THINK INDIA JOURNAL

ISSN:0971-1260
Vol-22- Issue-14-December-2019

Effect Of Specific Training On Selected Physical Variables Among School Level Tennis Players

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ABSTRACT

For the purpose of the study was to find out the effect of specific training on selected physical variable among school level tennis players. To achieve this purpose of the study, thirty district level school tennis players were selected as subject at random. The age of the subjects were ranged from 12 to 15 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as specific training group underwent specific training for three days per week for six weeks. Group-II acted as control in which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following variables namely speed and agility was selected as criterion variables. All the subjects of two groups were tested on selected criterion variables at prior to and immediately after the training programme. The 't' test was used to analysis the significant differences if any in between the groups respectively. The .50 level of confidence was fixed to test the level of significance which was considered as an appropriate. There was a significant different between experimental and control groups on speed and agility time after the training period. There was a significant decrease on speed and there was a significant improvement in agility.

KEYWORDS: Specific Training, Physical Variables, Tennis Players.

INTRODUCTION

Tennis is a game played with a racket and a ball by two or four competitors, on a rectangular court with a net strung between the midpoints of the longer sides of the court. Tennis may be played indoors. The game ranks as one of the most popular spectator and participation sports in the world, with fans and competitors in more than 100 countries. Originally called lawn tennis to distinguish it from the sports of court tennis from which it was derived, the game is now commonly known as tennis. Introduction tennis is played on a variety of the surface, more so perhaps than any other sports. The properties of each surface influence the style of play and affect the quality of performance. The following notes seek to outline and quantify the key properties that affect play with the aims. Establishing a minimum level of quality and encouraging high-quality workmanship.

METHODOLOGY

For the purpose of the study was to find out the effect of specific training on selected physical variable among school level tennis players. To achieve this purpose of the study, thirty district level school tennis players were selected as subject at random. The age of the subjects were ranged from 12 to 15 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as specific training group underwent specific training for three days per week for six weeks. Group-II acted as control in which they did not undergo any special

ISSN:0971-1260
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ANALYSIS OF THE DATA

The significance of the difference among the means of experimental group was found out by pre-test. The data were analyzed and dependent 't' test was used with 0.05 levels as confidence.

TABLE-I
ANALYSIS OF 'T'-RATIO FOR SPEED FOR EXPERIMENTAL AND CONTROL GROUP

Variables	Group name	mean		Md	Sd		"t" ratio
		Pre	post		Pre	post	
Speed	Experimental	10.09	9.73	.36	.93	.92	5.73*
	control	10.42	10.44	.02	.91	.94	.19

*Significance of .50 level of confidence (The table value required for 0.05 level of significant with df
of 14 is 2.14)

From the table-I shows that the mean values of pre-test and post-test of control group in speed were 10.42 and 10.44 respectively. The obtained 't' ratio was 0.19. Since the obtained 't' ratio was lesser than the required table value of 2.14 for the significant. The mean values of pre-test of experimental group in speed were 10.09 and 9.73 respectively. The obtained 't' ratio was 5.73*. Since the obtained 't' ratio was greater than the required table value of 2.14 for the significance at 0.05 level of with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control and experimental group in speed. It may be concluded from the result of the study that the experimental group improved in speed due to six weeks of specific training.

ISSN:0971-1260
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FIGURE I
THE MEAN VALUES OF PRE AND POST TESTS OF EXPERIMENTAL GROUP AND CONTROL GROUP ON SPEED

TABLE II
ANALYSIS OF 'T'-RATIO FOR AGILITY FOR EXPERIMENTAL AND CONTROL GROUP

Variables	Group name	mean		Md	Sd		"t" ratio
		Pre	post		Pre	post	
speed	Experimental	12.51	12.13	.37	1.10	1.06	6.29*
	control	12.99	13.07	.08	1.15	1.07	.98

*Significance of .05 level of confidence (The table value required for 0.05 level of significant with df of 14 is 2.14)

From the table II shows that the mean value of pre-test and post- test of control group in agility were 12.99 and 13.07 respectively. The obtained 't' ratio was 0.98. Since the obtained 't' ratio was lesser than the required table value of 2.14 for the significant at 0.05 level with 14 degree of freedom it was found to be statistically insignificant. The mean value of pre-test and post-test of experimental group in agility were 12.51 and 12.13 respectively. The obtained 't' ratio was 6.29*. Since the obtained 't' ratio was greater than the required table value of 2.14 for the significant at 0.05 level of with 14degree of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control and experimental group in agility. It may be concluded from the result of the study that the experimental group improved in agility due to six weeks of specific training.

ISSN:0971-1260
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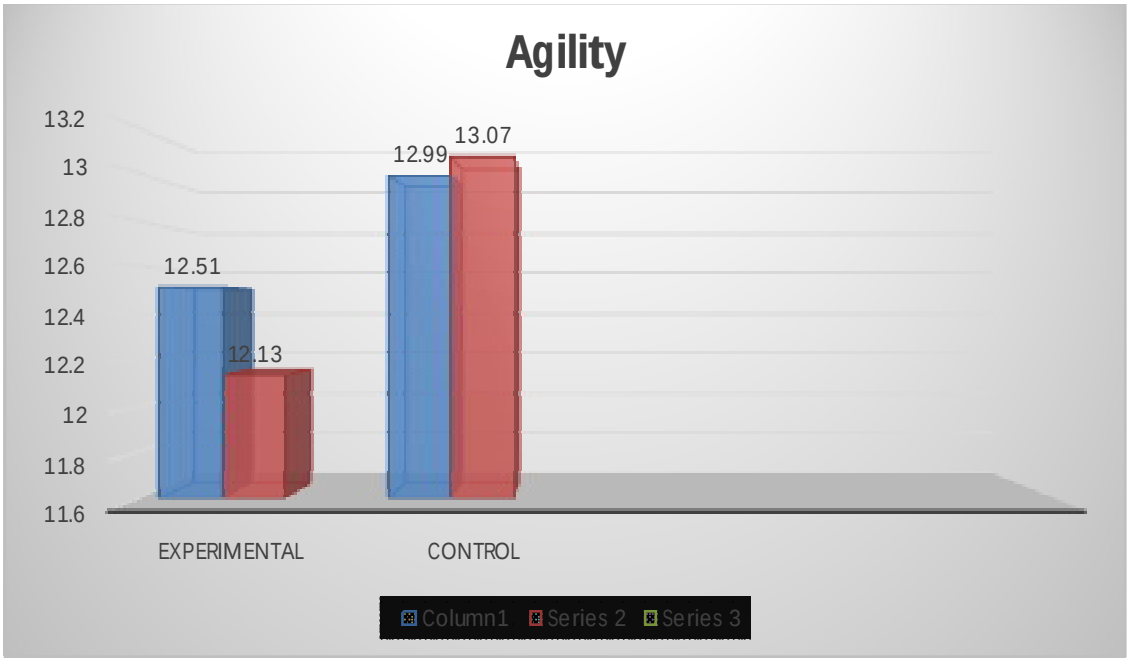
FIGURE II
THE MEAN VALUE OF PRE AND POST TESTS OF EXPERIMENTAL GROUP AND CONTROL GROUP ON AGILITY



DISCUSSION ON FINDINGS

The result of the study indicates that the experimental group namely specific training group had significant improved the selected dependent variables namely physical variables, when compared to the control group. It is also found that the improvement caused by specific training when compared to the control group.

CONCLUSION

There was a significant different between experimental and control groups on speed and agility time after the training period. There was a significant decrease on speed and there was a significant improvement in agility. However the improvement was in favor of experimental group due to six weeks of game specific training programmer.

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