

EFFECT OF TURBULENCE TRAINING ON STRENGTH AMONG COLLEGE MEN KABADDI PLAYERS

Dr.I.KARIKALAN

Principal

St.John's College of Physical Education, Veeravanallur, Tirunelveli, Tamil Nadu.

ABSTRACT

To achieve the purpose of the study, twelve (12) Kabaddi players those who represented the intercollegiate tournament were selected as subjects. The age of the subjects ranged from 18 to 25 years. The muscular strength was selected as dependent variable. The selected dependent variable for the study was assessed by the following standardized test items. The strength was assessed by sit-ups and the unit of measurement in numbers. To find out the muscular strength among Kabaddi players were tested on selected criterion variable, the data pertaining to the variable was examined by using dependent 't' test for each variables to determine the difference if any, among the means. The level of significance was fixed at 0.05 level of confidence for all cases. The result of the study it was hypothesized that the Turbulence Training had significantly increased strength level when compared to control group.

Key words: Turbulence Training, Kabaddi, Strength.

INTRODUCTION

Sport training is a systematic process extending over a long period. For best results the system of training has to be based and conducted on scientific facts and lines. Where it is not possible to do that, the training has to be based on the results of successful practice which has withstood the test of time. Sports science has still not been able to provide a scientific base for all the aspects and elements of training. Many things are still based on the results of successful practice which on deeper analysis is also a method of science to prove or disprove a theory. Moreover, the principal characteristic of a science is the existence of a systematized body of knowledge. **(Singh, 1991)**

Turbulence training is a form of exercise that can be performed using bodyweight, weights or dumbbells and interval training to burn fat and build muscle. It is a combination of resistance and interval training. The idea behind turbulence training is to use your body in the ways that allow it to burn the fattest. It is the mixture of resistance and turbulence that allows this to happen. Turbulence training also features variety. The body naturally hits a plateau after doing the same exercises over and over. Turbulence training features a mix of exercises that helps the body not reach that plateau. Intensity is another important factor of turbulence training. The Turbulence Training workouts are 45 minutes to 1 hour in length because they utilize super-sets, circuits and interval training. Most of the workout plans are based on 3-4 day workouts per week for 4 weeks. The design of Turbulence training is depend on the objective or goal. i.e. to improve cardiovascular fitness or to develop strength. Normally, this workout is done by order or in a consecutive sequence in which involves “super settings”, where one exercise followed immediately (no rest) by the next exercise

STATEMENT OF THE PROBLEM

The purpose of the study was to find out effect of Turbulence training on Strength among college men Kabaddi players.

HYPOTHESES

1. It was hypothesized that there may be significant difference on strength due to the effect of Turbulence training among college men Kabaddi players.

METHODS AND MATERIALS

To achieve the purpose of the study, twelve men inter collegiate Kabaddi players studying from St.Johns College of Physical Education, Veeravanallur, Tirunelveli were selected as subjects. The selected subjects would underwent to the Turbulence training, the duration of the training period would fixed for six (6) weeks and the number of training session per weeks were confined three alternative days. The age of the subjects were ranged from 18 to 25 years. Before and after the training period the subjects were

instructed to take the pre and post test on the selected criterion variable. The criterion variable strength would select as dependent variables for the study. The Turbulence training was selected as independent variables.

The investigator reviewed the available scientific literature and on the basis of discussion with experts, feasibility criteria, availability of equipment and the relevance of variables to the present study, the strength was selected for the study.

The design would select for this study is pre and post test single group design. The data were collected from the experimental group prior to and immediately after the training period on selected criterion variables were statistically analyze with dependent “t” test to find out the significant improvement between pre and post-test means of experimental group. In all the cases .05 level of significant was fixed to test the hypotheses.

RESULTS

The analysis of dependent ‘t’ test on the data obtained strength among Kabaddi players have been analyzed and presented in table I.

TABLE I

THE SUMMARY OF MEANS, STANDARD DEVIATIONS AND DEPENDENT‘t’-TEST FOR THE PRE AND POST TESTS ON STRENGTH OF EXPERIMENTAL GROUP

Test		Number	Mean	Standard Deviation
Strength	Pre test	16	24.562	3.949
	Post test	16	26.625	3.981
	‘t’-test	33.00*		

*Significant at .05 level.

