

EFFECT OF INTERVAL TRAINING ON SPEED AMONG SCHOOL STUDENTS

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ABSTRACT

The purpose of the study was to investigate the effect of interval training on speed among school students. For this study the investigator selected 30 school students from Bengaluru, Karnataka. The age of the subjects was between 15 and 17 years. The subjects were divided into two group consists 15 subjects in each group. The random group design was used as experimental design for this study. The variable to be used in the present study was assessed from all subjects before the experiments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. The data collected for statistical treatment to find out significant difference between the pre test and post test means by computing dependent 't' test. In all cases 0.05 level of confidence was utilized to test the significance. The result of the experimental group showed significant improvement on speed when compared to the control group.

KEYWORDS: Interval Training, Speed, School Students.

INTRODUCTION

Interval training is a highly taxing type of training that we could compare with the extremely strenuous work performed by Sisyphus. According to Greek mythology, Sisyphus was the king of Corinth and well known for his craftiness. When Hades, the god of death, came to get him, Sisyphus tricked Hades and put him in chains. Hades eventually escaped and punished Sisyphus for his trickery. The sentence was that Sisyphus would eternally push a huge stone to the top of a hill. Every time Sisyphus reached the summit the stone would roll back down forcing him to start his work again and again and again. Those who want to experience Interval training had better remember the work of Sisyphus (Alkahtani, 2014).

METHODOLOGY

The purpose of the study was to investigate the effect of interval training on speed among school students. For this study the investigator selected 30 school students from Bengaluru, Karnataka. The age of the subjects was between 15 and 17 years. The subjects were divided into two group consists 15 subjects in each group. The random group design was used as experimental design for this study. The variable to be used in the present study was assessed from all subjects before the experiments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. The data collected for statistical treatment to find out significant difference between the pre test and post test means by computing dependent 't' test. In all cases 0.05 level of confidence was utilized to test the significance.

RESULTS

TABLE-I
COMPUTATION OF t-RATIO BETWEEN THE PRE TEST AND POST TEST ON
SPEED OF EXPERIMENTAL GROUP

GROUP	M	SD	Σ DM	DM	t-RATIO
Pre Test	7.68	0.11	0.08	0.26	2.50*
Post Test	7.42	0.10			

It was observed that the mean value for pre test was 7.68 and post test was 7.42. The standard deviation for the pre test was 0.11 and post test was 0.10. The standard error of the different between the means was found out and the value is 0.08. The mean difference for the pre test and post test is 0.23. The obtained 't' ratio was 2.50. The table value of 't' ratio was 2.14. The obtained t-ratio was greater than the table value. Hence, the obtained 't' – ratio was significant at 0.05 level of confidence.

