



EFFECT OF BATTLE ROPE TRAINING ON STRENGTH AMONG COLLEGE STUDENTS

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Abstract:

The purpose of the study was to investigate the effect of battle rope training on strength among college students. It was hypothesized that there would be significant differences on strength due to the effect of battle rope training among college students. For the present study the 30 male college students from Arignar Anna Government Arts College, Namakkal were selected at random and their age ranged from 18 to 21 years. For the present study pre test - post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each. Group 'A' underwent battle rope training only, group 'B' have not underwent any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05. It was observed that the twelve weeks of battle rope training have significantly improved the strength of college students.

Key Words: Battle Rope Training, Strength, College Students.

Introduction:

Battle ropes are a unique strength and conditioning training method designed by John Brookfield, a writer of several bestselling books and a famous world record holder. John invested over a year creating this technique stringently for himself. He has been using this innovative training system to take his endurance to new levels, despite the fact that John is nearly 53 years old. Once the program met his standards, John released battling ropes conditioning to the world of athletic performance training. Battle ropes are an essential tool for full body strength and conditioning. They are hefty ropes specially designed to be heavy so that they take effort to control and move. They come in many different styles and lengths, but there are two primary styles available; 25mm and 44mm. Most ropes usually come in lengths of 5m, 10m, and 25m. Battle ropes are a unique strength and conditioning training method designed by John Brookfield, a writer of several bestselling books and a famous world record holder. John invested over a year creating this technique stringently for himself. He has been using this innovative training system to take his endurance to new levels, despite the fact that John is nearly 53 years old. Once the program met his standards, John released battling ropes conditioning to the world of athletic performance training. Training with battling ropes develops strength endurance, core stability, and explosive power. First, you need the whole body to move the rope line, so you will build core power. While battling ropes will increase core stability, they also increase grip strength and upper body endurance. Battling ropes are great for burning fat as well when used for high intensity interval training (HIIT). Compared to other training tools, battle ropes exceed in that they don't just stop at burning fat and increasing your level of conditioning. They also increase stability throughout your entire body, including your spine and lower back (Madhu et al. 2025).

Methodology:

The purpose of the study was to investigate the effect of battle rope training on strength among college students. It was hypothesized that there would be significant differences on strength due to the effect of battle rope training among college students. For the present study the 30 male college students from Arignar Anna Government Arts College, Namakkal were selected at random and their age ranged from 18 to 21 years. For the present study pre test - post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each. Group 'A' underwent battle rope training only, group 'B' have not underwent any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05.

Results:

Table 1: Computation of Mean and Analysis of Covariance of Strength of Experimental and Control Groups

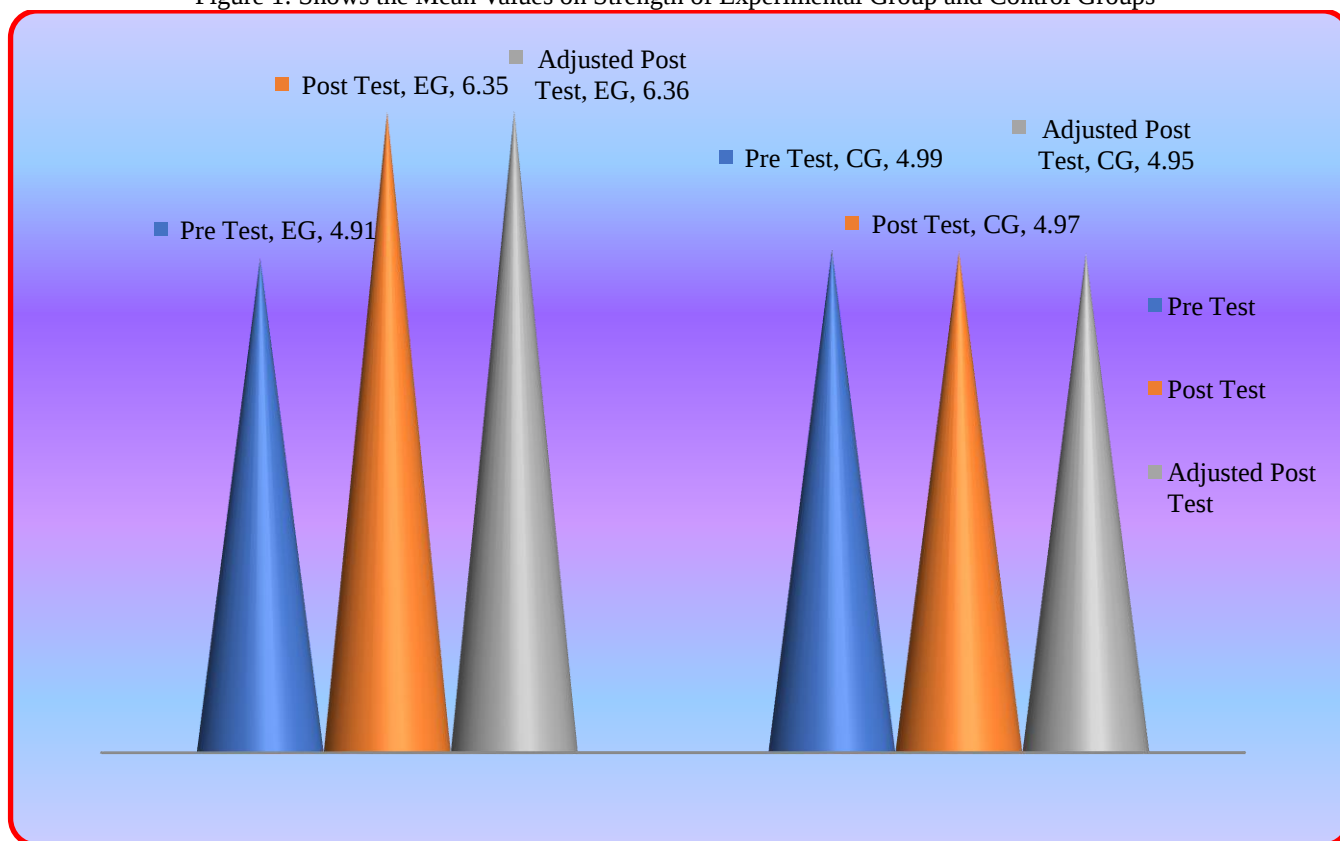
	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	4.91	4.99	BG	0.04	1	0.04	0.60
			WG	2.08	28	0.07	
Post Test Mean	6.35	4.97	BG	14.39	1	14.39	192.93*
			WG	2.08	28	0.07	
Adjusted Post Mean	6.36	4.95	BG	14.55	1	14.55	205.51*
			WG	1.91	27	0.07	

* Significant at 0.05 level, Table value for df 1 and 28 was 4.20, 1 and 27 was 4.21

The above table indicates the adjusted mean value of strength of experimental and control groups were 6.36 and 4.95 respectively. The obtained F-ratio of 205.51 for adjusted mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on strength. The above table also indicates that both pre and post test means of

experimental and control groups differ significantly. The pre, post and adjusted post mean values of strength of both experimental and control groups are graphically represented in the figure 1.

Figure 1: Shows the Mean Values on Strength of Experimental Group and Control Groups



Conclusion:

It was observed that the twelve weeks of battle rope training have significantly improved the strength of college students.

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