



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIF): 5.38
IJPESH 2023; 10(3): 429-430
© 2023 IJPESH
www.kheljournal.com
Received: 01-03-2023
Accepted: 06-04-2023

R Udaya Kumar
Ph.D., Research Scholar,
Department of Physical
Education, Tamil Nadu Physical
Education and Sports
University, Chennai,
Tamil Nadu, India

Dr. S Manikandan
Professor, Department of
Physical Education Tamil Nadu
Physical Education and Sports
University, Chennai, Tamil
Nadu, India

Corresponding Author:
R Udaya Kumar
Ph.D., Research Scholar,
Department of Physical
Education, Tamil Nadu Physical
Education and Sports
University, Chennai,
Tamil Nadu, India

International Journal of Physical Education, Sports and Health

Influence of Kinesio tapping training on the performance of vertical jump among women badminton players

R Udaya Kumar and Dr. S Manikandan

Abstract

The purpose of this study was to find out the influence of Kinesio tapping training on the performance of Vertical Jump among Women Badminton players. To achieve the purpose of this study 40 Badminton players from Chennai Circle Colleges, were selected. The subjects were randomly selected among the players who represented the school at inter college level tournaments. The subjects were in the age group of 19 to 29. The subjects were given training programme for three days per week for six weeks. Single group random pre and post test research design was followed by the investigator. In this study the investigator measured the Kinesio tapping of the Badminton players through JCR Test initially. After the Kinesio tapping training for six weeks, the subjects were measured of their vertical Jump which was the final scores. The difference between the initial and final scores was the influence of Kinesio tapping training. The obtained data were subjected to statistical treatment using 't' test. In all cases 0.05 levels was fixed to test the hypothesis of this study.

Keywords: Kinesio tapping training, vertical jump, women badminton players

Introduction

The Kinesio taping technique and Kinesio Tex tape was developed by Dr. Kenzo Kase in Japan more than 25 yrs. ago. In the 1970's Dr. Kase began searching for a sports taping method which could assist in the healing of traumatized tissue and muscles. He found that standard taping techniques, such as athletic taping and strapping, provided muscle and joint support, however, they reduced range of motion, did not support the fascia and, in some cases, inhibited the actual healing process of traumatized tissue. A new treatment approach was needed.

In 1973, Dr Kase's objective was to create a therapeutic tape and taping technique which could support joints and muscles, without restricting range of motion. He also hoped to formulate a taping technique which could have benefits for the lymphatic system. Following two years of research into muscle taping, tape elasticity, adhesiveness and breathability Dr Kase developed Kinesio Tex tape and the Kinesio Taping method.

Kinesio Taping first saw worldwide exposure during the 1988 Seoul Olympics. Since then, Kinesio has become a popular form of muscle taping used by many Health Professionals across the world.

To ensure the continuous development of the Kinesio Taping technique, Dr Kase founded the International Kinesio Taping Association International. The KTAI fulfils two functions, the first is to work with academic bodies to undertake clinical research. The second function is to bring together the latest research and offer the highest quality of training to Health Professionals.

In 2004, the UK saw the official introduction of Kinesio Taping and the setup of the official Kinesio UK office. The office administrates and co-ordinates the running of official certified Kinesio Taping Association International courses. Over 4000 practitioners have now been trained in the UK - many of whom look after some of the UK's top sporting athletes. These include Team GB, the UK Olympic teams, football clubs, rugby clubs and tennis associations. The UK office also serves as the head distributor for Kinesio Tex tape to resellers within the UK.

The UK office works with several academic establishments and professional associations and organizations. The UK is at the forefront in researching the effectiveness of Kinesio Taping for sports injuries. The UK is also a lead contributor in the use of Kinesio Taping within the fields of lymphoedema and pediatrics.

Dr Kenzo Kase continues to dedicate his life to the research and the development of the Kinesio Taping method. Based in Japan, Dr Kenzo Kase is contracted by the Japanese Health Ministry to provide a national program of Kinesio courses to Japanese practitioners. He is also a senior lecturer and international speaker.

Kinesio Tex tape, an elastic adhesive tape, was designed for use with the Kinesio Taping method by Dr Kase in response to limitations he encountered working with rigid sports tapes on his patients. Designed and manufactured by Kinesio, Kinesio Tex is the only tape endorsed by Dr Kase and KTAI. It has been specifically designed to meet the requirements for the Kinesio Taping® technique. Its properties are very different from traditional athletic tapes and it has been developed to give optimum results.

