



Agility among Badminton and Table Tennis Players

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Abstract

The purpose of this study was to find association of agility between badminton and table tennis players. In the study sample of 15 male Badminton and 15 Table Tennis players were engaged by the age group of 19-26 years. Both the badminton and table tennis players were subjected to T- Test to measure agility by shuttle run. The mean agility time in badminton players was 5.68 seconds and in table tennis players was 5.65 seconds and there was insignificance difference of agility between badminton and table tennis players.

Key words: Agility, Shuttle run, T-Test, Badminton players, Table tennis players.

Introduction

Physical fitness includes those qualities which will permit an individual to perform life activities involving speed, strength, agility, power and endurance and to engage in various kinds of physical activities required of modern-day living including sports and athletics, and to be able to maintain optimum amount of fitness for the individual involved.

Critical to good court activities and accurate locating on the court is agility that gives speedy whole-body movement with adjustment of swiftness or track in retort to an inducement. Agility needs physical associations through physical potentials such as strength, power and technique, as well as intellectual constituents such as optical perusing techniques, visual perusing speed and expectation that able to accelerate, decelerate and change directions speedily with decent body switch in imperative to execute well. Superior agility can too assistance advance performance.

Thus the purpose of this study was to discover link of agility amongst Badminton and Table Tennis players.

Methodology

Subjects: Aimed at this study total of 30 male players were purposively nominated as subjects aging 19 year to 26 year who were enthusiastically involved in their respective games at National level. Between these 15 belonged to Badminton and other 15 belonged to Table Tennis from Manipur.



Variables selected and criterion measures: Shuttle runs for agility (measured in seconds)

Statistical Technique: The data set was checked by descriptive statistics and Independent ‘t’ test to each variables for comparing them. The level of significance chosen was 0.05.

Result and analysis of data

Table 1 displayed the nature and features of Agility of badminton players and table tennis players (i.e. mean, standard deviation, standard error of mean and t-value).

The comprehensive data as Mean ± SD of badminton and table-tennis players were 5.68 ± 0.55 and 5.65 ± 0.54 respectively.

Table 1: Mean, Standard Deviation and t-value for means scores of agility of males’ badminton and table-tennis players’ of Manipur

Variable	Group	Mean ± SD	SEM	df	t-value
Agility	Badminton	5.68 ± 0.55	0.14	28	0.875
	Table-tennis	5.65 ± 0.54	0.13		

*0.05 level of confidence, where $t_{0.05(28)} = 2.048$

Mean value of shuttle run was more or less similar in badminton and table-tennis players. Statistically the difference of agility between badminton and table-tennis players was not significant.

Discussion and conclusion

It can be strained that the players belonging to Badminton game is good of Agility than the players belonging to Table Tennis game could be due to the diverse explicit movements complicated in the two different games.

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