IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

INFLUENCE OF HEIGHT ON SELECTED COORDINATIVE ABILITIES IN MALE BADMINTON PLAYER

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ABSTRACT

This study examines the impact of height on three specific coordination skills in male badminton players: differentiation, reaction, and balance. Two height groups (5.3–5.7 feet and 5.8–6.2 feet) were created from sixteen participants from the Lakshmibai National Institute of Physical Education, located in Gwalior. These talents were measured with a variety of tests, and variations in height groups were evaluated through statistical analysis. The results show that there are notable height-based differences in Balance and Differentiation Abilities, indicating that taller players perform better in these areas.

Keywords: Coordinative abilities, Height, Badminton players, Balance Ability, Reaction Ability, Differentiation Ability.

INTRODUCTION:

The relationship between anthropometric characteristics and athletic performance has long been a focus of sports science, with height frequently examined for its impact on physical attributes critical for success. This study investigates how height influences specific coordinative abilities in male badminton players, aiming to elucidate its role in the sport.

Badminton is a fast-paced racquet sport demanding high levels of coordination, agility, and precision. Key coordinative abilities—balance, reaction time, and differentiation—are crucial for player performance. Balance is essential for maintaining stability and positioning during rapid movements and directional changes. Reaction ability affects how quickly a player can respond to the shuttlecock and opponents. Differentiation involves the precision and control needed for executing complex strokes and techniques. Badminton requires a unique blend of agility, precision, and rapid reflexes, which could interact with height in different ways compared to other sports. This study aims to bridge this gap by examining how height influences balance, reaction, and differentiation abilities in male badminton players.

The insights from this study could be valuable for coaches and trainers, offering guidance on optimizing training programs and talent identification based on anthropometric characteristics. Understanding these relationships can lead to more effective strategies for leveraging players' physical attributes, ultimately enhancing their on-court performance.

METHODOLOGY:

The study included sixteen male badminton players from Gwalior's Lakshmibai National Institute of Physical Education. Based on their height, they were split into two groups, each with eight subjects: Group A (5.3–5.7 feet) and Group B (5.8–6.2 ft).

TEST USED:

1. **Balance Ability:** Assessed using the Long Nose Test, measured in seconds.
2. **Reaction Ability:** Evaluated through the Ball Reaction Exercise Test, measured in feet.
3. **Differentiation Ability:** Measured using the Backward Medicine Ball Throw Test, scored in points.

STATISTICAL ANALYSIS:

Independent Samples t-tests were employed to compare mean scores between height groups for each coordinative ability. The significance level was set at $\alpha = 0.05$.

TABLE: 1

Coordinative Ability	Mean Group A	SD Group A	Mean Group B	SD Group B	t-value	df	p-value
Balance Ability	6.275 sec	0.6475	7.55 sec	0.5424	4.269	14	< .001
Differentiation Ability	12.750 pts	1.488	9.875 pts	2.3566	2.918	14	.011
Reaction Ability	4.8375 feet	0.37773	5.1625 feet	1.15504	0.756	14	.462

This table summarizes the mean scores, standard deviations (SD), t-values, degrees of freedom (df), and p-values for each coordinative ability between Group A (5.3–5.7 feet) and Group B (5.8–6.2 feet) in male badminton players.

RESULTS:

Balance Ability: Group A demonstrated a mean score of 6.275 seconds (SD = 0.6475), while Group B scored a mean of 7.55 seconds (SD = 0.5424). The t-test revealed a significant difference ($t = 4.269$, $df = 14$, $p < .001$), indicating taller players have superior Balance Ability.

Differentiation Ability: Group A scored a mean of 12.750 points (SD = 1.488), whereas Group B scored 9.875 points (SD = 2.3566). The t-test showed a significant difference ($t = 2.918$, $df = 14$, $p = .011$), indicating that taller players exhibit better Differentiation Ability.

Reaction Ability: No significant difference was found between Group A (mean = 4.8375 feet, SD = 0.37773) and Group B (mean = 5.1625 feet, SD = 1.15504) in Reaction Ability ($t = 0.756$, $df = 14$, $p = .462$).

DISCUSSION OF FINDINGS:

The findings imply that among male badminton players, height affects some coordination skills. More specifically, taller players outperformed shorter players in terms of balance and differentiation abilities. These results are consistent with earlier studies showing that height may have an impact on athletes' perceptions of stability and movement. Reaction Ability, however, did not show a significant variation with height, indicating that other elements may be more important in this area of performance.

CONCLUSION:

Male badminton players' balance and differentiation abilities seem to be influenced by their height. Coaches and trainers can improve training plans and talent identification techniques by having a better understanding of these linkages and how they relate to the anthropometric traits of athletes.

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