



## A Study of Performance Evaluation of Men Adolescence and Adulthood Sprinters

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### Abstract

*The purpose of the study was to compare the 400 mts performance of men between adolescence and adulthood sprinters. To achieve this purpose of the study, thirty men sprinters who participated 400 mts run in various meets and championships, in Kerala, India were selected as subjects at random. Among them, fifteen men adolescent sprinters and fifteen men adulthood sprinters were selected. The 400 mts performance was selected as criterion variables. All the subjects of two groups were tested on the performance in 400 mts. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. The results of the study showed that there was a significant difference between men adolescent and adult hood sprinters in 400 mts performance.*

**Keywords:** Men 400 mts Sprinters, Adolescence, Adult Hood, Performance Evaluation.

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### Introduction

Sports and games in the modern era occupy a very prominent and important place in the life of people and also in every sphere of life. Sport consists of physical activity carried out with a purpose for competition, for self-enjoyment, to attain excellence, for the development of a skill, or more often, some combination of these. Sports differ in their dependence upon a set of individuals or team skills, as well as in the ways in which they have their participants compete. As fitness and sports go hand in glove there is a need to develop the ability in an individual to play the game with good skill and perform consistently well. Being involved in sports has been proven to help people learn valuable skills for dealing with life's ups and downs. They teach people how to interact with others and work as a team. This helps in daily life when working on a class project or a school plays with others.

Sport form an inspirable part of the system of physical education. Physical education offers opportunity in competitive situation for physical, social, emotional and moral development. Sports and games are the best ways to earn social recognition and acquire a status in the modern society. There are many factors that contribute to successful performance in athletic skill. In most of the advanced and developed countries, the awareness for motor learning and skill developed among

children is very much scientific and prolonged which perhaps helped them to level of general fitness with motor abilities like power, speed, agility, balance, reaction time etc. are essential qualities required to be develops in the players. In the last few decades, sports have gained tremendous popularity all over the globe. The popularity of sports is increasing at a rapid pace and this trend is likely to continue in future also. There is a general feeling among the people that sport is only a leisure time activity. Sport is a physical activity involving the use of physical skills, and prowess or vigorous physical exertion. Sports competition alone does not have a role in character development. Sport involves co-operation besides competition.

### Methodology

The purpose of the study was to compare the 400 mts performance of men between adolescence and adulthood sprinters. To achieve this purpose of the study, thirty men sprinters who participated 400 mts run in various meets and championships, in Kerala, India were selected as subjects at random. Among them, fifteen men adolescent sprinters and fifteen adulthood sprinters were selected. The 400 mts performance was selected as criterion variables. All the subjects of two groups were tested on the performance in 400 mts. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

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### Analysis of the Data 400 mts performance

The mean, standard deviation and 't' ratio values on 400 mts performance of men adolescent and

adulthood sprinters have been analyzed and presented in Table I.

**Table I.** The mean, standard deviation and 't' ratio values between men adolescent and adulthood sprinters on 400 mts performance

Groups	Mean	Standard Deviation	't' ratio value
Sprinters in Adolescent period	48.1	0.89	18.25*
Sprinters in Adulthood period	54.2	0.94	

\* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 28 was 2.05).

The table I shows that the mean values on 400 mts performance for sprinters in adolescent period and sprinters in adulthood period were 48.1 and 54.2 respectively. The obtained 't' ratio value on 400 mts performance 18.25 which was greater than the table value required for significance with df 28 was 2.05. The results of the study showed that there was a significant difference between sprinters in adolescent period and sprinters in adulthood period on 400 mts performance.

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### Conclusions

- There was a significant difference between sprinters in adolescent period and sprinters in adulthood period on 400 mts performance.
- However, the sprinters in adolescent period dominated in the 400 mts performance when compared to the sprinters in adulthood period.

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