A STUDY ON EFFECT OF VISION TRAINING AMONG SKILL ABILITY OF INTERSCHOOL MALE HIGH SCHOOL STUDENTS

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ABSTRACT  
The purpose of this study is to understand the effect of vision training in football skill ability of inter school male football players. Vision training is one of the important training in sports because vision is important part in sports field as well as social life. This training is economic and need less space for doing. This exercise may suitable for every age and sex even old age people can do the exercise. Without proper eye sight success in sports is difficult task at a large extend vision training help us to save our eye sight. That is why modern trainers implement so many vision training programs in their training. I assure this topic may high light the impact of vision training and also help to understand modern vision training methods to public.

Keywords: Vision Training; Football

INTRODUCTION  
Technologies reach its extreme limit but still technologies are developing along with the passage of time. These developments also touch the branches of sports. From the top to bottom changes occur in sports field that also causes the birth of new records and heights. Equipments, training method facilities and fitness got new trends. These trends influence vision training methods too. Recent studies show that vision impairment is a serious issue in children, adult and old age. This topic zoom the importance of vision in sports as well as the effect of vision training. Without proper vision the success in sports is a difficult task, at a large extending vision problems prevents through proper training. For the fulfillment of a sports personality, perfect vision is required along with physical fitness and mental stability. Many researches had conducted in this area and all results points to the necessity of vision training and this topic will be a use full to the sports scientists and coaches.

Vision Training  
Vision training is also known as vision therapy, and is so important because now a day’s large groups suffer from eye diseases and vision therapy help them. Vision may be defined as an act or an art of seeing. It is an act as we do it and is an art because we need to practice and refine it. It may be with, on the other hand, is a time dependent measurement of retinal health and is specified by the date on which the eye examination took place. It is measured with the help of various eye test charts in clinical environment. Most coaches think if their athletes can see 20/20 nothing more is needed in the visual arena, this misconception is common in youth sports and continues in professional sports as well.

REVIEW OF RELATED LITERATURE  
Tafazoli S et.al., (2008 September) has conducted a study on Transformation tolerant object recognition in rates revealed by visual primping. Successful use of rodents as models for studying object vision crucially depends on the ability of their visual system to construct representations of
visual objects that tolerate the tremendous changes in object appearance produced, for instance, by size and viewpoint variation. Whether this case is still controversial, despite some recent demonstration of transformati
tolerant object recognition in rates. In fact, it remains unknown to what extent such a tolerant recognition has a spontaneous, perceptual basis, or, alternatively, mainly reflects learning of arbitrary associative relations among trained object appearances. In this study, we addressed this question by training rates to categorize a continuum of morph objects resulting from blending two object prototypes. The resulting psychometric curve served as a reference when, in a second phase of the experiment, either prototype was briefly presented as a prime, immediately before a test morph object. The resulting shift of the psychometric curve showed that recognition became biased toward the identity of the prime. Critically, this bias was observed also when the primes were transformed along a variety of dimensions that the animals had never experienced before. These results indicate that rates spontaneously perceive different views of an object as similar and argue for the existence of neuronal substrates underlying formation of transformation-tolerant object representations in rates.

Pieczyrak D and Miskowiak B (2008 August) has conducted a study on Condition of the visual system and school achievements in 6 to 10 years old children from Wielkopolska region as detected by visual screening and questionnaire studies Z Kate dry Optometric i Biology Układu Wzroku W Wzrokowym Katedrze Optometry i Biology Układu Wzroku Ujazdowskiego Uniwersytetu Medycznego I’m. Karola Marcinkowskiego W Poznaniu. dpieczyrum@edu.pl. The study aimed at comparing results of the visual screening with school achievements and results of questionnaire studies. Basic optometric tests, including visual acuity, phoria, near vision, colour vision, near point of convergence and plus lens test were examined in 1138 children, 6 to 10 years of age, 88 pupils were examined in their glasses. Also questionnaire studies were conducted among parents and teachers, related to visual condition of studied children. For every of the children data were obtained on his/her school achievements. A relationship was demonstrated between visual complaints and results of the visual screening and also between school achievements and vision screening results. The results corroborate the assumption that school achievements require efficient visual system in near and distant vision. Proper condition of the visual system exerts significant effects on educational and perceptive functions of a child.

