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Effect of perceptual skill training on selected psychomotor components and skill performance variables of hockey player

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Abstract

Sports and games are very important for us. They keep us healthy and fit. They offer us a change from the monotony of daily life. It is a useful means of entertainment and physical activity. Sports and games help in character building. They give us energy and strength. Sports and games are means of mental and physical growth. During sports we come to learn many things. We learn how to maintain mental balance in the midst of hopes and despair. They make us learn how to tackle the difficult situation. Sports develop a sense of friendliness. They develop in us team spirit. They help in developing mental and physical toughness. They shape our body and make it strong and active. The purpose of the study was to compare the selected motor fitness, psychomotor components and skill performance offensive and defensive player in high school level. To achieve the purpose of this study, as subject for this study 15 offensive and 15 defensive school level hockey players were selected from the Madurai district government girls higher secondary school, The finding of the study showed there was significant relationship between motor fitness of agility, psychomotor components of, co-ordination and skill performance variables of dribbling and shooting. Hence the hypothesis was accepted. The result of the study sources the motivational skill performance variables only significant difference between the offensive and defensive player. The result of the study sources the dribbling, shooting, agility and co-ordination skill performance variables in significant difference between the offensive and defensive player. Overall result of the study the study was concluded that there might not significant different in selected variables more or less offensive and defensive.

Keywords: Offensive, defensive, agility and psychomotor

Introduction

In the modern world the field of sports has become so popular that large number of young men and women participate in all over the world. The standard of games and sports has improved a lot due to the modern training. The physique of athletes should be carefully studied and activities should be accordingly chosen. Excelling in sport today is impossible without top conditioning Athletes needs [motor fitness, muscular strength, endurance, power, agility, flexibility, co-ordination and balance] in order to perform at a high level and sustain it in competition when it really counts. Physical education teachers have long been concerned with issues relating to how to best teach sports and games to students. Sports is a human activity that involves specific administration, organization and an historical background of rules which define the object and limit the pattern of human behaviour; it involves competition or challenge and a definite outcome primarily determined by physical skill'.

Sports and games are very important for us. They keep us healthy and fit. They offer us a change from the monotony of daily life. It is a useful means of entertainment and physical activity. Sports and games help in character building. They give us energy and strength. Sports and games are means of mental and physical growth. During sports we come to learn many things. We learn how to maintain mental balance in the midst of hopes and despair. They make us learn how to tackle the difficult situation. Sports develop a sense of friendliness. They develop in us team spirit. They help in developing mental and physical toughness.

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They shape our body and make it strong and active. They give us energy and strength. They remove tiredness and lethargy. They improve blood circulation. This improves our physical well-being. Sports and games improve our capability. They improve our efficiency. Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Sports are integral part of education. Education without sports is incomplete. Keeping their value in life, children are taught some sorts of games in the very early stage in school. These days' sports are a part of academic curricula. Sports are particularly important for the youth. They help in their physical and mental growth. They contribute in the formation of character. They inculcate in them good values. It is therefore, sports competition is held at school and college levels. Thus, sports have great value in life.

Methodology

Selection of subject

The purpose of the study was to compare the selected motor fitness, psychomotor components and skill performance offensive and defensive player in high school level. To achieve the purpose of this study, as subject for this study 15 offensive and 15 defensive school level hockey players were selected from the Madurai district government girls higher secondary school

Selection of variables

Used in the study are: Hand eye co-ordination, Agility, Dribbling, shooting

Research Design

To achieve the purpose of the present study 30 subjects were selected. 15 offensive players and 15 defensive players. The subject were analyse through the through the

Criterion Measures

Table 1: Psychomotor components

S. No.	Variables	Test
1.	Coordination	Mirror tracer
2.	Agility	Shuttle run (4X10 mts run)

Table 2: Skill performance variables

S. No.	Variables	Test
1.	Dribbling	French field hockey test
2.	Shooting	Friedel filed hockey test

Pilot Study

In order to study the administrative feasibility and solving the technical difficulties of the study, a pilot study was conducted. Students studying from government girls Higher Secondary School, Madurai were taken as subjects for this study. The data thus collected were analyses. On the basis of the results changes have been made. This study helped the testers to overcome the preliminary difficulties such as recording the data, preliminary arrangements including marking, measurements, equipment's and scoring.