(Strength in Counts)

(The table value required for .05 level of significance with df 15 is **2.131**)

The table I shows that the obtained pre and post test mean values of experimental group was 24.562 and 26.625 respectively and the obtained dependent 't'-ratio values between the pre and post test means of experimental group was 33.0. The table value required for significant difference with df 15 at .05 level is 2.131. Since, the obtained 't' ratio value of experimental group are greater than the table value, it is understood that Turbulence training had significantly improve the performance on strength among college men football players.

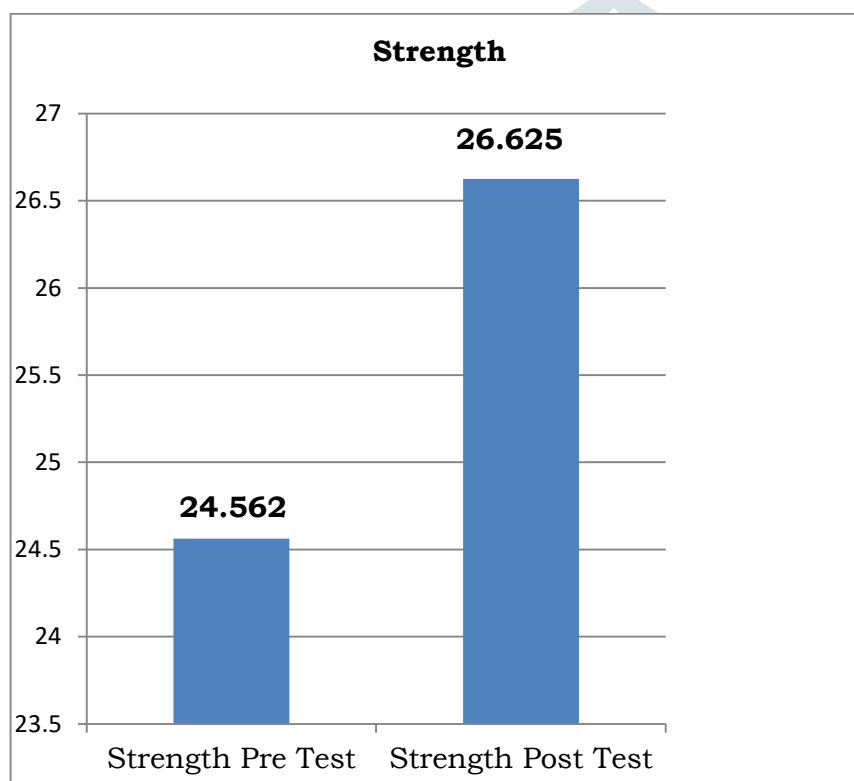


FIGURE - 1 : MEAN VALUES OF TURBULENCE TRAINING GROUP ON STRENGTH

RESULTS OF THE STUDY

The table I shows that the obtained pre and post test mean values of experimental group was 24.562 and 26.625 respectively and the obtained dependent 't'-ratio values between the pre and post test means of experimental group was 33.00. The table value required for significant difference with df 11 at .05 level is 2.131. Since, the obtained 't' ratio value of experimental group are greater than the table value, it is understood that

Turbulence training had significantly improve the performance on strength capacity among men college Kabaddi players.

SUMMARY OF TESTING HYPOTHESIS

The statistical results confirmed the hypothesis showing that there would be significant improvement on strength between pre and post tests means among college Kabaddi players. Hence, the researcher's hypothesis was accepted and null hypothesis was rejected

DISCUSSION ON FINDINGS

The results of the study indicated that there was significant difference exists between pre and post test on Strength due to Turbulence Training.

DISCUSSION ON HYPOTHESIS

In the beginning of the study, in the first hypothesis it was hypothesized that there would be significant difference between pre and post test on Strength. The results of the study showed the results accordance with researcher research hypothesis, there was significant difference exists between pre and post test on Strength the post test had better performance on Strength when compared to pre test. Hence, the researcher first research hypothesis was accepted and the null hypothesis was rejected.

CONCLUSION

From the results of the study, following conclusion was drawn

1. The experimental group namely Turbulence training has made significant improvement on strength among men college Kabaddi players.

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