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Dr. M Srinivasan
Assistant Professor, Sri
Ramakrishna Mission
Vidyalaya Maruthi College of
Physical Education,
Coimbatore, Tamil Nadu,
India

Effect of recreative activities using training aids on selected manipulative skills of school students

Dr. M Srinivasan

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Abstract

The present study aimed to determine the effect of recreative activity training on selected manipulative skills of school students. To achieve the purpose of this study, the investigator selected 30 school students from nearby Swami Shivananda Nursery and Primary School at Periyanaickenpalayam. The age of the subjects ranged from 9 to 10 years. The selected subjects (N=30) were one group undergoing the recreative activities with training aids for six weeks. The difference in the measure of recitative activities using training aids on selected manipulative skills namely kicking and throwing was measured by a standardized test with tools. The training program was scheduled at 60 min for five days. The pre-test was conducted before the training period and the post-test was conducted after the training period. The investigator used the dependent t-test to find out the significant difference between pre and post-tests. in all the cases 0.05 level of confidence was fixed to test the hypotheses. The signification of the means of the obtained test result was tested at a 0.05 level of confidence, it was considered sufficient for the present study. It is concluded the selected manipulative skills namely throwing, and kicking of school students were significantly improved due to recreative activity using training aids.

Keywords: Recreative activities, training aids, manipulative skills

Introduction

Recreational activity means any outdoor activity undertaken for the purpose of exercise, relaxation, or pleasure, including practice or instruction in any such activity. "Recreational activity" includes hunting, fishing, trapping, camping, picnicking, exploring caves, nature study, bicycling, horseback riding, bird-watching, motorcycling, operating an all-terrain vehicle, ballooning, hang gliding, hiking, tobogganing, sledging, sleigh riding, snowmobiling, skiing, skating, water sports, sight-seeing, rock-climbing, cutting or removing wood, climbing observation towers, animal training, harvesting the products of nature, sport shooting and any other outdoor sport, game or educational activity. "Recreational activity" does not include any organized team sport activity sponsored by the owner of the property on which the activity takes place.

Methodology

The present study aimed to determine the effect of recreative activity training on selected locomotor ability and manipulative skills. To achieve the purpose of this study, the investigator selected 30 school students from nearby Swami Shivananda Nursery and Primary School at Periyanaickenpalayam. The age of the subjects ranged from 9 to 10 years. The selected subjects (N=30) were one group undergoing the recreative activities with training aids for six weeks. The difference in the measure of recitative activities using training aids on selected manipulative skills namely kicking and throwing was measured by a standardized test with tools. The training program was scheduled at 60 min for five days. The pre-test was conducted before the training period and the post-test was conducted after the training period.

Training programme

- **Training period:** 6 weeks
- **Training sessions:** 5 days per week

Corresponding Author:
Dr. M Srinivasan
Assistant Professor, Sri
Ramakrishna Mission
Vidyalaya Maruthi College of
Physical Education,
Coimbatore, Tamil Nadu,
India

Duration of one session: 60 minutes

Post-tests were conducted for the group in all the selected variables as in the pre-tests.

Statistical techniques

Paired ‘t’ test was used to test the mean difference between the pre and post-test. Descriptive statistics such as mean. In this statistical test level of significance was chosen at 0.05. It was considered sufficient for the present study. This statistical analysis was carried out with the help of the statistical package SPSS for windows.

Results of the study

Throwing

The data obtained on the throwing of recreative activities using the training aids group have been analyzed by using the ‘t’ ratio present in table -1.

Table 1: Table showing the mean difference standard deviation and ‘t’ value of throwing

Group	Mean	MD	SD	Std. Error of the mean	DF	‘t’	Table value
Pre-test	4.09	0.37	1.42	1.260	29	5.67*	2.04
Post-test	4.46		1.50	1.50			

Signification at 0.05 level of confidence

To find out the significant difference between the pre-test and post-test on throwing ‘t’ ratio was employed and the level of significance was set at 0.05. The recreative activities using training aids group pre-test value was 4.09 and the post-test value was 4.46 respectively. The mean difference value was 0.37 and the varied explosive training group obtained a ‘t’ ratio of 5.67 was greater than the table value of 2.04. It shows that the recreative activities using training aids group had significant improvement on throwing. Pre-test and post-test mean recreative activities using training aids group of throwing showed in figure-1

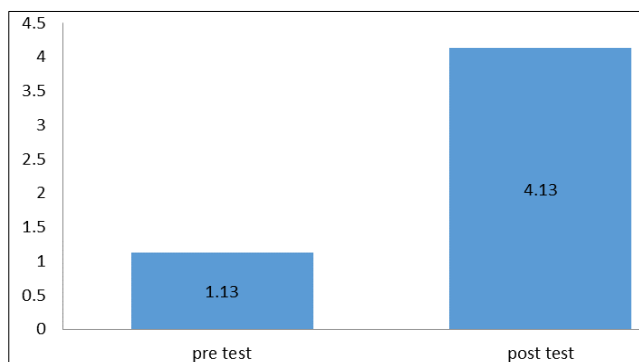


Fig 1: Figure showing the mean values of throwing

Kicking

The data obtained on kicking of recreative activities using the training aids group have been analyzed by using the ‘t’ ratio present in table -2.

Table 2: Table showing the mean difference, standard deviation, and ‘t’ value of kicking

Group	Mean	MD	SD	Std. Error of the mean	DF	‘t’	Table value
Pre-test	2.46	1.67	9.73	1.77	29	11.37*	2.04
Post-test	4.13		1.13	20752			

Signification at 0.05 level of confidence

To find out the significant difference between the pre-test and post-test on kicking ‘t’ ratio was employed and the level of signification was set at 0.05. The recreative activities using training aids group value pre-test was 2.46 and post-test value was 4.13 respectively. The mean difference value was 1.67 and the recreative activities using training aids group obtained a ‘t’ ratio of 11.37 was greater than the table value of 2.04. It shows that the recreative activities using training aids group had significant improvement in kicking. Pre-test and post-test mean values of recreative activities using training aids on kicking showed in figure-2

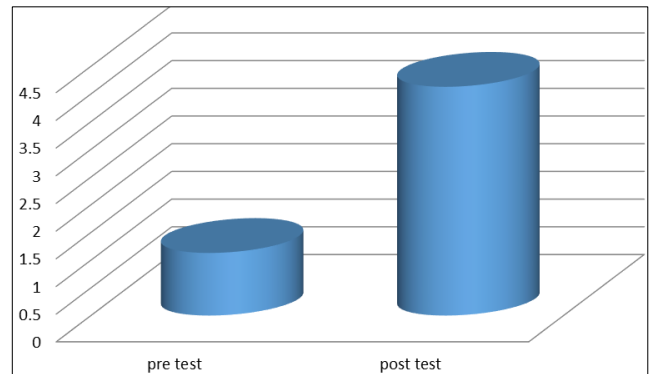


Fig 2: Figure showing the mean values of kicking

Discussion on findings

Throwing

The results of ‘t’ the ratio indicate that there is a significant improvement in throwing due to the effect of recreative activities using training aids on selected manipulative skills and it shows that the recreative activities training group had significant improvement in throwing.

Kicking

The results of ‘t’ the ratio indicate that there is a significant improvement in kicking due to the effect of recreative activities using training aids on selected manipulative skills and it shows that the recreative activities training group had significant improvement in kicking.

Conclusions

It is concluded the selected manipulative skills namely of throwing, and kicking of school students were significantly improved due to recreative activity using training aids

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