



Performance Evaluation of Women Sprinters of Adolescence and Adulthood Stage

K. N. Sivashankara Kaimal¹ & Dr. K. Vaithianathan²

¹Research Scholar, Department of Physical Education, Tamilnadu Physical Education and Sports University, Chennai, Tamilnadu, India.

²Vice Chancellor (Rtd), Tamilnadu Physical Education and Sports University, Chennai, Tamilnadu, India.

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Abstract

The main objective of the study was to compare the 400 mts performance of women between adolescence and adulthood sprinters. To achieve this purpose of the study, thirty women sprinters who participated 400 mts run in various meets and championships, in Kerala, India were selected as subjects at random. Among them, fifteen women adolescent sprinters and fifteen women 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 women adolescent and adult hood sprinters in 400 mts performance.

Keywords: 400 mts women sprinters, adolescence, adult hood, performance evaluation.

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Introduction

Physical activity enhances a person's life both socially and psychologically. Studies have shown that physical activity may modify anxiety and depression. Physical education may help prevent degenerative disease, improve overall physical condition, maintain emotional balance, promote a sense of social effectiveness, contribute to academic performance, and establish positive recreation habits. Therefore, physical education must not be considered a curricular frill; rather, it must be supported as an integral part of comprehensive education. 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.

India is yet to win an Olympic medal in Track and Field discipline; But Norman Gilbert Pritchard of India has been recorded as silver medal winner in 200 mts & 200 m hurdles in the second Olympic Games held in Paris in 1900. It is heard that Norman Gilbert Pritchard was born in India to British parents. His silver

medal has been registered in the honour of British India. Nothing more is known about him, even though it is extremely relevant for the Prospectus and Promotion of Indian Track and field discipline. A major scientific goal is identifying the factors that contribute to expertise or superior performance in domains such as dancing, decision-based games (e.g., chess), music, professional decision-making (e.g., medical diagnosis), and sports.

Methodology

The purpose of the study was to compare the 400 mts performance of women between adolescence and adulthood sprinters. To achieve this purpose of the study, thirty women sprinters who participated 400 mts run in various meets and championships, in Kerala, India were selected as subjects at random. Among them, fifteen women adolescent sprinters and fifteen women 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.

Analysis of the Data

400 mts performance

The mean, standard deviation and 't' ratio values on 400 mts performance of women adolescent and adulthood sprinters have been analyzed and presented in Table I.

Correspondence

K. N. Sivashankara Kaimal

E-mail: sskaimal4@gmail.com, Ph. +9194462 94817

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

Groups	Mean	Standard Deviation	't' ratio value
Sprinters in Adolescent period	53.4	0.91	13.98*
Sprinters in Adulthood period	58.2	0.97	

* 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 53.4 and 58.2 respectively. The obtained 't' ratio value on 400 mts performance 13.98 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 women sprinters in adolescent period and sprinters in adulthood period on 400 mts performance.

Conclusions

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

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