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*Effect of Vision Training on Psychomotor Variables
Among Shuttle Badminton Players*

Published in Vol-68-Issue-30-February-2020 of OUR HERITAGE JOURNAL with ISSN: 0474-9030

UGC Care Approved International Indexed and Referred Journal

Impact Factor 6.6

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Editor, OUR HERITAGE JOURNAL

Effect of Vision Training on Psychomotor Variables Among Shuttle Badminton Players

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ABSTRACT

The purpose of the study was to examine the effect of vision training on selected psychomotor variables among shuttle badminton players. The subjects of this study were 20 shuttle badminton players from Affiliated Colleges of Madurai Kamaraj University, Madurai, Tamilnadu. The age of the subjects ranged from 18 to 25 years. The test item selected for the study was collected for Eye-Hand speed and Eye-Foot speed through Visual reaction timer. After the tests, Vision training programme was given to the group for a period of six weeks, 3 times a week with the time duration of 60 minutes was given. To compare the group on their scores of Visual reaction timer prior to and after the training, mean, SD, paired 't' test was computed to find out the difference. Participation in six weeks of vision training programme improved the eye-hand speed and eye-foot speed.

KEYWORDS: Vision Training, Psychomotor Variables, Under Graduate Variables.

INTRODUCTION

Visual training is a sort of active recuperation or rehabilitative treatment for the cerebrum and eyes. It is a dynamic program, implying that the starting activities are the most effortless, steadily getting progressively troublesome, with the goal that the adaptability and co-appointment of the eye muscles is improved. Understudies of vision preparing figure out how to control, their eye muscles and can defeat numerous sorts of vision hindrance which include the muscles of the eyes. It includes improving visual abilities, for example, eye joining, profundity observation, following and vision-body (eye-hand) co-appointment. Vision is the initial step of data preparing and visual abilities can be improved learning. Various capacities are noteworthy of game, yet that some are found at a more significant level in competitors than non competitors. Time and persistence are essential for the noteworthy of sports vision to be rearranged by each individual taking an interest in sports, regardless of whether novice or expert in redesigned competitors or recreational games. Sports vision isn't generally new, it is conceivable that from the earliest starting point competitors attempted to keep their eyes on the ball, or on whatever item required visual consideration. They most likely did as such in a rough kind of way, and the absolute first mentors may have dealt with out comparative guidance (Bressan, 2003).

METHODOLOGY

The purpose of the study was to examine the effect of vision training on selected psychomotor variables among shuttle badminton players. The subjects of this study were 20 shuttle badminton players from Affiliated Colleges of Madurai Kamaraj University, Madurai, Tamilnadu. The age of the subjects ranged from 18 to 25 years. The test item selected for the

study was collected for Eye-Hand speed and Eye-Foot speed through Visual reaction timer. After the tests, Vision training programme was given to the group for a period of six weeks, 3 times a week with the time duration of 60 minutes was given. To compare the group on their scores of Visual reaction timer prior to and after the training, mean, SD, paired 't' test was computed to find out the difference.

RESULTS

TABLE I
COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS OF EYE HAND SPEED OF EXPERIMENT GROUP AND CONTROL GROUP

S. No	Variables	Mean diff	SD	σ DM	t' ratio
1	Eye Hand Speed	Exp:0.03	Exp:0.02	Exp:0.001	5.10*
		Con:0.00	Con:0.04	Con:0.01	0.22

*Significant at 0.05 level

An examination of table 1 indicates that the obtained 't' ratio for eye hand speed of experimental group was 5.10. The obtained 't' ratio on eye hand speed was found to be greater than the required table value of 2.26 at 0.05 level of significance for 9 degrees of freedom. This indicates that the Vision training had significant effect upon their performance. The obtained 't' ratios for eye hand speed of control group was 0.22. The obtained 't' ratio on eye hand speed was found to be lesser than the required table value of 2.26 at 0.05 level of significance for 9 degrees of freedom. So it was found to be not significant. The mean scores of eye hand speed of experimental group and control group was shown graphically in figure 1.

