

Research Paper :

## Assesment of the cardio-vascular fitness and self-concept of badminton players of low and high performance ability

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### ABSTRACT

Thirty male badminton players (15 District and 15 State level) were randomly selected for this study. All the players residing in Lucknow city and their age ranged from 19 to 25 years. The criteria measures chosen for this study were data on cardio-vascular efficiency of above mentioned badminton players which was measured with the help of Harward step test and self-concept assessed through the questionnaire. The questionnaire which was used in a present study had 48 questions each having five possible answers and corresponding scores. The scores made by the subjects on the 48 questions were added to obtained the final self-concept score. To find the significant difference among high and low performance badminton players in their cardio-vascular fitness and self-concept (each dimension) ability 't' test was employed. It was observed that high and low level badminton players had significant difference among them in cardio-vascular fitness as obtained 't' ratio of 2.27 was greater than the required 't' value 2.05. Whereas high and low performance badminton players did not show significant difference among them in all dimensions of self-concept.

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Human beings are psycho-physical in nature. They have bodies which obey certain definite laws of growth. These must be kept in a state of health and physical fitness. Education of body through physical exercises, sports and athletics activities help to develop qualities of initiative, courage, discipline, fair play and team spirit. We cannot realize fully our intellectual capabilities without health and physical vigour. No great nation can be built without strong physical foundation. The sports performance depends largely on physical fitness, strength, muscular endurance, flexibility and cardio-vascular efficiency are the basic components of physical fitness. Although the physical fitness characteristics of strength, muscular endurance and flexibility are important. They are more effectively linked to the strength of the heart and lungs. Hence, cardio-vascular endurance is the most essential physical fitness components.

The statement is also supported by Johnson and Nelson, they state that cardio-vascular endurance is unquestionably one of the key component of physical fitness and to some physical educators, it is the single most indicative measures of person's physical condition.

badminton is a game which although played in a relatively small area, involves almost continuous movement on the court and thereby puts considerable demand on the cardio-vascular systems of the player. To enable badminton players at higher level of competition to maintain their speed, reflex and agility for long duration, cardio-vascular efficiency plays an important role.

An individual develops an idea or a picture about himself in terms of his physique appearance physical power etc. through interaction with others as well as through self-observation. The complex of his ideas about himself is called his self-concept. It is the basic to human nature to project this self-concept in the form of an ideal self and then to attempt for the realization of this projected self. What an individual thinks of himself is therefore of vital significance as he would strive to become in reality what he conceives to be in thought. Self-concept is the most important single attribute and key to understanding the behaviour of an individual. The importance of role of self-concept as a determinate the human behaviour and its acceptance as a concise measure and critical factor of personality is increasingly realized. Adjustment,