Collection of data

In order to collect the data tests were administrated on selected criterion variables. The scores were recorded in the initial and final reading. Before starting the test all the subjects were oriented as to the purpose of the test. The method of test and the test items were employed throughout the period of investigation. The subjects were motivated to extend their fullest co-operation in the successful completion of test.

Description of test and test administration

The subject were assembled and oriented to the objectives and requirements and trails measurements were demonstrated to them. Trail measurements were taken. The students were motivated to given their best performance on impressing them with the importance of development in the skill test items.

Results

The results obtained as psychomotor components and skill per formation variables between offensive and defensive girls hockey players are given.

The t- value was 1.43, To be significant at 0.05 level for degree of freedom 1/19, the required critical was Hence, the obtained t- value (1.43) was failed to reach the significant level, the mean difference exist on motor fitness component of agility between the offensive and defensive girls hockey players was statically not significant. From the results, it was inferred that the positional play of a player has no significant impact on motor fitness component.

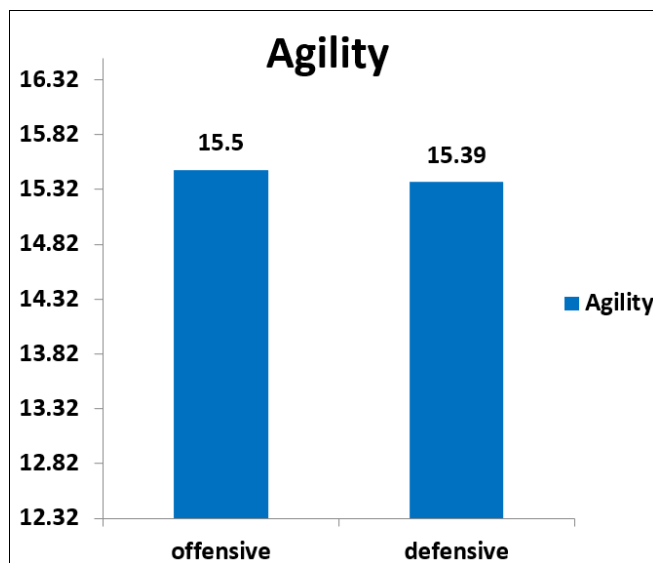


Fig 1: Bar diagram showing the mean value of Offensive and defensive hockey player

The t- value was 0.356, To be significant at 0.05 level for degree of freedom 1/19, the required critical was . Hence, the obtained t- value (0.35) was failed to reach the significant level, the mean difference exist on psychomotor component of between co-ordination n the offensive and defensive girls hockey players was statically not significant. From the results, it was inferred that the positional play of a player has no significant impact on psychomotor component.

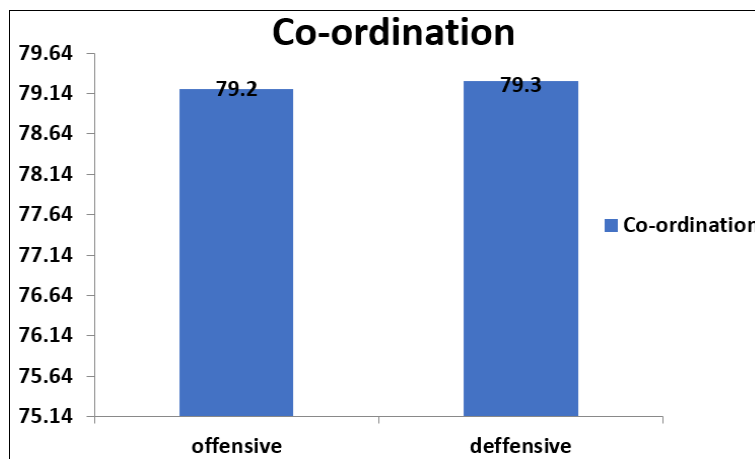


Fig 2: Bar diagram showing the mean value of Offensive and defensive hockey player

The t- value was 0.98, to be significant at 0.05 level for degree of freedom 1/19, the required critical was Hence, the obtained t- value (0.98) was failed to reach the significant level, the mean difference exist on skill performance of

between dribbling on the offensive and defensive girls hockey players was statically not significant. From the results, it was inferred that the positional play of a player has no significant impact on skill performance.

