EFFECT OF MINOR GAMES ON DEVELOPMENT OF BALANCE IN TODDLERS

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ABSTRACT:

The study was conducted in order to find out the effect of minor games on the development of balance on toddler children of age group 2.5 – 4 years. 10 toddlers were randomly selected for the study. Instead of traditional exercises used for balance the subjects were exposed to minor games for the development of balance. This pattern was followed for a period of 4 week, 2 sessions a week of 60 minutes of duration in the evenings. The pre-test and the post-test were conducted using the stork stand test. The collected data was then graphically represented.

INTRODUCTION:

The age group 2.5 to 4 years is the age of massive development. It is in this stage that the children begin to learn and master minor and major movements as well as many of the health related and skill related physical fitness components can be developed and improved through training in this period of growth. It has been noticed that during this phase of development the toddlers face a great difficulty in performing activities related to balance. There is a great struggle where in the toddlers fail to maintain their balance due to lack of strength, core stability, concentration and hyper active personality. In this study the researchers studies the effect of fancy and minor games on the development of balance in the toddlers. "Generic balance tasks—such as one-leg stance—may have little value as overall balance measures or when assessing the efficacy of specific training interventions." Jakob Kummel et.al

Objectives of the study:

To study the effect of minor games on development of balance in toddlers.

Hypothesis:

H_1: There will be an improvement in the balance of the toddlers due to minor games

METHOD:

Single group experimental design was designed for the study. Ten toddlers were randomly selected from the age group 2.5 years to 4 years from the Cricket Club of India (CCI) from south Mumbai. The selected subjects the experimental group. A pre and post-test on balance was conducted using the stork stand test. After the pre test scores were obtained the subjects were introduced to minor games for 4 weeks 2 sessions in the evenings for duration of 60 minutes. The training included warm up followed by team and individual minor games and drills. The variables that were trained during the minor

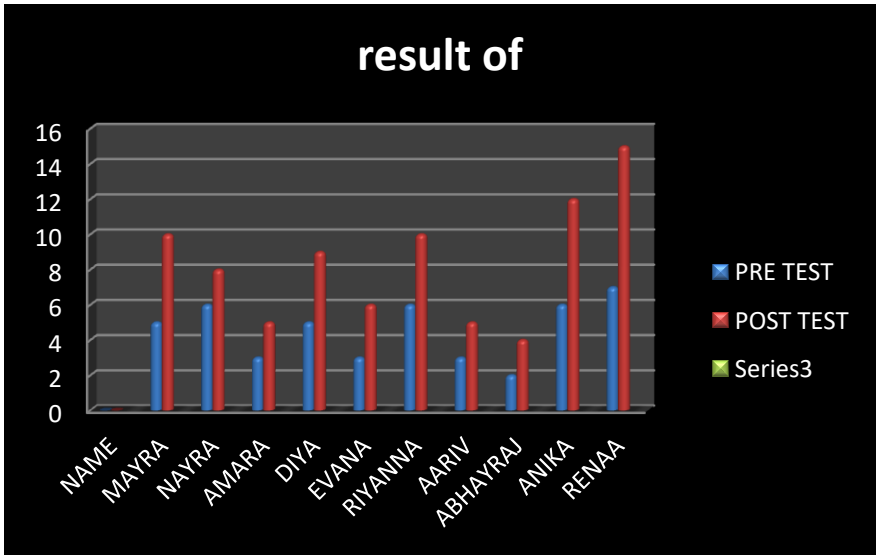
games were core strength, landing control, static balance drills and lower limb strengthening.

STATISTICAL ANALYSIS AND FINDINGS:

There has been a significant improvement in the balance of toddlers due to minor games as the‘t’ test was significant at 0.05 level.

$Mean_a$– $Mean_b$	‘t’	df	P	One- tailed	0.0001175
- 3.8	-5.88	9		Two- tailed	0.000235

From the above tabulation is can be seen that the mean difference between the pre - test and the post test is -3.8. The calculated‘t’ score is -5.88 at the level of 0.5; the degree of freedom is 9. The one-tailed score is 0.0001175 which is significant also the two – tailed score is 0.000235 which is also significant at 0.5 level.



CONCLUSION:

From the above statistical analysis and graphical representation we can derive at the conclusion saying that there has been a significant improvement in the ability to balance in the toddlers due to minor games.

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