

# Relationship Between Co-Ordinative Abilities and Skills Performance of Badminton Players

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## ABSTRACT:

The purpose of the study was to assess the Relationship between Co-ordinative Abilities and Skills Performance of Badminton Players, of Punjab. There were 30 male and female players selected randomly, the age of the subject was ranging from 18 to 22 years. These subjects were belonging to different Colleges of Punjabi University Patiala. In order to analyse the relationship between coordinative abilities and Skills performance of badminton players, Pearson Product Moment Correlation was employed. The level of significance was set at 0.05 level to test the hypotheses. The results of the study found that there is no significant relationship has been seen between differentiation ability and skill performance level, rhythm ability and skill performance level of badminton players. Hence it may therefore be said that these abilities viz. differentiation ability, rhythm ability may have less importance on skill performance level of badminton players.

**KEY WORD:** Co-ordinative abilities, Skills performance, Badminton players etc.

## INTRODUCTION:

The twenty first century is most rapidly changing century of all time. Rapidity of changes created unusual demands on individuals and system of education. Today education must not only include the body and knowledge, but also develop inquiring mind that will enable them to competing and accept what is to come tomorrow. In sports today best performance can only be achieved through meticulously planned, executed and controlled training system loosed on the scientific knowledge, theoretical and methodical fundamental of sport training. Coordinative abilities enable the sports man to do a group of movements with better quality and effect. The speed of learning skill and its stability is directly dependent on the level of various coordinative abilities are needed for maximal utilization of condition abilities technical and tactical skills. Insufficient training of coordinative abilities limits the performance ability especially at higher level. On the contrary, better developed coordinative ability provides an essential base for faster and effective learning, stabilization and variation in technique and their successful execution in game situation.

In sports even coordinative abilities are of equally important. In different sports the relative importance of these abilities is however different. Physical education teachers and coaches should be well versed with the

importance of coordinative abilities in putting up good performance in various physical education activities and sports. Differentiation ability enable the sportsmen to perceive micro difference regarding the temporal, dynamic spatial aspect of movement education and the differentiation can be in regards to an implement or movement like serve, movement permits the sportsman to determine the position and movement of his own body and a moving object component partner with regard to space coupling or combination movement allows the sportsman to coordinative partial movement of his body with regards to space, time and dynamics.

The game of Badminton is believed to be a variation of the ancient game of battledore. A similar game called “Poona” was played by British army officer’s station in India and it was in Poona (PUNE) that the first rules were jammed in 1870s. The basic strokes in Badminton which really to be practiced in isolation are such as serve, clear, smash, lab, net return/play, drop and after that only concerned players are introduced to the game situation. Because of being an individual game it requires all the components generally required by another sport or seam. Further one basic requirement is foot work which takes place primarily by the adjustment of the special, dynamic the temporal parameters.

#### **METHODOLOGY AND PROCEDURE:**

In order to solve the purpose of sample was collected from different Colleges of Punjabi University, Patiala. There were 30 male and female players selected randomly, the age of the subject was ranging from 18 to 22 years.

#### **SELECTION OF SUBJECTS:**

For the purpose of the study 30 Badminton players of different Colleges of Punjabi University, Patiala were selected as subjects. The subjects were thoroughly acquainted with the testing procedure as well as the purpose and significance of the study. A thorough orientation of requirement during the testing procedure and skills performance test was made for successful completion of study. The selected sample consist of 30 players were requested by the scholar to cooperate and to participate with utmost sincerity. Everything regarding the test was made clear finally requested to participate whole heartedly in the present study.

#### **SELECTION OF VARIABLES:**

As the requirement of this study the selected variables as follows.

- Orientation ability
- Coordination ability
- Differentiation ability
- Reaction ability
- Rhythm ability

## SELECTION OF THE TEST:

The tests applied areas as follows:-

### Skill Tests:

1. Lockhert Mc. Pherson badminton skill test.

### Coordinative ability Tests:

1. Numbered medicine ball run test.
2. Backward medicine ball throw test.
3. Ball reaction exercise test.
4. Sprinting and given rhythm.

## STATISTICAL DESIGN:

In order to analyse the Relationship between Coordinative Abilities and Skills Performance of Badminton Players, Pearson Product Moment Correlation was employed. The level of significance was set at 0.05 level to test the hypotheses.

## ANALYSIS OF DATA:

No significant relationship has been seen between differentiation ability and skill performance level, rhythm ability and skill performance level of badminton players. Hence it may therefore be said that these abilities viz. differentiation ability, rhythm ability may have less importance on skill performance level of badminton players.

**Table No. 1**

**Descriptive Statistics of Coordinative Abilities and Lockhert MC Pherson  
Badminton Skill Test**

Variables	N	Mean	Std. Deviation
Orientation ability	30	5.98	0.32
Differentiation ability	30	11.08	1.24
Reaction ability	30	1.32	0.02
Rhythm ability	30	20.00	121.62
Lockhert MC Pherson Badminton Skill	30	105.12	10.88

Table No. 2

**Correlation Coefficient of Coordinative Abilities and Lockhart MC Pherson  
Badminton Skill Test**

	Lockhart MC Pherson Badminton Skills	Sig.
Orientation ability	.348	0.089
Differentiation ability	.236	0.267
Reaction ability	-.451*	0.012
Rhythm ability	.126	0.357

\*Correlation is significant at the 0.05 level

From table 2, it is clear that there is significant and negative relationship between reaction ability and badminton skill level with 'r' value -.451 of male badminton players, as it can be seen that reaction ability is negatively and significantly correlated with badminton skill, indicating that those with least score on reaction time tends to have high skill level. Whereas, no significant relationship have seen between other remaining abilities (Orientation, Differentiation and Rhythm) and badminton skills.

### DISCUSSION OF FINDINGS:

From the above analysis and findings it can be discussed that the scores of orientation ability and reaction ability fond have significant relationship with the scores of all the three test used for measuring skill level of badminton players of Punjab. Since, the relationships negative, it can be said that as the scores in these two variables decreases the score of skill performance of the three test increases. It may therefore be said that orientation ability and reaction ability is important coordinative abilities as far as skill performance of badminton players if concerned.

### CONCLUSION:

It is concluded that no significant relationship has been seen between differentiation ability and skill performance level, rhythm ability and skill performance level of badminton players. Hence it may therefore be said that these abilities viz. differentiation ability, rhythm ability may have less importance on skill performance level of badminton players.

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