



UNIVERSITI TEKNOLOGI MARA

**COMPARISON OF STATIC AND DYNAMIC STRETCHING ON
AGILITY PERFORMANCE AMONG SARAWAK ELITE
BADMINTON PLAYERS**

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ABSTRACT

This study is to compare the effect of static and dynamic stretching on agility performance. Twelve athletes performed the static and dynamic stretching protocol before assessing the agility performance. The descriptive statistic indicates the mean and standard deviation results for static stretching is 18.11 ± 0.50 sec (pre-test) and 17.83 ± 0.62 sec (post-test). While, the dynamic stretching is 17.93 ± 0.44 sec (pre-test) and 16.72 ± 0.71 sec (post-test). The paired samples t-test for static stretching (18.11 ± 0.50 sec pre-test) and (17.83 ± 0.62 sec post-test), mean decrease is 0.28sec. Dynamic stretching (17.93 ± 0.44 sec pre-test) and (16.72 ± 0.70 sec post-test), mean decrease is 1.21sec. The independent-samples t-test examined the differences between pre-test and post-test for both stretching. There were significant differences for post-test time static stretching (17.83 ± 0.61 sec) and dynamic stretching (16.72 ± 0.71 sec), mean difference is 1.11sec.

Keywords: Static stretching protocol, Dynamic stretching protocol, Agility performance.

CHAPTER 1

INTRODUCTION

1.1 Background of the study

Traditionally, stretching is commonly used before doing any exercise or competitions, which is to make the muscle temperature increase and prepare the body for the demands of the endurance conditioning phase or the main focus of the workout (ACSM, 2010). Besides that, there are some factors why stretching is important for the athletes because it is can avoid and improve performances in training and competitions (Fattahi, Ali, & Sadeghi, 2014). Even though, stretching is important for the athletes but they still have so many various of stretching that can give advantage or disadvantage towards the athletes. For example, ballistic stretching, active stretching, passive stretching, isometric stretching, proprioceptive neuromuscular facilitation stretching (PNF), static stretching and dynamic stretching. However, in this study the researcher only compares the static and dynamic stretching towards the agility.

Based on past study, static stretching has been describing to prevent injured by increasing the range of motion at the joints (Hendrick, 2004), and improve in dynamic activities performance. Moreover, the dynamic stretching also has been describing to improve the strength and conditioning for pre-event stretching (Gambetta, 1997). From the arguments above, this topic become a hot topic that discuss in worldwide sports area from 1990s until nowadays.

According to Heang (2012), stated that badminton is a very explosive sport, involving variety of movement techniques and relatively small field strength supported

CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

The purpose of this chapter to discuss the literature related to static and dynamic stretching protocol for this current study. This chapter investigated the literature from several perspectives. These included: (a) badminton, (b) agility, (c) static stretching and (d) dynamic stretching. The literature review highlighted on the understanding of this static and dynamic stretching protocol for the sport and athlete performance. Finally, this chapter explored the definition, terms and previous study provide and establish for future study.

2.2 Badminton

Badminton is one of the sports very famous in Malaysia and also we have the world number one player also from Malaysia which is Dato Lee Chong Wei. Furthermore, the history of badminton is from the ancient Greece and Egypt which the sport came from a child's game called battledore and shuttlecock in which two opposite players play with the shuttlecock and rackets. They hit the feathered shuttlecock back and forth with tiny rackets. During the 18th Century, British Army Officers taken the game back to England where was developed and rules were set for competition (Raman, 2013).

In the mid-1800s at British India, English Military officers had made it and situated there. Early photo show the Englishmen adding a net to the ordinary session of battledore and shuttlecock. The Tamil Nadu, call this sport as a badminton sport