Collating Agility among Elite and non-Elite players of Tae Kwando

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Abstract

Agility not only improves athletic performance; it can also improve our daily movement. Whether you want to build explosive power, increase speed, improve recovery times, or simply want to improve balance, agility training is essential for maintaining athletic performance. To find out the difference of agility among elite and non-elite taekwondo players. Study was delimited to elite and non-elite players of taekwondo. Further the study was delimited to fin and fly weight categories. This research was a descriptive survey with a field study.100 subjects was selected as sample of the study with purposive sampling technique from North India. Agility was measured by Semo Agility test. Collection of Data from subjects was oriented with the need and value of the study. The researcher approached various elite and non-elite taekwondo players. Subjects were given information about the tests. A comparative analysis of selected psychological variables of contact and non-contact sportspersons were statistically analyzed by applying 't' test. According to the results and findings of the study it is recommended that TKD coaches should work on the agility of non-elite players so that their full potential can be used to get higher performance.

Introduction

The future of a nation depends upon the future of its younger generation. Their development goes a long way in the development and wellbeing of the society, they are the precious source for prosperous future. The overall national rating in each aspect of development always depends directly or indirectly upon, where it's younger generation of yesteryears stood. Today's youngsters are bound to be tomorrow's foundations. Thus, so much is expected from the younger generation, it should be kept in mind that there are several factors that

underline their future. One of these basic factors is Motor Fitness. The word 'sport' is made from two words 'dis' and 'portere' meaning'carrying away from work'. Regarding sports, we point to such recreative activities which are relaxing in nature and it is for the sake of seeing 'pleasure' only. Basically, sports are individual activities born out of natural urge for movement. Sports are part and parcel of human as well as animal life. (Gangopadhyay, S.R., 2008)

Sports are an 'activity-oriented field'. In the sports we deal with movement and gradually encompasses mental, intellectual and social aspects of the child's personality. Much of the magnetism of sport comes from the variety of experience and feeling that result from participation such as success, failure, exhaustion, pain, relief and feeling of belonging. Sports can bring money, glory, fame, status and goodwill; however, it can also bring tragedy grief and even death. Psychology is a study of human behavior. The world 'psychology' was derived from the Greek word "psyche' meaning 'soul' and the 'logos' meaning 'study. Consequently, the definite importance of psychology is the science or investigation of the soul. (Ajmer Singh et.al., 2000).

Agility is our body's ability to be fast and nimble while we move, change direction, and change the positioning of our body - while our body is actively in motion.

Statement of the study

The study is stated as "Collating Agility among Elite and non-Elite players of Tae Kwando"

Objectives of the study

To find out the difference between agility among elite and non-elite taekwondo players.

Hypothesis

There would be a significant difference of agility among elite and non-elite players of Tae Kwondo.

Delimitations

- 1. Study was delimited to 100 male and female taekwondo players.
- 2. Study was delimited to elite and non-elite players of taekwondo.
- 3. Further the study was delimited to fin and fly weight categories.

Design of the study

This research was a descriptive survey with a field study. 100 subjects were selected as a sample of the study with purposive sampling technique from North India. The subjects were from fin and fly weight categories.

Tool

Agility measured by Semo Agility Test

Collection of Data

Subjects were oriented with the need and value of the study. The researcher approached various elite and nonelite taekwondo players. Subjects were given information about the tests.

Analysis of Data

A comparative analysis of selected elite and no elite players of Tae-Kwondo were statistically analyzed by applying 't' test.

TABLE NO. 1

COMPARATIVE ANALYSIS OF AGILITY VARIABLE AMONG ELITE AND NON ELITE

Agility Variable	Number	Mean	S.D.	SEM	't' value
Elite Sports Persons	15	6.38	0.45	0.11	0.02
Non-Elite sports Persons	15	9.32	1.04	0.27	9.92

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(df = 28) at the level of 0.05

(Tabulated value of t is = 1.70)

The perusal of table.1 revealed that mean and standard deviation values with regard to elite sportspersons on agility variable were recorded 6.38 and 0.45 respectively with 0.11 standard error of mean whereas, in the case of Non-elite sports persons the same were recorded as 9.32 and 1.04 respectively with 0.27 standard error of mean. The calculated t value showed to be 9.92 where as tabulated t value is 1.70 which is lower than the calculated value of t. Thus, it is clearly supporting the hypothesis which states that there would be a significant difference of agility among elite and non elite players of Taekwondo. So it is concluded on the basis of data analysis that there is a significant difference between agility of elite and non elite players of Tae Kwando.

FIGURE NO. 1

GRAPHICAL REPRESENTATION OF COMPARATIVE ANALYSIS OF AGILITY VARIABLE

AMONG ELITE AND NON ELITE TAEKWONDO PLAYERS



Findings of the study

The perusal of table.1 revealed that mean and standard deviation values with regard to elite sportspersons on agility variable were recorded 6.38 and 0.45 respectively with 0.11 standard error of mean whereas, in the case of Non-elite sports persons the same were recorded as 9.32 and 1.04 respectively with 0.27 standard error of mean. The calculated t value showed to be 9.92 whereas tabulated t value is 1.70 which is lower than the calculated value of t. Thus, it is clearly supporting the hypothesis which states that there would be a significant difference of agility among elite and non-elite players of Taekwondo. So it is concluded on the basis of data analysis that there is a significant difference between agility of elite and non-elite players of Tae Kwando.

Conclusions

According to the results and findings of the study it is recommended that TKD coaches should work on the agility of non-elite players so that their full potential can be used to get higher performance. This study has managed to distinguish between elite and non-elite among taekwondo players in terms of their agility. Taekwondo players and can utilize this figures in their talent identification and training programs, though considering it agility is merely fractional part of talent.

Recommendations

- 1. Similar study can be conducted on all the games.
- 2. Similar study can be carried out in the different level of participation.
- 3. Similar study can be conducted by involving psychological, sociological and functional variable components.
- 4. Similar study can be conducted on large number of subjects.

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