

IMPACT OF DIFFERENT TRADITIONAL GAMES TRAINING PACKAGES ON LEGPOWER OF JUMPERS

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ABSTRACT

The purpose of the study was designed to find out the impact of different traditional games training packages on leg power of jumpers. To achieve the purpose of the study thirty girl jumpers were selected from Government Higher Secondary School, Othakkalmandapam. Coimbatore District, TamilNadu, India acted as Traditional Training Group and Government Higher Secondary School, Madukkarai, Coimbatore District, TamilNadu, India acted as Control Group and their age ranged between 14 and 17 years . They were divided into two equal groups consist of 15 each. The group I (n=15) was considered as experimental group. The group II (n=15) was considered as control group. The investigator did not made any attempt to equate the group. The experimental group underwent different traditional games training for 5 days a week for one hour for 12 weeks and control group did not involve in any specific training. Leg Power was assessed by Sargent Vertical Jump. The collected data on physical fitness parameters was analysed by using 't' test at 0.05 level of confidence. The result of the present study explored that the leg power significantly improved due to the impact of different traditional games training packages of jumpers.

Key Words: Different Traditional game training, Leg Power, Girls.

INTRODUCTION

Traditional game was played informally with minimal equipment, which children learned by example from other children and that can be played without reference to written rules. Traditional games played within an area of people for many years. As a form of play, traditional games include participants, some sort of challenge or goal or rules although they are not organised as sports. The process of game selection was by collecting the games that children's grandparents used to play (Sierra 1995).

The games and sports are indispensable to folks and has been a part of their culture. The performance of an athlete is influenced by various factors but the motor fitness is placed as primary factor (Lidior and Zjv , 2010). Motor fitness is a term that completely describes an athlete's ability to implement the performance efficiently. Sports researchers considered

motor fitness to work as a milestone for the performance in any discipline. One of the most important factors regarding the performance is the explosive power of sports individuals. In a fruitful motor performance, power is a single effort put in an effective order to achieve performance (Hall 1969).

The action of jumping is central to several sports and activities. Some events are based almost exclusively on the ability to jump such as athletic jumping events. In High jump event, athletes perform jump over horizontal bar. In Long jump, athletes aim to leap horizontally as far as possible. In Triple jump, the aim of athletes is to leap horizontally in a series of three jumps. In Pole vault, athletes use a long flexible pole as an aid to jump over a bar.

METHODOLOGY

In order to achieve the purpose of the study thirty girl jumpers and they were divided into two equal groups consist of 15 each. They were selected from Government Higher Secondary School, Othakkalmandapam. Coimbatore District, TamilNadu, India acted as Traditional Training Group and Government Higher Secondary School, Madukkarai, Coimbatore District acted as Control group and their ages ranged between 14 and 17 years. The group I (n=15) was considered as experimental group. The group II (n=15) was considered as control group. The experimental group underwent different traditional games training for 5 days a week for one hour for 12 weeks and control group did not involve in any specific training.

DESIGN

The evaluated physical fitness parameter Leg Power was assessed by Sargent Vertical Jump and the unit of measurement was in centimetres. The parameters were measured at baseline and after 12 weeks of different traditional games training were examined.

TRAINING PROGRAM

Different Traditional Training Games are Hopscotch, Leapfrog, Jump Rope Game, Simple Tag, Hop Tag, Sack Race, and Jump Rope Race. The training program was lasted for one hour per session in a day, 5 days in a week for a period of twelve weeks duration. These 60 minutes included 10 minutes warm up and 5 minutes warm down remaining 45 minutes allotted for different traditional games training programme. Every two weeks of training 5% of intensity was increased from 65% to 75% of work load. The training load was increased from the maximum working capacity of the subjects during the pilot study.

The collected data on above mentioned parameter due to impact of different traditional games training was analysed by using 't' test to find out the significant improvement between pre and post. In all cases the criterion for statistical significance was set at if 0.05 level of confidence ($P < 0.05$).

