



IMPACTS OF SKILL BASED SPECIFIC TRAINING WITH YOGIC PRACTICE ON PSYCHOLOGICAL VARIABLES AMONG BADMINTON PLAYERS

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ABSTRACT

The primary objective of this study was to investigate the factors influencing the psychological variables responses to skill based specific training with yogic practice among badminton players. To attain this objective, a cohort of thirty badminton players at the college level was selected from PSNA Engineering College in Dindigul, encompassing individuals aged between 19 to 21 years. This participant group was divided evenly into two distinct groups, each comprising fifteen players. It is noteworthy that no deliberate efforts were made to equalize the two groups.

The first group, designated as the Experimental Group (Group I), underwent an eight weeks training regimen that focused on skill based specific training with yogic practice (SBSTWYP). In contrast, the second group, identified as the Control Group (Group II), did not participate in any additional training beyond their routine activities, serving as a comparative baseline. The evaluation of anxiety was carried out through the Sports Competition Anxiety Questionnaire (SCAT), concentration was measured using the Harris, D. V. 1984. Questionnaire.

The data collected from the participants underwent statistical analysis, employing the 't' ratio, to discern any statistically significant improvements at a confidence level of 0.05. The outcomes unveiled substantial enhancements in both anxiety and concentration among participants who underwent skill based specific training with yogic practice. These improvements were observed despite potential limitations stemming from factors such as diet, climate, lifestyle, and prior training experiences. Encouragingly, the results of this study aligned with findings from investigations conducted by other experts in the domain of sports sciences. Collectively, the evidence suggested that skill-based specific training with yogic practice exerted a noteworthy positive impact on the anxiety and concentration of badminton players at the college level.

KEYWORDS: Skill Based Specific Training, Yogic Practice, Badminton, Anxiety and Concentration.

INTRODUCTION

In the dynamic realm of competitive sports, the pursuit of excellence extends beyond mere physical prowess, encompassing the intricate interplay between the body and mind. Badminton, a sport demanding agility, precision, and mental acuity, serves as an ideal canvas to explore the potential synergies between skill-based specific training and yogic practices. The amalgamation of these two distinct yet complementary approaches offers a promising avenue for enhancing the psychological variables that contribute significantly to an athlete's overall performance.

The modern athlete faces multifaceted challenges, both on and off the court, requiring a holistic approach to training that extends beyond the conventional boundaries of physical conditioning. Skill-based specific training, tailored to the demands of badminton, hones the technical aspects of the game, refining techniques, and fostering strategic thinking. Concurrently, the incorporation of yogic practices introduces a mindful dimension, addressing the intricate relationship between the body and the psyche.

METHODS

Experimental Approach to the Problem

To test the conjecture posited in this study, a sample of thirty badminton players at the collegiate level was recruited. Their ages spanned from 19 to 21 years. This cohort was subdivided into two equivalent groups, each comprising 15 participants. It's essential to note that no endeavors were undertaken to equalize these groups. The first group, denoted as Experimental Group I (n = 15), participated in an 8 weeks skill based specific training with yogic practice regimen. Conversely, Group II (n = 15) served as the control group (CG), with members of this group not engaging in any training program beyond their routine commitments.



Design

The evaluated parameters were anxiety was measured using the Sports Competition Anxiety Questionnaire (SCAT), concentration was measured using the Harris, D.V. 1984. Questionnaire. The parameters were measured at baseline after 8 weeks of SBSTWYP and the effects of the training were examined.

Training Protocol

In each training session the training was imparted for a period 60 minutes. The skill based specific training with yogic practice, which included warming up and relaxation procedure after training programme for three days per week for a period of 8 weeks.

Statistical Analysis

The collected data were analyzed with application of ‘t’ test to find out the individual effect from base line to post-test if any. 0.05 level of confidence was fixed to test the level of significance.

RESULTS

Table-I

Relationship of Mean, SD and ‘t’-Values of the Anxiety between Pre & Post Test of the Skill Based Specific Training with yogic practice (SBSTWYP) and Control Group (CG) of Badminton Players

Anxiety	Groups	Test	Mean	S.D	‘t’ Values
	CG	Pre Test	20.20	1.32	0.56
		Post Test	20.25	1.37	
	SBSTWYP	Pre Test	20.35	1.42	15.98*
		Post Test	21.45	1.35	

