

# EFFECTIVENESS OF VISION TRAINING PROGRAM ON DEPTH PERCEPTION OF CRICKET PLAYERS

**Pawan Kumar**

Research Scholar, Department of Physical Education,

Universtity of Mumbai (M.S) - INDIA

## ABSTRACT

The purpose of this study was to see the effect of sports vision training program on depth perception of cricket players. To achieve the purpose of the study 30 male cricket players from 100 club level male cricket players were randomly selected as subject. The selected 30 male cricketers were undergone the sports vision training program 8 weeks, three days in week for 30 minutes duration. The Pre test and the Post-test were conducted on depth perception. The criterion measures chosen to test the hypostesis were Paired “t”test. The hypotheses were tested at 0.05 levels of signifance. The result revealed that vision training programe showed significant improvement on depth perception of cricket players.

**Key words:** Cricket, Vision training, Depth perception

## INTRODUCTION

Cricket is basically a bat and ball game played between two teams of eleven players. Cricket is one of the oldest sports in the world. Cricket requires an incredible amount of vision skills especially for batsman. Vision trainings are the key to a cricket player’s timing, co-ordination and overall performance. The visual system is like any other motor system in the body. It can be trained and improved through specific exercises just as athletes use sport-specific drills to improve overall sporting performance. Many studies have been conducted on the effect of sports vision training on vision skills of athletes in various sports. It has been argued that vision training exercises allow cricketers to improve their vision skills and thus improve performance skills.

## OBJECTIVES OF THE STUDY

- To see the effect of vision training program on depth perception of cricket players.

## HYPOTHESIS

- H<sub>1</sub>: Vision training program will show significant improvement in depth performance of cricket players.

## DELIMITATION OF THE STUDY

- This study was delimited only to cricket players.
- The study will be delimited to 30 subjects and only for male cricket players.
- This study will be delimited to club level male cricket players.
- Training will be delimited to 8 weeks, three days in a week for 30 minutes duration.

## RESEARCH DESIGN

This is single group experimental study was designed to see the effect of vision training program on depth perception of cricket players. To achieve the purpose of the study 30 male cricket players from 100 club level male cricket players were randomly selected as subject. The selected 30 male cricketers were undergone the vision training for 8 weeks, three days in a week for 30 minutes duration. The Pre and Post test were conducted on the selected depth perception variables of the subjects.

## STATISTICAL ANALYSIS

The hypotheses of the study were tested using Paired “t” test was used to analyse the effect of sports vision training on vision skills of male cricket players. The hypotheses were tested at 0.05 levels of significance.

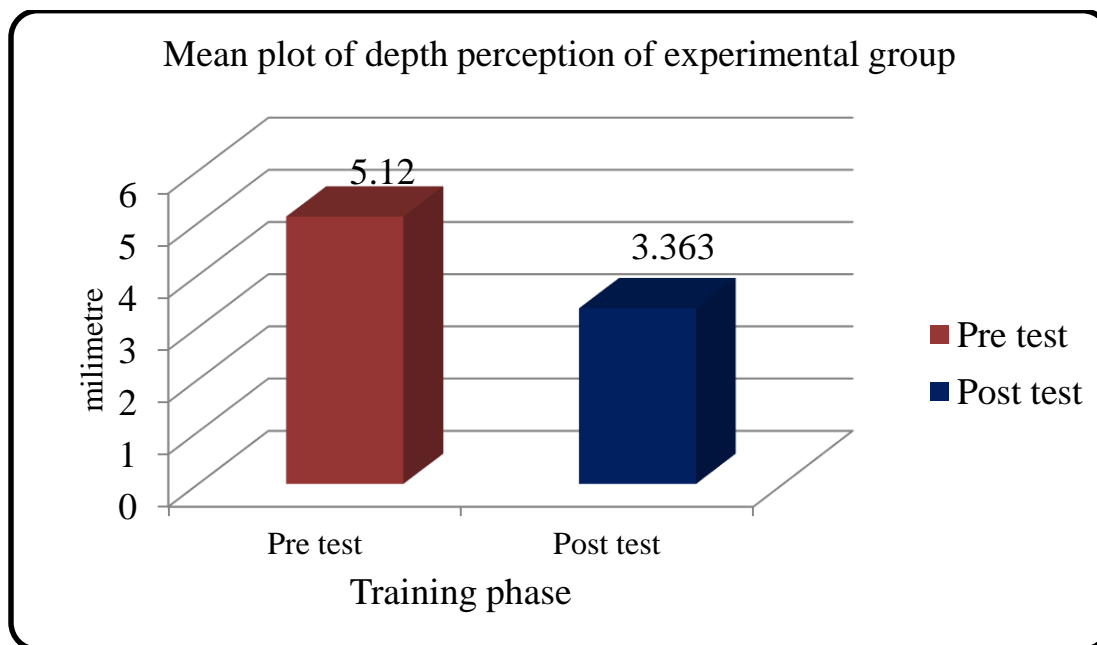
## RESULT AND FINDINGS

### Analysis of pre and post test data of depth perception of experimental group

Table-1

S. No	Criterion variables	Group	Mean	SD	SEM	T	Df	Standard Error of Difference
1.	Depth perception	Pre test	5.120	1.488	0.272	15.6129	29	0.113
		Post test	3.363	1.488	0.229			

Graph 1 Mean plot of depth perception of experimental group



From the above Graph 1 it is evident that after 8 weeks of sports vision training the mean difference in depth perception of the experimental group was significant. Thus, the 8 weeks duration of the vision training program was effective for the improvement of depth perception of cricket players. **Hence hypothesis H<sub>1</sub>: “Vision Training program will show significant improvement in depth performance of cricket players”, is accepted.**

## CONCLUSIONS

From the analysis of the data, the following conclusion are drawn given below.

- Vision training program had showed significant improvement in depth perception of cricket players.

## REFERENCES

1. Balasaheb, Maman & Sandhu, (2008). The impact of visual skills training program on batting performance in cricketers. Serbian Journal of Sports Sciences, 2(1): 17- 23.

2. Calder and Kluka., “The efficacy of the eye thinksport training software programme on South African high school cricketers”, African Journal for Physical Health Education, Recreation and Dance, (2009), 15(1), Pp 44-61
3. Clark, Graman and Ellis., “Depth perception improvement in collegiat baseball players with vision training”, Optometry & visual performance, (2015),3(2),Pp106-114.
4. Kruger, Campher and Smit., “The role of visual skills and its impact on skill performance of cricket players”, African Journal for Physical, Health Education, Recreation, (2009), 15(4), Pp 605-623.
5. Schwab, Memmert, “The impact of sports vision training programme in youth hockey players”, Journal of sports science and medicine, (2012),11(1),Pp 624-631.
6. Shivaji G. and Jeyavelmurugan G. (2013) Effect of Visual Skill Fitness Training Programme on Selected Psychomotor Variables of Male Cricket Players. International Journal of Science and Research (IJSR), India Volume 2 Issue 3 Online ISSN: 2319-7064.