ET AL (2013) the motive of the have a look at was to evaluate the selected Motor health variables of Badminton and Tennis gamers (age16-18 years). Fifteen (15) Badminton and Fifteen (15) Tennis gamers had been randomly decided on for the have a look at. To measure selected Motor health of Badminton and Tennis players pace, energy and Leg Explosive strength had been measured. For statistical analysis and Interpretation of information's' test become performed. It changed into found that there was large distinction in velocity, power and Leg Explosive strength. end result confirmed that Tennis players have better degree of Motor capacity as compare to Badminton gamers.

PURATH, J. (2009) this examine additionally assessed the feasibility of obtaining bodily fitness measures inside the number one care placing. Bodily lively older adults had considerably better top and lower frame energy, aerobic patience, and dynamic stability. Older adults who suggested higher popular fitness and had fewer chronic conditions scored higher on the bodily health exams.

MEENU AND PARUL (2012) the cause of the take a look at changed into to evaluate the bodily fitness variable of Badminton and garden-tennis school women. to satisfy the goal of the have a look at, 30 Badminton college women 30 and lawn-tennis faculty girls had been decided on from Haryana country. The records had been collected in special coaching camps. The age of the chosen subjects ranged from 14 to 18 years. Standing Board jump and 60 backyard dash tests have been used to measures the chosen physical fitness variables of the players. So as to analyze the statistics t-test was used to analyze the facts and investigator observed the sizable specific between badminton and lawn tennis faculty ladies of distinction selected bodily fitness variables.

ANURANJAN MINJ, ET AL. (2014) this observes was to evaluate the selected physical variables between squash and tennis gamers. A complete of eighty male topics (forty each in tennis and squash) age stages from 18 to 26 had been decided on purposively from one of a kind area of Madhya Pradesh who has participated in Inter-college tournaments. The statistics have been collected for special bodily variables i.e. again power, hand grip (right and left) and stability (dynamic and static). For the evaluation of statistics, impartial t-check and Levee's take a look at for equality of variances has been employed. The extent of importance was set at zero.05. The good sized difference becomes discovered between Squash and Tennis gamers on dynamic stability. While, insignificant variations have been located for different physical variables i.e. again strength, static stability and handgrip electricity (right and left) amongst tennis and squash player

STATEMENT OF THE PROBLEM

Physical pastime outcomes on bodily, physiological and motor competencies under a proper schooling plan with suitable depth, duration, frequency and mode in addition to should reap the goal of the training. There are a number of widespread bodily necessities of badminton and lawn tennis players like explosive energy, speed, endurance, coordination, energy, agility and versatility. Even as those must all be developed particularly, it is also useful if there is some trendy improvement of these components as nicely. So, the declaration of the trouble became decided to set up "A comparative examine among the Badminton and lawn tennis gamers of speed, persistence, agility and flexibility".

METHODOLOGY

The purpose of the study was to compare the physical variables (speed, agility and flexibility) among Badminton and lawn-tennis players. Through the purpose random sampling method, 15/15 every player of badminton and lawn tennis were selected for the take a look at of the age organization arranging from 18-28 years. Only physical fitness variables had been examined to acquire the statistics with the aid of the usage of physical fitness assessments i.e. (standing board leap) and (60 backyard dash run) take a look at. T-check was used to evaluate those variables of Badminton and lawn tennis players. The age of the selected issue ranged from 18 to 28 years.

RESULTS AND DISCUSSION

For statistical analysis and Interpretation of data 't' test changed into carried out. The results are provided in tabular shape as given right here underneath.

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	7.25	1.22	0.11	1.51*
Tennis players	7.14	1.26		

*Significant at 0.05 level

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 7.25 and 7.14 respectively. 't' test became applied and t-value (1.51) regarded huge at 0.05 level of confidence.

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

Group	Mean	SD	MD	t-value
Badminton Players	7.80	7.67	2.47	3.29*
Tennis players	10.27	8.90		

*Significant at 0.05 level

Table-2 gives information regarding agility of Badminton and Tennis players. Table shows that there had been huge variations in power of Badminton and Tennis players the imply of agility of Badminton and Tennis players were 7.80 and10.27 respectively. 't' test changed into implemented and t-value (3.29) appeared tremendous at 0.05 degree of self-assurance.

Table – 3: Mean SD of flexibility 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	2.76*
Tennis players	1.56	0.32		

*Significant at 0.05 level

Table-3 gives information regarding flexibility of Badminton and Tennis players. Table shows that there have been sizeable differences in flexibility of Badminton and Lawn Tennis players the mean of flexibleness of Badminton and Lawn Tennis players were 1.50 and 1.56 respectively. 't' check became applied and t-value (2.76) seemed giant.

CONCLUSION

It's far obvious from the study that Badminton gamers having extra power and pace than the lawn-tennis players. Badminton gamers accomplished better than the Lawn-Tennis woman gamers. The Lawn Tennis players have better speed capacity than the Badminton players. The Lawn Tennis gamers have better agility capability as com- pare to Badminton gamers. The Lawn Tennis players have higher flexibility as evaluate to Badminton gamers.

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