

IMPACT ON REACTION TIME OF SPORTS TRAINING PROGRAM AMONG MEN ATHLETE PLAYERS

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Abstract

The present study examine the effect of sports training program on reaction time. Among the students before and after the raining program. To achieve thus purpose of the study thirty (30) male athlete of Guru Gobind Singh University were randomly selected as subject. They are group of the subject. The age group of the subject was 18-22 years all subject belongs to Delhi region. All the subject were inform about the aim and methodology of the study. The experimental group was given special training program of six weeks. The data was collected and administrate with the ANOVA test and was analysed in SPSS with the help of statistical procedure 't' test was used for analysing and comparison. Result are expressed as mean + S.D.. $P < 0.05$ was considered as significance

INTRODUCTION

The process of preparationl sports person based on scientific principals aimed at improving and maintaining neither performance. Capacity in different sports-activates. it is a particular type of training designed to improve fitness and ability to perform in a given sports. It includes strength in training, corrective and restorative exercise conditioning and cardiovascular training. It also includes mental and psychological training called sports training.(Haward and Roseman Payne 1981).

Today sports training are mostly based upon the competitive motives each nation are try to active top level performance and to win the medals. Today records are proved to be lower performance of tomorrow. This is because greater stress has been laid on the quality rather than the quantity training. (Watson, 1983). It is always evaluated, organised, and executed by a trainer. It is a consumer process and it should be based on performance in ascending order.

Reaction time is the ability to respond quickly to a stimulus. It important in many sports and day today activities, though it is not often measured. Simple reaction time is the time taken between a stimulus and movement such simple reaction time reaction time depends on nerve connections and signal pathway is 'hard coired' in your body composition and cannot be improved. Another type of reaction time, choice reaction time, is the time taken between stimulus and action which required a choice. Choice reaction time can be improved by practice and training.

Objective of the Study

To study the effect of special training program on reaction time.

Hypothesis

There is a significance difference of reaction time between trained and non-trained athletes.

Materials and Methods

The objective of the study was the study of effect of special training program on reaction time among the trained and non-trained players of GGSIP University athletes. To complete the preparation thirty athletes were randomly selected. Pre-training test of reaction time was collected and then six weeks special sports training program administrated and collected the data of reaction time the age group of the subject was 18-22.

Result and Discussion

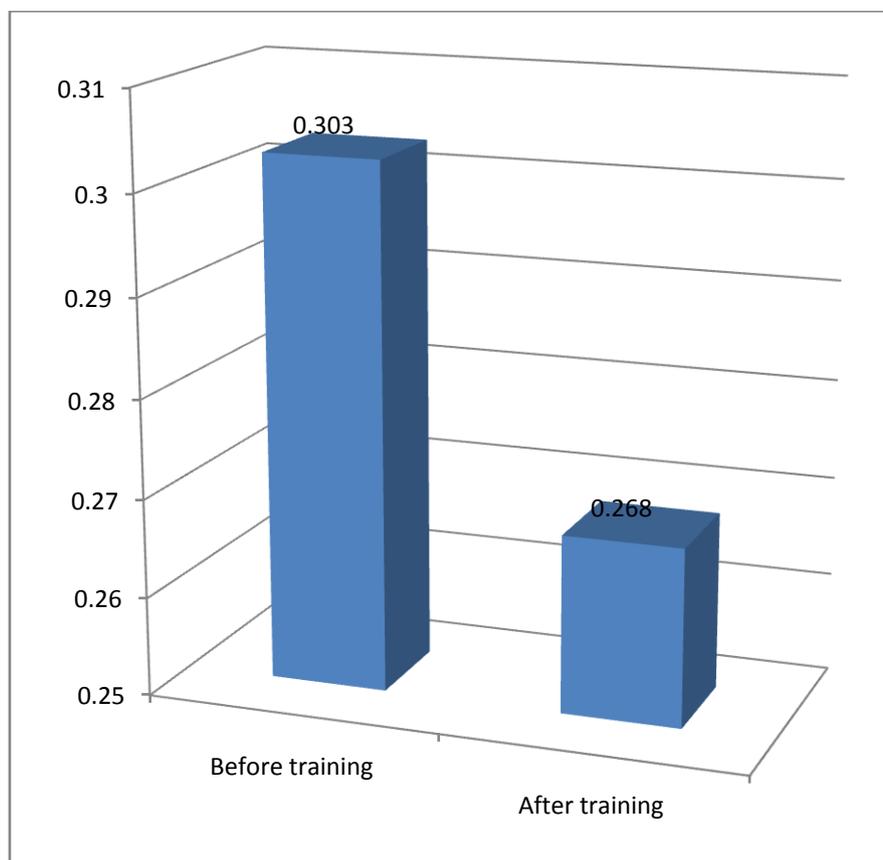
The data obtained was analyzed using SPSS software. The parameters of reaction time was assessed. Student'spaired 't' test was used for analysing of comparison. Result are expressed as mean + S.D. $P < 0.05$ was considered as significant.

We observed that reaction time was significantly lower with sports training.

Table 1

N = 30	Before training	After training	P Value
Mean + S.D.	0.303 ± 0.06	0.268 ± 0.024	< 0.0106

Reaction time before and after training program in second.



Discussion on Findings

The results of the study showed that there as a significant improvement on selected criterion variables reaction time. Hence physical training program six weeks was satisfactory for improving motor abilities as reaction

Conclusion

It was concluded that the sports training program is one of the best training methods for improving motor abilities during six week of sports training the subject perform the motor ability and improve the reaction time to a good level.

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