

Correlation of Agility and Athletic Performance among School Girls Athletes

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ABSTRACT

The modern preparation of athlete for success is a complicated, dynamic process that requires a high degree of physical and physiological efficiency as well as the refinement of the requisite knowledge, skills and teaching methods. The purpose of the study was to determine the relationship between agility and athletic performance among school girls athletes. To achieve the purpose of the study, 25 school girls athletes were randomly selected from various schools of Bhopal, Madhya Pradesh state in the age group of 12 to 14 years. The 4x10 yards shuttle run test and 50 yards dash test were used to measure agility and athletic performance of the athletes. The Pearson's Product Moment Correlation was used to identify relationship between test variables. It was concluded that there was a significant positive relationship between agility and athletic performance of school girls athletes.

Key words: Agility, Athletic Performance, Pearson's Product Moment Correlation.

INTRODUCTION

Today's world is a world of competition, the rivalry to reach top and excel each other is so much. That every aspect that contributes for the excellence is carefully looked in it one of such aspects is the selection of the right person for the right event in sports and games, normally a choice of selection is given to that the player or the athletes. The players without knowing their inherent potential made wrong choices because of his wrong selection the individual concern is not able to reach the top of the ladder. Gangopadhyay, (1993).

The term "athletics" is derived from the Greek word "Athlon" which means a contest, and the word athlete denotes a person who takes part in such contests which involve physical activity. "Athletics" are the oldest forms of the organized sport, contested between individuals and or teams. Athletics is enjoying global popularity. Athletics require different combination of

sports fitness and motor skills for the athlete to be successful in the events. Uppal A K., et.al., (2004).

Athletics is an exclusive collection of sporting events that involve competitive running, jumping, throwing and walking. The simplicity of the competitions, and the lack of need for expensive equipment, makes athletics one of the most commonly competed sports in the world. The original and only event at the first Olympics in 776 BC was a stadium-length running event known as the stadion. This later expanded to include throwing and jumping events within the ancient pentathlon. Athletics competitions also took place at other Panhellenic Games, which were founded later around 500 BC. Aneja O.P., (2012).

Sports training is continuous process of perfection, improvement and creation of means and methods of improving sports performance and factors of performance. Hardayal Singh, (1987).

The sports training aims at achieving high performance in sports competition. In order to achieve high performance, sports training is done in a planned and systematic manner. Sports training is based on systematic facts and principles.

In the field of games and sports, that process which helps in preparing sports-persons to participate in competitions and tournaments of various levels is known as sports training. All the learning influences and processes that are aimed at enhancing sports performance are important parts of sports training. Aneja O P., (2015).

Agility is a physical ability which enables an individual to rapidly change body position and direction in prescribed manner. Johnson, B L., et.al., (1992).

PURPOSE OF THE STUDY

The purpose of the study was to determine relationship between agility and athletic performance among school girls athletes.

HYPOTHESIS

It was hypothesised that there would be a significant relationship between agility and athletic performance among school girls athletes.

METHODOLOGY

To achieve the purpose of the study, 25 school girls athletes were selected from various schools of Bhopal, Madhya Pradesh state. The age of the subject ranged between 12 and 14 years. Tests were conducted for all the 25 subjects on agility and athletic performance. The investigator administered 4x10 yards shuttle run test and 50 yards dash test to measure agility and athletic performance. To determine the relationships between the selected variables, descriptive statistics and the Pearson's Product Moment Correlation were used. The level of confidence was fixed at 0.05 level to test the significance.

RESULT AND FINDINGS OF THE STUDY

Descriptive statistics was applied on all data. After determining normal distribution of the test variables, Pearson's Product Moment Correlation was used to identify relationship between test variables.

Table 1 Descriptive statistics and Correlation Coefficient of Agility and Athletic Performance of School Girls Athletes

Variable	N	Mean	SD	Correlation Coefficient (r)	P Value
Agility	25	9.47	0.26	0.434*	0.001
Athletic Performance (50 Yards Dash)	25	7.43	0.27		

*: Correlation is Significant at 0.05 level (2-tailed)

DISCUSSION OF THE FINDINGS

Table 1 shows that the Mean and SD of agility and athletic performance of school girls athletes. Table 1 also indicates that there exists a significant relationship between agility and athletic performance of school girls athletes ($r=0.434$) and the p-value was 0.001. It was observed that there was positive correlation between agility (in seconds) and athletic performance (in seconds).

Based on the results of previous researches and outcome of present research, the study revealed that the agility was most dominating variable for the improvement of athletic performance of an individual.

CONCLUSION

Within the limitation of the present study and on the basis of findings of the result of the study, it can be concluded that there was a significant positive relationship between agility and athletic performance of school girls athletes.

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