

Construction of backhand drop shot test in badminton

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ABSTRACT

The purpose of the study was to construct Backhand drop shot test in badminton. Forty male badminton players from different colleges of Devi Ahilya University, Indore were selected to serve as subjects for this study. All the subjects participated in the Inter Collegiate Badminton Tournament conducted by New Science College, Indore from 25th to 27th August, 2008. Validity of the test was established by correlating the scores obtained on Backhand drop shot test (0.878) with the scores obtained by administering the Lockhart and McPherson Badminton Test. Inter class correlation coefficient by analysis of variance method was employed to compute the reliability of the Backhand drop shot test (0.970) through three trials administrated by the same tester. Objectivity of the Backhand drop shot test was 0.974 through three trials administrated independently by three different testers.

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A beginning badminton player needs to learn the advance shots that are useful in singles and doubles, as well as the stroking techniques employed to produce these shots (Bloss and Hales, 1987). In preparation for this, it is also necessary to acquire some associated skills that accompany a good stroking technique. Before attempting stroking techniques, one must learn pre-requisite skills of effective stroke production (Ballou, 1982). The purpose of the study was to construct backhand drop shot test in badminton.

METHODOLOGY

Forty male badminton players from different colleges of Devi Ahilya University, Indore were selected to serve as subjects for this study. All the subjects participated in the Inter Collegiate Badminton Tournament conducted by New Science College, Indore in the University, Gymnasium Hall, Indore from 25th to 27th August, 2008. The criterion measures for this study was the playing ability scores obtained by administering the Lockhart and McPherson Badminton Wall Volley Test.

The investigator initially constructed three variations of Backhand Drop Shot Test *i.e.* Backhand Drop Shot Test, Backhand Drop Shot Test-1 and Backhand Drop Shot Test-2. Among them, Backhand Drop Shot Test was selected because its validity was higher than the other two tests.

The coaches and managers of the teams were consulted at personal level to conduct the test on badminton players, and a rapport was established with

them for the testing programme. All those in-charge of teams, coaches and managers were made fully conversant with the study. Tentative times were finalized with them. The researchers approached each player after giving proper and timely information before the test was conducted.

Before administering the test, the subjects were briefed about the purpose of the study and details of the test were explained to them. The subjects were given a demonstration of the test by a trained helper. They were also given sufficient number of trials to enable them to become absolutely familiar with the test. To ensure uniform testing conditions, the subjects were tested in the morning and evening sessions after warming-up during practice sessions. The duration of test administration was set in a manner so that fatigue may not occur. Though no special technique was used to motivate the subjects, the subjects were very co-operative throughout the test.

The purpose of the test was to measure the ability of a player's skill in the Backhand Drop Shot in badminton. Test may be used with male inter-collegiate badminton players.

Two clothesline ropes were stretched 1 and 2 feet above and parallel to the net. Two rackets and preferably 20 shuttlecocks in good condition were needed for the test. Two dotted lines were marked 1 and 2 feet, respectively from the short service line towards the net and parallel to it. Two vertical lines 2 feet from each sideline for singles and parallel to it were drawn extending from the short service line upto the net.