EFFICACY OF AQUA TRAINING ON SELECTED SKILL PERFORMANCE VARIABLE AMONG BADMINTON PLAYERS

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ABSTRACT

The purpose of the study was to find out the efficacy of aqua training and plyometric training on selected skill variable among badminton players. To achieve this purpose, forty male badminton players were selected as subjects, their aged between 14 to 17 years; they are studying in the various schools of Lakshadweep. The selected subjects were divided into two equal groups of twenty subjects each, namely aqua training group and control group. The experimental group trained in aquatic for three alternative days in a week for sixteen weeks with four sets per exercise per session at 65 to 85% with a progressive increase in load with the number of weeks. Skill variable such as clear in Badminton were selected as criterion variables and they were tested by using Miller Wall Volley Test. Dependent 't' test was used to find out the significant difference if any between the groups. The results of the study showed that there was a significant improvement on selected skill such as clear in Badminton due to sixteen weeks of aqua training as compared to control group.

Keywords: Aqua, Training, Lakshadweep, Badminton, Clear.

INTRODUCTION

Isaly says that, "Aqua training is considered as one of the best training because it considerably decreases impact on your joints due to water's buoyant properties. Doing traditional strength and bodyweight moves can also significantly improve joint mobility in your shoulders, hips and spine". In fact, performing resistance training in the water can really be more effective than heaving heavy metal on land. "There's been a ton of new research on the advantages: increased core stability and balance; less muscle soreness; better joint mobility in the hips, spine, and shoulders; enhanced muscular strength and endurance; and increased lean body mass".

Badminton players constantly use a of lower-body, upper-body and core muscle to move in the court. The natural density of water— eight hundred times that of air—places a constant resistance against the lower and upper body. This increases an exercise's difficulty and energy expenditure during training to develop strength, speed, Flexibility and endurance.

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. Each side may only strike the shuttlecock once before it passes over the net. A rally ends once the shuttlecock has struck the floor, or if a fault has been called by the umpire at any time during the rally.

OBJECTIVES OF THE STUDY

Objective of the study was to measure the improvement of selected skill performance variable namely forehand clear in the Badminton players of Lakshadweep.

HYPOTHESIS

It is hypothesized that there will be significant Improvement due to Sixteen weeks "Aqua Training" on selected Skill performance variables of Lakshadweep Badminton players.

METHODOLOGY

The purpose of the study was to find out the efficacy of aqua training on selected Skill performance variables among badminton players. To achieve this purpose, forty male badminton players were selected as subjects, their aged between 14 to 17 years, they are studying in the various school of Lakshadweep. The selected subjects were divided into two equal groups of twenty subjects each, namely aqua training group and control group.

The experimental group went through the aqua training program for sixteen weeks. The training was given for three days in a week in alternate days from 7.am to 8.am. The control group did not participate in any specialized training during the period of study.

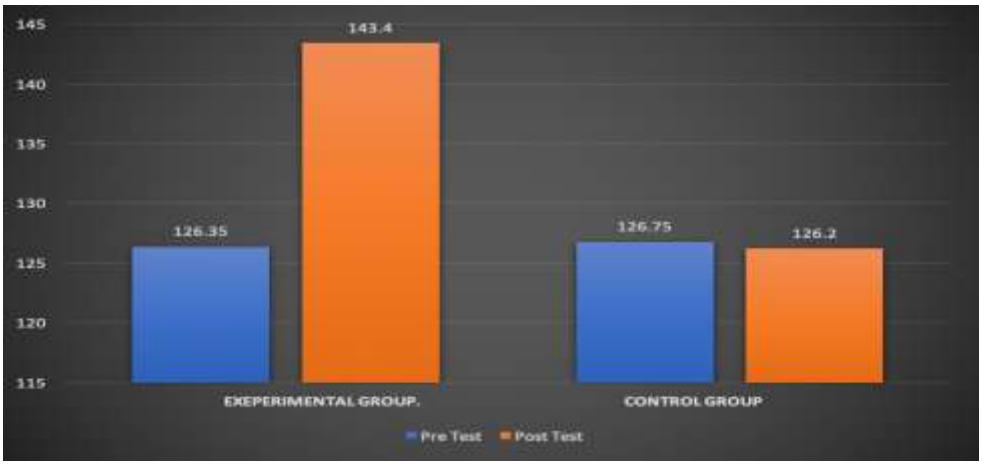
Statistical Procedure and Analysis of Data

Statistical analysis was carried out with descriptive statistics and dependent 't' test which were used to determine the significance in the measured variables between pre-training and post-training. The result was presented as means (SD) $p<0.05$ was accepted as significant.

Table I
t-ratio of experimental and control group on forehand clear

Control Factors	Pre test			Post test			Df	t-ratio
	N	Mean	SD	N	Mean	SD		
Exp	20	126.35	83.81	20	143.4	50.98	19	7.826
Control	20	126.75	88.72	20	126.2	70.69	19	0.585

Figure-I
Pre-and post-mean score on forehand clear



DISCUSSION

Sixteen weeks of aqua training program had improved selected skill performance variable of Lakshadweep badminton players namely Clear. They had also been through their regular coaching schedule and this probably could have been one of the reason for the improvement. The subjects had enthusiastically participated in the training program since they found the training to be interesting due to the freshness of the exercise, they did something that was different from the usual routine which ensured their whole-hearted participation leading to the improvement in their Clear.

CONCLUSION

Based on the results of the study, it was concluded that

- There was a significance difference among aqua training group and control group.
- The results of the study revealed that there was a significant improvement on selected skill performance variable of badminton players such as Clear due to sixteen weeks of aqua program.

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