



COMPARATIVE STUDY OF ARM STRENGTH OF RIGHT AND LEFT HAND BADMINTON PLAYERS

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ABSTRACT:

The purpose of the study was to find out the arm strength of right handed and left handed Badminton player. Researcher hypothesized that there will be significant difference in the strength of right handed and left handed Badminton players. The present study was delimited to the 30 male -college level players from the Degree College of Physical Education, Amravati. The age of the subjects was range from 18-25 years. The required data for the present study were collected from college level players of the Degree College of Physical Education, Amravati. Purposive sampling procedure was employed for the selection of subjects. Arm Strength was the variable selected which is very much important for Badminton players. Independent sample 't'-test was used to find out the significant difference between right handed and left handed of each group. To test the hypothesis, level of significance was set at 0.05. Findings of the study showed significant differences between right handed and left handed means of the Badminton players for the variable arm strength, showed significant differences between the right handed (7.20) and left handed (5.87) players for the variable arm strength.

KEYWORDS:

BADMINTON PLAYER, ARM STRENGTH.

INTRODUCTION

Badminton is one of the most popular sports in the world. It appeals to all age groups of various skill levels, and men and women play it indoors or outdoors for recreation as well as competition. The shuttle cock does not bounce and must be played in the air, task making a fast game requiring quick reflexes and some degree of fitness. The badminton participant may also lean and application the benefits of playing badminton socially, and psychologically. Badminton is a sport played above a net using played above a net using rackets and shuttles with stroking technique that vary from relatively slow to quick and deceptive movement. Indeed, shots during a rally may vary from extremes of 1 q mile per hour on a drop shot to over 200 miles per hour on a smash when played by experts Badminton today, with its increasing has become intensely competitive. The demand is for highly skilled players with the maximum physical conditioning. To achieve this, today's serious badminton puts himself through a Nitrous and varied training programmed, the training programmed therefore, should be designed to develop the essential components of fitness, strength, flexibility, cardio respiratory endurance, agility, balance, speed and co-ordination (eye-hand and eye-foot coordination). Research scholar believes that one arm hop will bring a positive effect on arm strength of Badminton players. The purpose of the study was to find out the Comparison of arm strength of right and left hand

Badminton players. Researcher hypothesized that there may significant difference in the strength of left handed and right handed badminton player. The present study was delimited to the 30 male college level players from the Degree College of Physical Education, Amravati. The age of the subjects was range from 18-25 years. There where no control on diet, rest , sleep and daily routine activities of subjects by the Research Scholar. The researcher shall have no control over the training or training program of research subjects. The researcher has gone through related literature available which are relevant studies to the present study. The relevant studies found in various sources.

METHODOLOGY

The required data for the present study were collected from the college level Badminton player of Degree `College of Physical Education, Amravati. Total of 30 male college level players were selected. Purposive sampling procedure was employed for the selection of subjects. Arm Strength was the variable selected which is very much important for Badminton players. The criterion measure of Arm Strength adopted in this study is measured by One Arm Hop test and was recorded in numbers. The subjects were divided into two equated groups on mean performance.

Independent sample 't'-test was used to find out the significant difference between right handed and left handed badminton players of each group.

RESULT

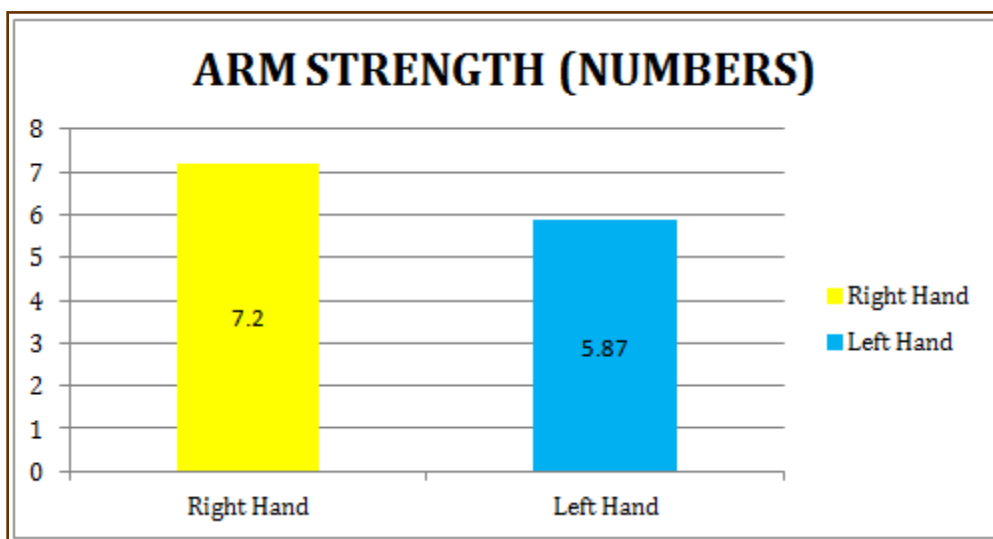
TO DETERMINE THE ARM STRENGTH ON RIGHT HANDED AND LEFT HANDED BADMINTON PLAYERS, 'T'-TEST WAS EMPLOYED WHERE THE RESULTS PERTAINING TO THE ABOVE VARIABLE HAVE BEEN PRESENTED SEPARATELY UNDER THE FOLLOWING TABLE.

ARM STRENGTH	PLAYERS	Mean	Standard Deviation	Mean Difference	Standard Error	t-Ratio
	RIGHTHAND	7.20	1.265	1.333	0.379	3.520*
	LEFTHAND	5.87	0.743			

Significant at 0.05 level

Tab $t_{0.05}(28) = 2.048$

FIGURE: DIFFERENCE OF MEANS RIGHT HANDED AND LEFT HANDED BADMINTON PLAYERS IN "ARM STRENGTH"



DISCUSSION OF THE FINDINGS

The findings of Table showed significant differences between the right handed and left handed means of the Badminton players for the variable arm strength.

CONCLUSION

At the beginning of the study, the above hypothesis was formulated and based on the statistical findings, a significant difference was observed between the means of right handed and left handed players in arm strength. Therefore it was concluded that right handed badminton players showed greatly level of arm strength than left handed badminton player.

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