Methodology

The purpose of this study was to find out the influence of Kinesio tapping training on the performance of Vertical Jump among Women Badminton players. To achieve the purpose of this study 40 Badminton players from Chennai Circle Colleges, were selected. The subjects were randomly selected among the players who represented the school at inter college level tournaments. The subjects were in the age group of 19 to 29. The subjects were given training programme for three days per week for six weeks. Single group random pre and post-test research design was followed by the investigator. In this study the investigator measured the Kinesio tapping of the Badminton players through JCR Test initially. After the Kinesio tapping training for six weeks, the subjects were measured of their vertical Jump which was the final scores. The difference between the initial and final scores was the influence of Kinesio tapping training. The obtained data were subjected to statistical treatment using 't' test. In all cases 0.05 levels was fixed to test the hypothesis of this study.

Results

Table 1: Table showing descriptive statistics and obtained 't' value on vertical jump of badminton players due to Kinesio tapping training

Test	Mean	MD	SD	't'
Pre	2.95	0.15	0.18	3.05*
Post	3.10			

Required table value DT (2, 38), 2.048, * Significant at 0.05 level

The results presented in Table 1 showed that the pre-test mean value of vertical jump (M: 2.95) was improved to 3.10 after six weeks of Kinesio tapping with mean difference of 0.15. The obtained' value of 3.05 was greater than the required' value of 2.048 Hence, it was proved that there was significant improvement in vertical jump among Badminton players due to Kinesio tapping training.

The obtained mean values on pre and post test scores on Vertical Jump were presented through bar diagram for better understanding of the results.

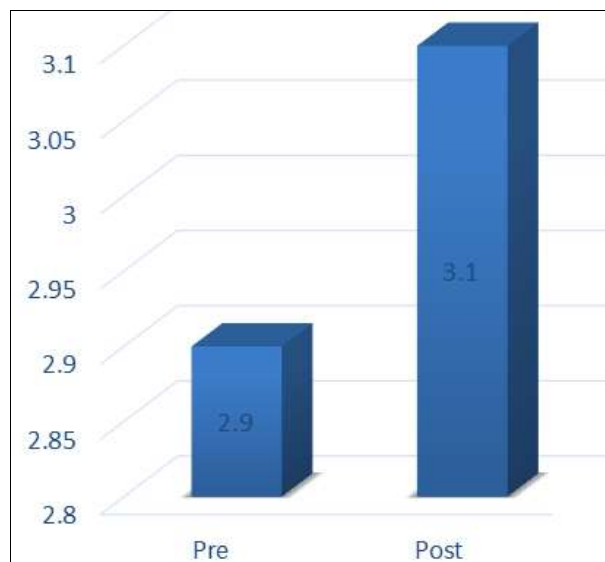


Fig 1: Bar Diagram Showing Vertical Jump due to Kinesio Tapping Training among Badminton Players.

Conclusions

It was concluded that six weeks Kinesio Tapping Training significantly improved Vertical Jump of the Badminton Players.

References

- Bicici S, Karatas N, Baltaci G. Effect of athletic taping and kinesiotaping® on measurements of functional performance in basketball players with chronic inversion ankle sprains. *International journal of sports physical therapy*. 2012 Apr;7(2):154.
- Biz C, Nicoletti P, Tomasin M, Bragazzi NL, Di Rubbo G, Ruggieri P. Is kinesio taping effective for sport performance and ankle function of athletes with chronic ankle instability (CAI)? A systematic review and meta-analysis. *Medicina*. 2022 Apr 29;58(5):620.
- Nunes GS, Feldkircher JM, Tessarin BM, Bender PU, da Luz CM, de Noronha M. Kinesio taping does not improve ankle functional or performance in people with or without ankle injuries: Systematic review and meta-analysis. *Clinical rehabilitation*. 2021 Feb;35(2):182-99.
- Zhang S, Fu W, Pan J, Wang L, Xia R, Liu Y. Acute effects of Kinesio taping on muscle strength and fatigue in the forearm of tennis players. *Journal of science and medicine in sport*. 2016 Jun 1;19(6):459-64.
- Malhotra D, Sharma S, Chachra A, Dhingra M, Alghadir AH, Nuhmani S, *et al*. The time-based effects of Kinesio Taping on acute-onset muscle soreness and calf muscle Extensibility among endurance athletes: A randomized cross-over trial. *Journal of Clinical Medicine*. 2022 Oct 11;11(20):5996.