Jeong JH and Moon NJ (2008 August) has conducted a study on A study of eccentric viewing training for low vision rehabilitation The definition of eccentric viewing is using non-foveal preferred retinal loci for viewing. The purpose of the present study was to investigate the clinical effect of EV training for low vision rehabilitation in patients with central scotomas. The direction of EV was monitored in 30 low vision patients with central scotomas by moving the patients view. The PRL was found by using a direct ophthalmoscope and retinal camera; the preserved visual field was identified using a kinetic visual field analyzer. The relationships between EV, PRL, and visual field were evaluated. The patients and their guardians were educated regarding EV. After 2 weeks of self training, maintenance of EV was checked and changes in best-corrected visual acuity, reading speed, and satisfaction questionnaire were evaluated. A relationship between EV, PRL, and visual field was in accordance in half of the patients. There were no significant differences in demographics and basic visual characteristics in patients where the relationship was not in accordance. EV was maintained in two-thirds of the patients, but there were no significant differences in demographics and basic visual characteristics in patients who discontinued EV. There were no significant improvements in BCVA; however, reading speed and the satisfaction scores increased significantly with EV. The direction of EV was effectively detected by convenient access using an inexpensive method. Functional vision and satisfaction significantly improved following EV training. EV training can be used as an effective method for low vision rehabilitation in patients with central scotomas.

OBJECTIVES

1. To find out the effect of vision training on football playing ability of high school students.
2. The study helps to attract the students to sports and physical activities.
HYPOTHESIS

Based on research finding it was hypothesized that vision training will have a significant effect on football playing ability in high school students.

METHODOLOGY

Sampling

For the purpose of the study twenty (N=20) inter school male football players were selected randomly from Moonniyoor higher secondary school alinchuvadu.

Training Method Used

The following training methods were used according to the purpose of study.

1. Quick Exposure- Purpose: To increase the capacity and efficiency of the visual memory and to increase the peripheral awareness.
2. Juggling- Purpose: To improve eye-hand coordination.
3. Opaque lifesaver card- Purpose: To enhance binocular vision.
4. Dice pursuits- Purpose: To increase the ability to move the eyes accurately while performing a thinking task.
5. Near-far chart- Purpose: To improve the flexibility of the focusing system, to improve the ability to maintain clear vision at near and far distances.

Administration of Vision Training

The nature and importance of the study was explained to the subject’s for their maximum participation. The researcher verbally explained the vision training to the experimental group. The experimental group was given four weeks vision training.

Collection of Data

The investigator conduct Mc Donald soccer skill test as a pre test for control group and experimental group after four weeks of vision training program the post test was conducted.

Statistical Technique

The present study was formulated to determine the difference among experimental and control group.

ANALYSIS OF DATA

The purpose of the study was to find out the effects of four weeks of vision training on Interschool male high school Football players of moonniyoor high school. The pre and post test data pertaining to respective physical variable were collected by employing standard test and equipment used on both the experimental and control group.

RESULTS

Table 1. Mean difference on Skill ability among pre and post test of control group

<table>
<thead>
<tr>
<th>GROUP</th>
<th>N</th>
<th>MEAN</th>
<th>SD</th>
<th>DF</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRE</td>
<td>10</td>
<td>41.60</td>
<td>6.16</td>
<td>9</td>
<td>.231</td>
</tr>
<tr>
<td>POST</td>
<td>10</td>
<td>41.50</td>
<td>7.18</td>
<td>9</td>
<td></td>
</tr>
</tbody>
</table>

The above table shows that there is no significant difference between the pre and post test of Skill ability among control group, since the calculated t value of skill ability .231 is lesser than tabulated ‘t’ value of 1.833 at 0.05 level of significant with 9 degrees of freedom. The difference in means of Skill ability among pre and post is shown in fig 1
Fig. 1. Pre & Post mean score of Skill ability

Table 2. Mean difference on Skill ability among pre and post test of Experimental group

<table>
<thead>
<tr>
<th>GROUP</th>
<th>N</th>
<th>MEAN</th>
<th>SD</th>
<th>DF</th>
<th>T</th>
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<tr>
<td>PRE</td>
<td>10</td>
<td>42.30</td>
<td>5.45</td>
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<td>3.772*</td>
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<tr>
<td>POST</td>
<td>10</td>
<td>43.70</td>
<td>5.63</td>
<td>9</td>
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</table>

Note: *Significant at 0.05 level of confidence, the tabulate value is 1.833

The above table indicates that there is a significant difference between pre and post test of Skill ability of experimental group, since the calculated ‘t’ value of skill ability 3.722 higher than tabulated ‘t’ value of 1.833 at 0.05 level of significance with 9 degrees of freedom. The difference in means of skill ability among pre and post is shown in fig 2

Fig. 2. Pre & Post mean score of Skill ability

DISCUSSION ON FINDINGS

From the statistical analysis it is evident that, in the case of Skill ability among experimental group between pre and post test, there is significant difference. This result is proved with the research conducted by Clark JF on 2012 June, a study on High performance vision training improves batting statistics for University of Cincinnati base ball players.

The result shows that there was no significant difference found in Skill ability among controlled group. This may due to the fact that, the vision training improves the Skill ability of Football players who have gone through vision training.
CONCLUSIONS

The results of the study permit the following conclusions:

- Four weeks of vision training program increase the playing ability.
- The control group had seemed no change in playing ability.

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