FIGURE I
BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF EYE HAND SPEED OF EXPERIMENTAL GROUP AND CONTROL GROUP

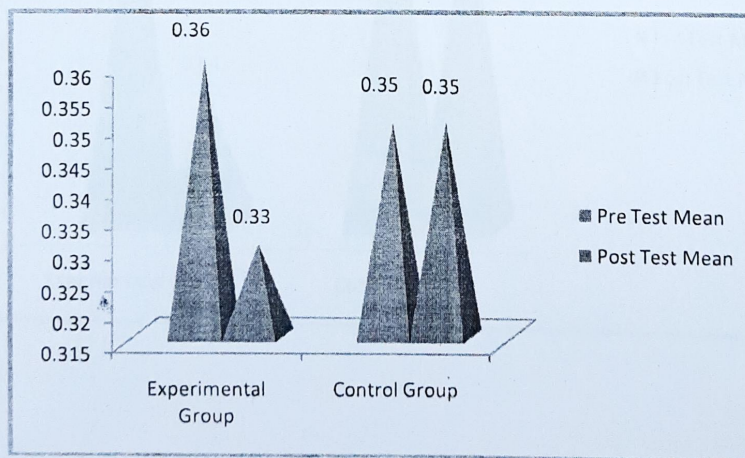


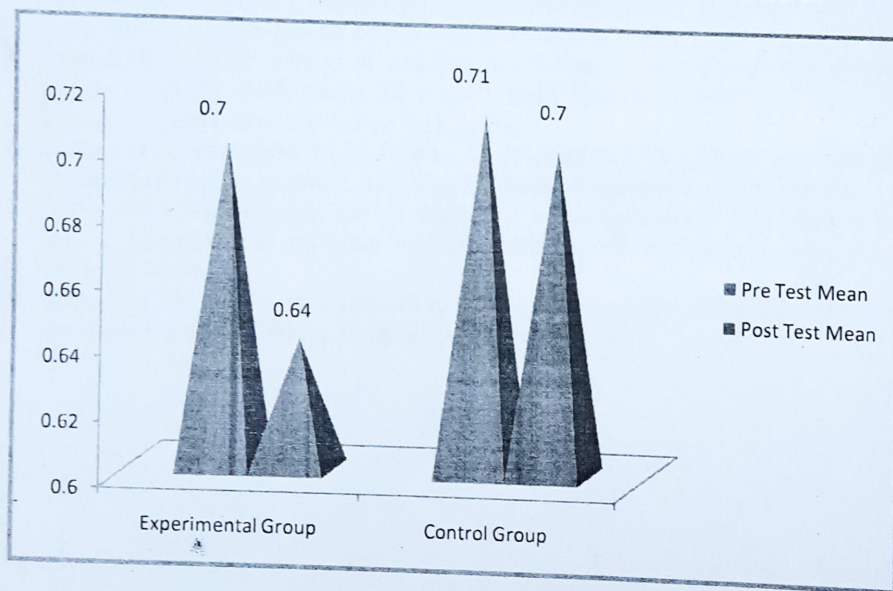
TABLE II
COMPUTATION OF 't' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS
EYE FOOT SPEED OF EXPERIMENT GROUP AND CONTROL GROUP

S. No	Variables	Mean diff	SD	σ DM	t' ratio
1	Eye foot Speed	Exp:0.06	Exp:0.03	Exp:0.01	5.18*
		Con:0.01	Con:0.05	Con:0.01	0.54

*Significant at 0.05 level

An examination of table II indicates that the obtained 't' ratio for eye foot speed of experimental group was 5.18. The obtained 't' ratio on eye foot speed was found to be greater than the required table value of 2.26 at 0.05 level of significance for 9 degrees of freedom. This indicates that the Vision training had significant effect upon their performance. The obtained 't' ratio for eye foot speed of control group was 0.54. The obtained 't' ratio on eye foot speed was found to be lesser than the required table value of 2.26 at 0.05 level of significance for 9 degrees of freedom. So it was found to be not significant. The mean scores of eye foot speed of experimental group and control group were shown graphically in figure II.

FIGURE II
BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF EYE FOOT
SPEED OF EXPERIMENTAL GROUP AND CONTROL GROUP



CONCLUSIONS

Within the limits and limitations of the present study and on the basis of the results following conclusions may be drawn:

1. Participation in six weeks of vision training programme improved the eye –hand speed and eye-foot speed.
2. The experimental group showed significant improvement in eye –hand speed and eye-foot speed in visual reaction timer. Thus the hypothesis stated by the researcher is accepted.

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