*Significant at 0.05 level of confidence

Table I illustrates the mean values obtained from the control group's pre-test and post-test measurements of anxiety, which stood at 20.20 and 20.25, respectively. The corresponding calculated t ratio was 0.56. Comparatively, the critical tabulated t value at a confidence level of 0.05 and with 14 degrees of freedom was 2.14. Upon comparison, it was determined that the calculated t ratio fell below the tabulated value. This indicated an insignificant alteration in the anxiety of the badminton players within the control group. In contrast, the mean and standard deviation values derived from the pre-test and post-test scores of the skill-based specific training with yogic practice group were 20.35 and 21.45, respectively. The resultant t ratio for this group was computed as 15.98. When referenced against the required tabulated value of 2.14 at a confidence level of 0.05, with 14 degrees of freedom, the calculated t ratio surpassed the tabulated value. This outcome signalled a substantial and noteworthy transformation in the anxiety of the badminton players who underwent skill-based specific training with yogic practice.

Table-II

Relationship of Mean, SD and ‘t’-Values of the Concentration between Pre & Post Test of the Skill Based Specific Training with yogic practice (SBSTWYP) and Control Group (CG) of Badminton Players

Concentration	Groups	Test	Mean	S.D	‘t’ Values
	CG	Pre Test	51.75	4.33	1.00
		Post Test	51.85	4.24	
	SBSTWYP	Pre Test	52.80	4.11	8.75*
		Post Test	56.25	3.97	

*Significant at 0.05 level of confidence

Table II depicts the mean values derived from the control group's pre-test and post-test assessments of concentration, registering at 51.75 and 51.85, respectively. The corresponding calculated t ratio was 1.00. In contrast, the critical tabulated t value for a confidence level of 0.05 and with 14 degrees of freedom was 2.14. Upon comparison, it was evident that the calculated t ratio was lower than the tabulated value. This finding pointed to an insignificant alteration in the concentration of the badminton players within the control group. Conversely, the mean and standard deviation values obtained from the pre-test and post-test scores of the skill-based specific training with yogic practice group were 52.80 and 56.25, respectively. The resultant t ratio for this group computed to 8.75. In comparison to the required tabulated value of 2.14 at a confidence level of 0.05, with 14 degrees of freedom, the calculated t ratio exceeded the tabulated value. This outcome indicated a noteworthy and meaningful transformation in the concentration of the badminton players who participated in skill-based specific training with yogic practice.

DISCUSSION ON FINDINGS

Skill based specific training with yogic practice has emerged as an exceptional approach that demonstrates substantial benefits for badminton players. In order to scrutinize its effects on the anxiety and concentration of college-level badminton players, this study



examined the disparities between a skill-based specific training with yogic practice group and a control group. The skill-based specific training with yogic practice focused on enhancing both anxiety and concentration.

The obtained outcomes unmistakably established the efficacy of skill-based specific training with yogic practice, showcasing a significant improvement within the group subjected to it. This study's findings resoundingly affirm that skill-based specific training with yogic practice yields a substantial enhancement in both anxiety and concentration among badminton players.

Remarkably, these outcomes align harmoniously with prior research conducted by **Abdul Halik et al. (2021)**, **S. Senthil Kumaran (2018)**, and **Mehmet Fatih Yuksel and Latif Aydos (2017)**. Parallel to these studies, our investigation accentuated the undeniable positive impact of skill-based specific training with yogic practice on the anxiety and concentration of badminton players. Conversely, the control group did not exhibit noteworthy enhancements in anxiety and concentration among college-level badminton players, as discerned from this study's results.

CONCLUSION

Drawing from the findings and taking into account the study's inherent constraints, it becomes evident that the incorporation of skill-based specific training with yogic practice has a discernible positive impact on enhancing the anxiety and concentration of college-level badminton players. Moreover, a progressive advancement was observed within the chosen parameters of the skill-based specific training with yogic practice group, manifested after an eight-week duration of the specialized training program. This substantiates the notion that the said training regimen is efficacious in ameliorating both anxiety and concentration.

1. It is deduced that individualized implementation of skill-based specific training with yogic practice evinced statistically significant and positive effects throughout the intervention period, fostering the enhancement of anxiety and concentration in college-level badminton players.
2. It is inferred that the individualized influences exerted by the control group, though displaying a positive trend, were statistically insignificant over the given timeframe. This pertains to the anxiety and concentration of badminton players at the college level.
3. Upon comparison, the comparative outcomes lead to the conclusion that the skill-based specific training with yogic practice group exhibited considerably more pronounced advancements in both anxiety and concentration when juxtaposed with the performance of the control group. This disparity underscores the superior impact of the specialized training on the anxiety and concentration of college-level badminton players.

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