TABLE – I

COMPUTATION OF ‘t’-RATIO BETWEEN PRE AND POST TEST MEANS ON LEG POWER OF EXPERIMENTAL AND CONTROL GROUP

GROUP	TESTS	MEANS	SD	SEM	t ratio
EXPERIMENTAL GROUP	Pre Test	38.13	3.23	0.26	4.84*
	Post Test	39.40	3.26		
CONTROL GROUP	Pre Test	38.15	3.08	0.01	1.83
	Post Test	38.17	3.09		

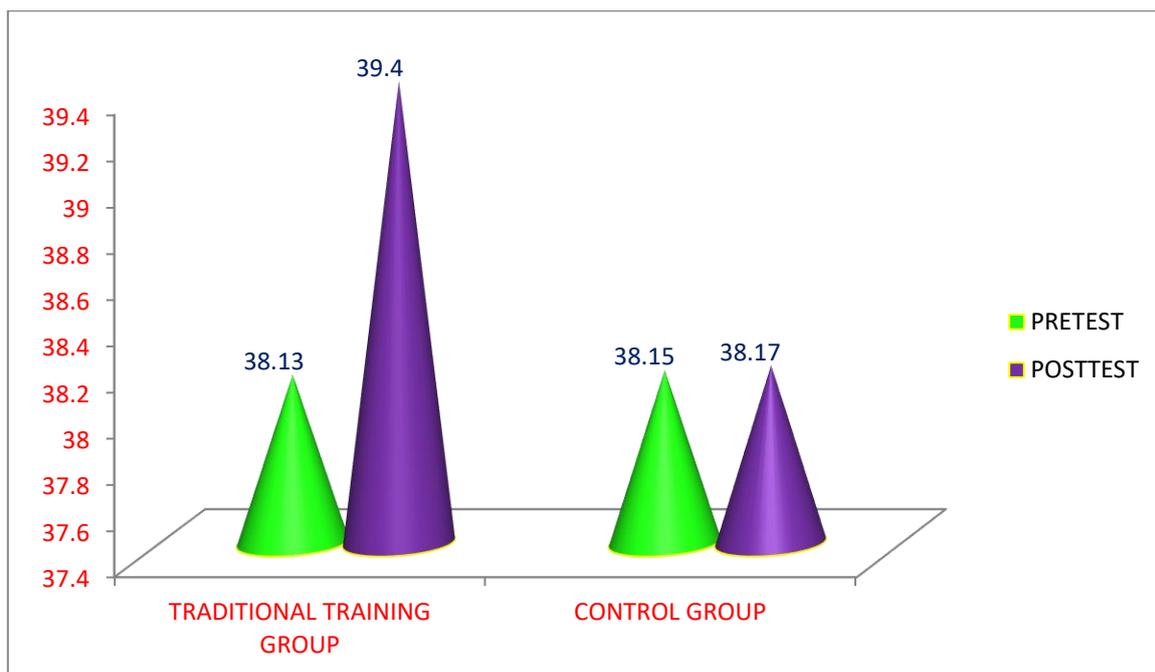
*Significant at 0.05 level for the degrees of freedom 1 and 14, 2.14

Table I reveals the computation of ‘t’ ratio between mean of pre and post-test on leg power of jumpers. The mean values of pre and post-test of experimental group, control group and were 38.13, 39.40, 38.15 and 38.17 centimetres respectively. The obtained ‘t’ ratio of experimental group and control group were 4.84* and 1.83. Hence the required table value 2.145, for the degree of freedom 1 and 14 at 0.05 level of significance. The results clearly indicated that the leg power of the experimental group improved due to the impact of different traditional games training when compared to control group.

The bar diagram shows the mean values of pre-test and post-test on leg power of experimental group and control group.

Figure – 1

Bar Diagram showing that the Pre-test and Post -test Means of Experimental Group and Control Group on Leg Power



DISCUSSION ON FINDINGS

The results of the study indicated that the physical fitness parameter such as leg power significantly improved after twelve weeks of different traditional games training. In the present study, it was observed that different traditional games training improved the Power to 3.33%. The result shows significant difference in comparison from base line to the post line treatment. However, there was no significant difference observed on Leg Power among the control group. After hopscotch traditional game training, the gross motor skills improved 90% (Darmayeti, 2014). Traditional game of jump rope training improved three aspects of motor fitness. There was a significant difference in children's gross motor skills, speed, agility and power. (Sholatul, 2017). Pratiwi and Kris showed an increase in the gross motor skills as learning outcomes with their treatment of traditional games. The player must possess the strength of leg muscles as well as capable of controlling the position (Rochi, 2012). In traditional games, as motor experience, there are all kinds of loco motor skills such as gallop, hop, jump a fundamental motor fitness especially that a leg power developed (Hakimeh, 2009).

Leg power is improved through leapfrog and hopscotch game. Hop tag and sack race played a vital role to progress power of the leg. Jump rope race and game produced a better valuable result towards leg power.

CONCLUSION

1. Based on the results of the study it was concluded that the twelve of different traditional games training have been significantly improved leg power of jumpers.
2. From the findings of the present study it is postulated that the different traditional games training is suitable mode to bring out the desirable changes over leg power of jumpers.

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