FIGURE-I
BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE AND POST TEST ON
SPEED OF EXPERIMENTAL GROUP

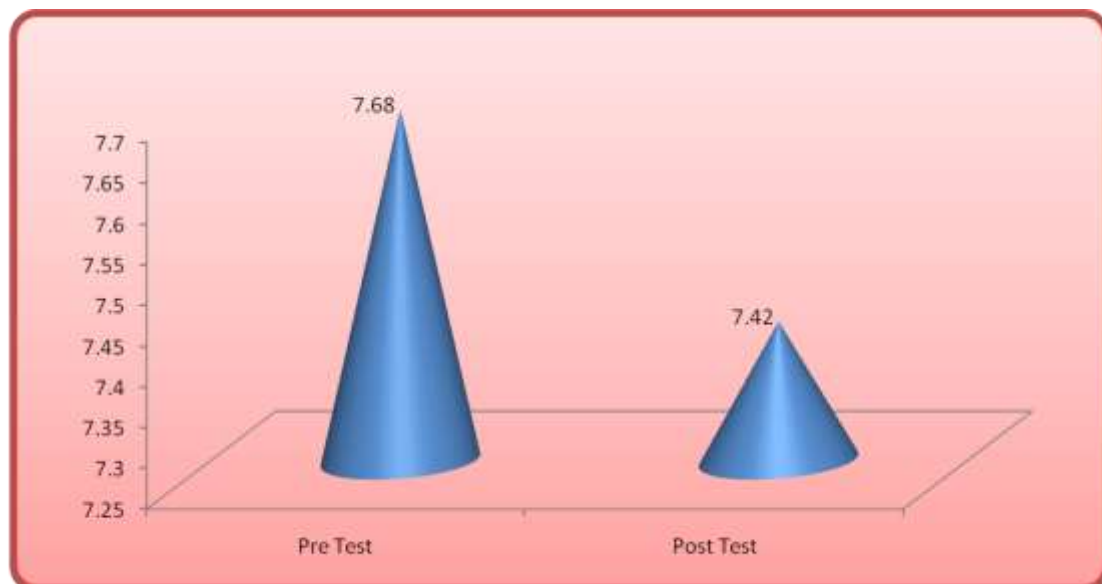
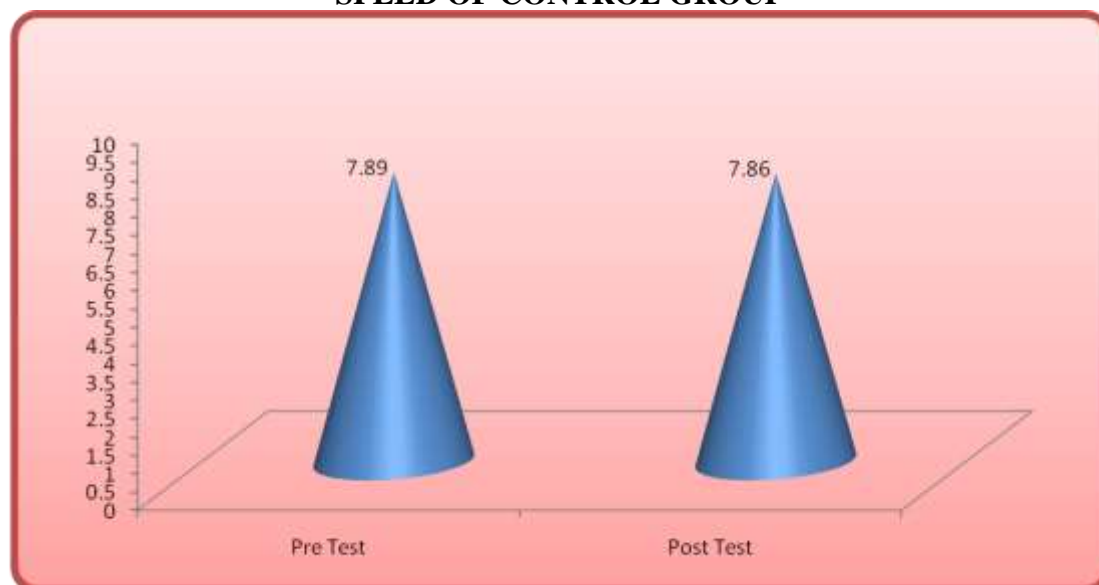


TABLE-II
COMPUTATION OF t-RATIO BETWEEN THE PRE TEST AND POST TEST ON
SPEED OF CONTROL GROUP

GROUP	M	SD	Σ DM	DM	t-RATIO
Pre Test	7.89	0.23	0.41	0.03	0.18
Post Test	7.86	0.46			

It was observed that the mean value for pre test was 7.89 and post test was 7.86. The standard deviation for the pre test was 0.23 and post test was 0.46. The standard error of the different between the means was found out and the value was 0.41. The mean difference for the pre test and post test was 0.08. The obtained 't' ratio was 0.18. The table value of 't' ratio was 2.14. The obtained t-ratio was lesser than the table value. Hence, the obtained 't' – ratio was insignificant at 0.05 level of confidence.

FIGURE-II
BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE AND POST TEST ON
SPEED OF CONTROL GROUP



CONCLUSIONS

1. The result of the experimental group showed significant improvement on speed when compared to the control group.

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