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Study of the effect of recreational games on speed

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Abstract

The Purpose of this Research study was to study the effects of Recreational games on Speed. For that 60 girls from std-9 between 14 to 15 year Age group involved in Sports Activities of Shree Madhapar Saraswati High School, Madhapar was selected by Random method and divided randomly into 30- Recreational Game group and 30- Control Group. The pre-test Data of both the groups of Speed test was taken. After completion of an 8 week Systematic Recreational game training program on the Experimental group, Again data was collected by taking test. Applying the 'F' ratio to the scores obtained in the pre and post Test, the following findings were found to be valid at level 0.05. There was a significant improvement found in the Speed. Since the Control group was free from Experimental fitness, no Effect of experimental fitness was observed on them.

Keywords: recreational games, sports activities, significant, improvement, control, fitness

Introduction

We know very well that "A Healthy body has a Healthy mind". But we cannot keep our Body Healthy. At its base our negligence of body maintenance is responsible. Today people of all classes are busy behind work. In such a situation, irregularities are constantly on the rise as the Student behind Learning, Labor behind the laboring for fulfill their stomach, Buisness person are working day and night to earn more money. Achieving excellent and good physical health should be the goal of everyone. Not only that, in order to keep the body in good shape for various sports, The person should gradually increase the amount of exercise by doing Speed, Strength, Flexibility and Low intensive exercises and move towards more intensive exercises for that sports. The big advantage of sports is that we maintain an interest in our work. Sports bring positive changes in a person's life and lead a person towards overall well-being.

Statement of the problem

The Purpose of this Research study was to study the effects of Recreational games on Speed.

Selection of subject characters

Girls of Shree Madhapar Saraswati High School, Madhapar managed by Shree Madhapar Patel Caste mandal were selected as subject matter for this research study. For this research study, 60 Girls in the age group of 14 to 15 years involved in Sports activities were selected by Random method. Group A- Recreational Game and Group B- Controlled Group.

Criterion Measure

Sr. No.	Variable	Test	Unit
1	Speed	50mtr run	Time

Collection of the data

In this Research study to test the formed Hypothesis, The research scholar was taken Pre-test and Post test of the Experimental group before and After the 8 Weeks of recreational Games training Program.

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Design of the study

In 8 weeks Recreational Activity of Experimental Fitness Recreational games were included. In the morning of three days of Week (Monday, Wednesday and Friday) a Program of Experimental fitness was decided and games were included in one session as per the Training Program. Experimental Recreational games group was incorporated into experimental

fitness. While the Controlled group was kept free from Experimental Fitness.

Statistical procedure

The Significance was tested at level 0.05 by applying Covariance Analysis (ANCOVA) on the obtained data of the Experimental group and the Control group.

Results of the study

Table 1: Covariance Analysis of one experimental and one control group in Speed

Test	Group		Sum of Square (SS)	Degree of Freedom (df)	Mean Sum of Square (MSS)	F	
	Group-A	Group-B					
Pre-Test Mean	9.88	10.35	B	3.346	1	3.346	2.556
			W	75.952	58	1.310	
Post-Test Mean	9.34	10.48	B	19.723	1	19.723	14.444*
			W	79.199	58	1.365	
Adjusted Mean	9.56	10.26	B	6.973	1	6.973	38.728*
			W	10.263	57	0.180	

*Significant level at $F' = 0.05 (1, 58) = 4.007$ & $(1, 57) = 4.010$

In the Speed test the 'F' ratio of the pre-test (Group-A "Recreational game group"=9.88, Group-B "Control group"=10.35) was found to be 2.556, compared to the table value (4.007) at 0.05 level it was observed that there was not a significant difference found. The 'F' ratio of the Mediators of the final test of the two groups (Group-A "Recreational game group"=9.34, Group-B "Control group"=10.48) was found to be 14.444. Compared to the table value (4.007) at 0.05 level. It was observed that there was a significant difference found. Therefore, the training given proves that the performance of the subject had been improved at a Significance level. The 'F' ratio of the modified mediators (Group-A "Recreational game group"=9.56, Group-B "Control group"=10.26) was found to be 38.728. Compared to the table value (4.010) at 0.05 level. It was observed that there was a significant difference found. The difference between the Modified Mediators of two groups by 'F' ratio was Significant. Thus a Significant effect of Experimental fitness was observed on the Experimental Group as compared to the Control Group.

Conclusions

The Subjects of the Experimental Group, Who underwent a systematic 08 weeks Recreational Games training program, show a significant improvement in the Speed.

There was not a significant improvement seen in Speed as the Control group did not go through the 08 Weeks Recreational Games training program.

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