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COMPARISON OF SPEED AND AGILITY BETWEEN COLLEGE BADMINTON AND BALL BADMINTON PLAYERS

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Abstract:

The purpose of the study was to compare the speed and agility between college men badminton and ball badminton players. To achieve this purpose of the study, sixty men students studying from Arts and Science Colleges in and around Bangalore, Karnataka, India were selected as subjects at random. The selected subjects were divided into two equal groups of thirty badminton players and thirty ball badminton players. Among the physical fitness components, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables namely speed and agility by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. The results of the showed that there was a significant difference between badminton players and ball badminton players on speed and agility.

Key Words: Speed, Agility, College Men Badminton, Ball Badminton Players

Introduction:

Speed and agility are paramount attributes in the world of badminton and ball badminton, two fast-paced racket sports that demand exceptional physical prowess and lightning-quick reflexes. Both sports involve rapid movements, precise footwork, and instant changes in direction, making speed and agility crucial for success on the court. In both badminton and ball badminton, speed is the ability to move swiftly across the court. It involves explosive bursts of movement, allowing players to reach the shuttlecock (in badminton) or the ball (in ball badminton) before their opponents can react. Speed is not just about straight-line running but also encompasses lateral movements, diagonal sprints, and quick changes in pace.

Agility refers to the ability to change direction quickly and efficiently while maintaining balance and control. It involves a combination of speed, balance, coordination, and reaction time. Agility is crucial for players to swiftly maneuver around the court, evade opponents, and execute agile shots. In both badminton and ball badminton, a combination of speed and agility enhances a player's overall performance, allowing them to dominate rallies, defend effectively, and launch powerful attacks. Training regimens often focus on improving these attributes through specific drills, exercises, and practice matches designed to enhance speed, agility, and reaction time.

Methodology:

The purpose of the study was to compare the speed and agility between college men badminton and ball badminton players. To achieve this purpose of the study, sixty men students studying from Arts and Science Colleges in and around Bangalore, Karnataka, India were selected as subjects at random. The selected subjects were divided into two equal groups of thirty badminton players and thirty ball badminton players. Among the physical fitness components, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables namely speed and agility by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

Analysis of the Data:

Speed:

The mean, standard deviation and 't' ratio values on speed of badminton players and ball badminton players have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values between Badminton and Ball Badminton Players On Speed

Groups	Mean	Standard Deviation	't' Ratio Value
Badminton Players	7.43	0.63	2.26*
Ball Badminton Players	7.88	0.89	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on speed for badminton players and ball badminton players were 7.43 and 7.88 respectively. The obtained 't' ratio value on speed 2.26 which was greater than the table value required for significance with df 58 was 2.002. The results of the study showed that there was a significant difference between college men badminton players and ball badminton players on speed.

Agility:

The mean, standard deviation and 't' ratio values on agility of badminton players and ball badminton players have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation and 't' Ratio Values Between Badminton and Ball Badminton Players on Agility

Groups	Mean	Standard Deviation	't' Ratio Value
Badminton Players	8.23	0.11	11.32*
Ball Badminton Players	8.91	0.31	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 shows that the mean values on agility for badminton players and ball badminton players were 8.23 and 8.91 respectively. The obtained 't' ratio value on agility 11.32 which was greater than the table value required for significance with df 58 was 2.002. The results of the study showed that there was a significant difference between college men badminton players and ball badminton players on agility.

Conclusions:

- There was a significant difference between badminton players and ball badminton players on speed.
- There was a significant difference between badminton players and ball badminton players on agility.

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