EFFECTS OF COLD WATER IMMERSION ON FLEXIBILITY AFTER A WEIGHT TRAINING SESSION

The cold water immersion as a method to improve the flexibility level of the National Badminton Players is not well known. The purpose of the study was to examine the effects of cold water immersion on flexibility level in female National Badminton Players after a weight training session. Fourteen female National Badminton Players (n=14) with the mean age (M = 21.21 ± 2.57) years were recruited and they were randomly divided into two groups, the Experimental Group (n=7) and the Control Group (n=7). Both Experimental Group and the Control Group of this research were instructed to do a pre-test by using the Acuflex 1 tester (modified sit-and-reach box) to test their flexibility level. Both groups were given the same intensity of weight training. Right after the weight training session, the Experimental Group went through a cold water immersion before both groups carry out the post-test with the Acuflex 1 tester again. Results showed that there were significant differences (t = -11.16, df = 6, p<0.05) on the flexibility level of the Experimental Group between pre-test and post-test. On the other hand, there were no significant differences (t = -2.12, df = 6, p>0.05) of the flexibility level for the Control Group between pre-test and post-test. There were significant differences of the flexibility performance (cm) between groups (t = 3.46, df = 6, p<0.05) on post-test. These results mean that cold water immersion is suitable to improve the flexibility level of the female National Badminton Players.

Key words: Cold Water Immersion, Weight Training, Flexibility Test