

Comparison Status of Strength and Speed between Badminton and Lawn-Tennis School Girls

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Abstract: The purpose of the study was to compare the physical fitness variable of Badminton and Lawn-tennis school girls. To fulfill the objective of the study, 30 Badminton school girls and 30 lawn-tennis school girls were selected from Haryana State. Who were attending national camp. The data were collected in different coaching camps. The age of the selected subjects ranged from 14 to 18 years. Standing Board Jump and 60 yard dash tests were used to measure the selected physical fitness variables of the players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant difference between badminton and lawn-tennis school girls of different selected physical fitness variables.

Keywords: Badminton, Lawn-Tennis, Strength, Speed

1. Introduction

Physical fitness of a player depends on the nature of his game and also external conditions. There are a number of fitness elements that need to be developed. Such as speed, endurance, agility and strength to correct and maintain of body weight. Badminton and lawn-tennis both are almost similar games. A complete badminton player should possess that agility of an acrobat, the power of a race horse, the killer instinct of a panther as well as like a lawn-tennis player. Some of the standards the fit player attain to meet the demands of the games are strength, power, speed etc. fitness components. Court and field games like Badminton, lawn-tennis, Table-Tennis, Kabaddi Squash, Football, Volleyball help in developing strength and speed of the players while other games like boxing, gymnastic, wrestling etc. developing agility and power of its players better.

2. Methodology

The purpose of the study was to compare strength and speed variables between badminton and lawn-tennis school girls players. To achieve the desired objective of the study, the only those players were selected from Haryana state who were attending national camps. Only two physical fitness variables were tested to collect the data by using of two physical fitness tests i.e. standing board jump and 60 yard

dash run. T-test was used to compare these variables of Badminton and lawn-tennis school girls players. The age of the selected subject ranged from 14 to 18 years.

3. Purpose of the Study

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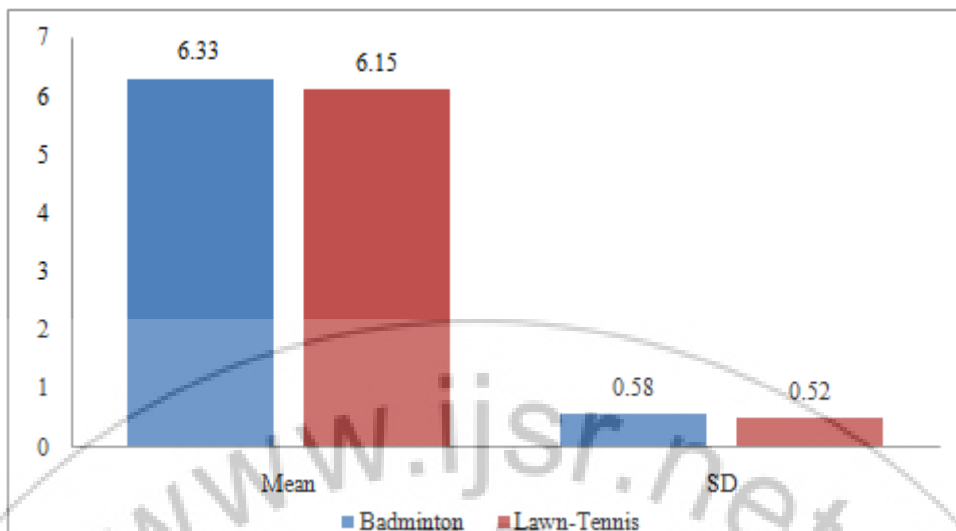
4. Result and Discussion

Table 1: Comparison of Strength between Badminton and lawn-tennis school girls

Game	N	Mean	SD	SED	t
Badminton	30	6.33	0.58	0.03	0.65
Lawn-Tennis	30	6.15	0.52		

Significant at 0.05 level

As shown in table-1 that the Mean score of **standing board jump** of Badminton and Lawn-Tennis Players were 6.33 and 6.15 respectively and SD of standing board jump of Badminton/Lawn-Tennis players were 0.58 and 0.52 and 't' value was 0.65 for significant 0.05 level. It means that Badminton girls have better than Lawn-Tennis school girls in Explosive strength of legs at national level.



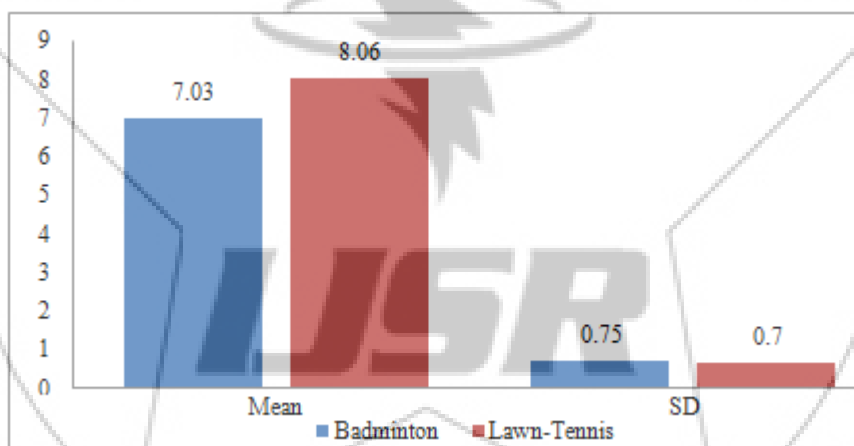
Graph 1

Table 2: Comparison of Speed between Badminton and Lawn-Tennis School girls

Game	N	Mean	SD	SED	t
Badminton	30	7.03	0.75	0.02	0.74
Lawn-Tennis	30	8.06	0.70		

Significant at 0.05 level

As shown in table-2 the mean score at 60 yard dash test of Badminton and lawn-tennis were 7.03 and 8.06 respectively and SD of 60 yard Dash of Badminton and Lawn-tennis player were 0.75 and 0.70 and 't' value was 0.74 significant at 0.05 level. It means that badminton school girls have much speed in 60 yard dash as compare to Lawn-Tennis school girls.



Graph 2

5. Conclusion

It is evident that badminton female players having more strength and speed than lawn-tennis female players.

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