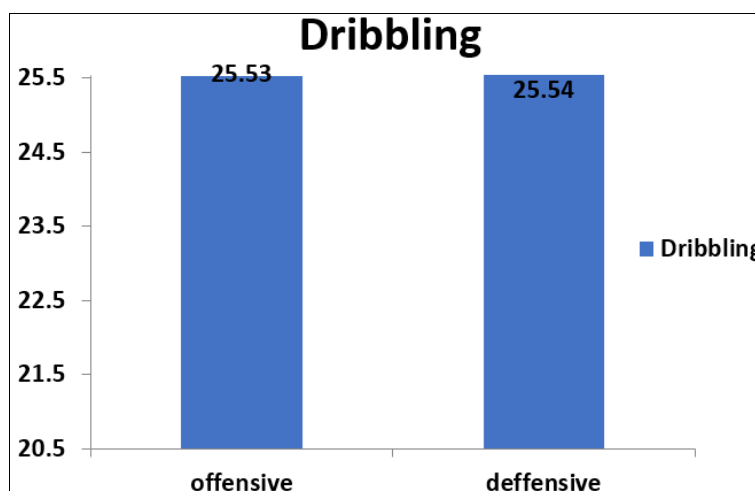


Fig 3: Bar diagram showing the mean value of Offensive and defensive hockey player

The t- value was 0.42, to be significant at 0.05 level for degree of freedom 1/19, the required critical was Hence, the obtained t- value (0.42) was failed to reach the significant level, the mean difference exist on skill performance of

between shooting on the offensive and defensive girls hockey players was statically not significant. From the results, it was inferred that the positional play of a player has no significant impact on skill performance.

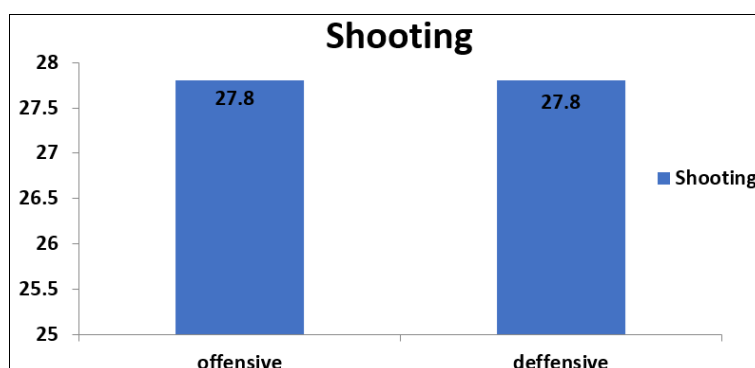


Fig 4: Bar diagram showing the mean value of Offensive and defensive hockey player

Findings

The finding of the study showed there was significant relationship between motor fitness of agility, psychomotor components of, co- ordination and skill performance variables of dribbling and shooting. Hence the hypothesis was accepted. The result of the study sources the motivational skill

performance, dribbling, shooting, agility and co-ordination skill performance variables only significant difference between the offensive and defensive player. This study has shown the feasibility of heart rate monitoring as mean of estimating energy expenditure in elite hockey competitive matches place a heavy demand on the aerobic system and

require players to expend energy at relatively high levels. It is repeated nonspecific concept appears to be a promising alternative to traditional specific treatments; this is further substantiated by several pedagogical, Psychological and medical arguments.

Conclusion

The offensive and defensive players have not found any difference on agility of school level hockey players. Whereas little difference was found in co-ordination. The school level hockey player have its own positional wise difference was found in offensive and defensive skills. Overall result of the study the study was concluded that there might not significant different in selected variables more or less offensive and defensive players have equal skill ability. It shows that now a day the hockey was played as a total game.

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