

A Comparative Study of Physical Fitness of Badminton and Non-Badminton Players

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Abstract

The objective of this study was to compare physical fitness of Badminton and Non-Badminton players of Varanasi district. A sample of 10 Badminton and 10 Non-Badminton players were selected. The study was delimited to the following variables of physical fitness i.e., strength, flexibility, power, speed and agility. The data for the study was collected through a National Physical Efficiency Test (Battery 1, up to 17 years) was administered to the subject in Banaras flendee university. It was found in the study that there was difference in fitness between Badminton and Non-Badminton players (age group 10 to 16 years) and it was revealed that Badminton players were physically more fit than the non-Badminton players.

INTRODUCTION-

Physical fitness plays an important role in fulfilling the objective of physical education. Physical fitness is used as one of the modes through which the aim of physical education is achieved. Physical fitness is the key to the success in modern sports and games. Man's existence and effectiveness depend upon his physical fitness. Physical affects to some degree all of his life's activities, not only his physical well being but his mental effectiveness & personal and social adjustment as well.

A man's life is full of physical and mental stress which can be relieved only if he is physically fit. Physical fitness is a matter of concern for optimum development of an individual. It bring up the optimum health and also helps the society to create a healthy environment to grow to the maximum. A healthy and fit society also fulfills the W.H.O. objectives: 'Live most and serve best.' Through physical fitness the performance in games and sports are also improved.

Objective of the Study- The main objective was to determine the physical fitness of selected players i.e., Badminton and Non-Badminton players.

Collection of Data and Method- To conduct the study 10 Badminton and 10 Non-Badminton (20) were selected from Varanasi district of U.P. state. Only male subject were taken for the study age group between 10-16 years. The study was delimited for the following variables of physical fitness i.e., strength, flexibility, power and strength only.

Procedure- The following equipment used for the collection of data during the test period i.e.,

- I. Stop watch- To record the time of samples (for 100 meter run).
- II. Measuring tape:- To measure the distance (for long jump and short jump)
- III. Shot- To measure the strength
- IV. Flight Jump bar and Mat:- To measure the height cleared by the subjects.

Data Collection- All the test item of National Physical Efficiency Test (Battery 1 to 17 years) was administered to the subject in BHU.

Table No. I: Table showing the speed difference between Badminton and Non-Badminton players

Sr. No.	Badminton Players Event - 100 meter	Sr. No.	Non-Badminton Players Event - 100 meter
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Timing in second		Timing in second	
1.	12.00*	1.	14.07*
2.	12.10*	2.	14.46*
3.	13.10*	3.	13.49*
4.	13.00*	4.	14.49*
5.	13.16*	5.	12.27*
6.	13.17*	6.	13.08*
7.	13.42*	7.	15.00*
8.	14.40*	8.	13.40*
9.	12.12*	9.	13.20*
10.	13.12*	10.	13.15*

The above table No. I shows the timings of 100 mt. Spirit of Badminton players. The best record was 12.10 seconds, whereas 12.27 second was the best record among the non-Badminton players. Table also shows that the speed performance of Badminton player was letter as compale to Non-Badminton players.

Table No. II: Table showing the strength difference between Badminton and Non-Badminton players

Sr. No.	Badminton Players	Sr. No.	Non-Badminton Players
	Event - Long Jump		Event- Long Jump
	Measurement in Meter's		Measurement in Meter's
1.	7.8*	1.	8.6*
2.	5.9*	2.	7.4*
3.	6.1*	3.	7.0*
4.	6.7*	4.	6.1*
5.	7.5*	5.	7.2*
6.	6.8*	6.	8.0*
7.	6.4*	7.	8.2*
8.	6.1*	8.	7.5*
9.	6.7*	9.	7.8*
10.	7.0*	10.	6.5*

The above table No. II shows the strength differences among the Badminton players. The best performance was 7.8* meter, whereas 8.6* meter was the best performance among Non-Badminton players. Table also shows that strength performance of Non-Badminton players was better as compare to Badminton players.

Table No. III: Table showing the flexibility differences between Badminton and Non-Badminton players

Sr. No.	Badminton Players	Sr. No.	Non-Badminton Players
	Event - Long Jump		Event- Long Jump
	Measurement in feet and inches		Measurement in feet and inches
1.	4.75*	1.	4.30*
2.	4.00*	2.	3.50*
3.	3.10*	3.	3.90*
4.	3.95*	4.	4.27*
5.	4.30*	5.	3.80*
6.	4.40*	6.	4.20*

7.	4.75*	7.	3.30*
8.	4.50*	8.	4.19*
9.	4.40*	9.	4.25*
10.	4.19*	10.	4.00*

The above Table No. III shows the flexibility differences among the Badminton players. The best performance was 4.75* feet whereas 4.30* feet was the best performance among the non-Badminton players. Table III also shows the performance in flexibility the Badminton players were better as compare to non-Badminton players.

Table No. IV: Table showing the power differences between Badminton and Non-Badminton players

Sr. No.	Badminton Players	Sr. No.	Non-Badminton Players
	Event - Shot put		Event- Short Put
	Measurement in Mtrs.		Measurement in Mts.
1.	8.2*	1.	7.9*
2.	9.8*	2.	7.5*
3.	9.2*	3.	8.9*
4.	8.6*	4.	3.8*
5.	9.7*	5.	7.10*
6.	8.2*	6.	6.20*
7.	9.3*	7.	8.00*
8.	8.5*	8.	7.9*
9.	8.2*	9.	7.5*
10.	8.1*	10.	7.00*

The above Table No. IV shows the power differences among the Badminton players. The best performance for Badminton players was 9.8* meters, whereas the best performance among the Non-Badminton players was 8.9* meters. Table shows that the badminton players was better in power ability than the non-Badminton players.

Finding of the Study-

The study shows the differences between Badminton and non-Badminton players ages 10-16 years. The Badminton players were more physically fit than Non-Badminton players as a whole.

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