

**COMPARISON OF REACTION TIME AND
COORDINATION BETWEEN NCC SW CADET
AND BACHELOR OF PHYSICAL EDUCATION
FEMALE STUDENTS**



Dissertation

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The dissertation is satisfactory from the point of content and language and fulfils the requirements related to M.P. Ed degree thus approved and forwarded for the evaluation.

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Declaration

I do hereby declare that research work entitles “Comparison of reaction time and coordination between ncc sw cadet and Bachelor of Physical education female students” is an original piece of work done by me under the supervision of Dr. Anjan Konai, assistant professor, Department of Physical Education, Mugberia Gangadhar Mahavidyalaya. I have specified, by means of reference, the source of information.

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Dedicated To

My

Family Members

&

Respected Teachers



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ABBREVIATION

1.	Cm	Centimeter
2.	Yrs	Years
3.	Ht	Height
4.	Kg	Kilogram
5.	Wt	Weight
6.	Min	Minute
7.	Sec	Second
8.	Mn	Mean
9.	Sd	Stander Deviation
10.	No	Number
11.	fig	Figure
12	NCC (SW)	National Cadet Corps and Senior Wing
13	B.P.Ed	Bachelor of Physical Education
14	H.R.T	Hand Reaction Time
15	F.R.T	Foot Reaction Time
16	C.B	Catching Ball
17	T.B	Throwing Ball
18	E.F.C	Eye Foot Coordination
19	in	Inch
20	df	Degrees of Freedom

SUMMARY, CONCLUSION AND RECOMMENDATION

In this chapter summary of the total work done in this dissertation as describe in previous chapter has been delimited. The conclusions drawn from the result and recommendations for future research work have also been presented here.

SUMMARY OF THE STUDY

In our country marching is the well-practiced and an important component of activity in Army. C.R.P.F., Police, N.C.C., Scout, St. Johon Ambulance and in physical education also.

Discipline is an essential and important component to grow up and built behavior. For a true educated person to manifest his/her personality, rules & regulations play an important role. It should bring up from very earlier of childhood which includes at an individual's posture of sitting, walking, running will be within body without body postural deformities., as well as personalitywhich can be achieved by marching

Apart from physical, mental & social qualities marching helps, in developing the attraction of several programs like - annual sports day of school, college & university. National days etc.

PURPOSE OF THE STUDY: -

- i. To compare the difference in reaction time between N.C.C SW cadets and B.P. Ed female students.
- ii. To compare the difference in coordination between B.P. Ed female students and N.C.C SW cadets.
- iii. To understand the reaction time and coordination level of N.C.C SW cadets and B.P. Ed female students.

Study of the literature which was followed by the investigation from the year of 2000 to 2022 are mentioned in this chapter 2. Chapter deals with literature related to the present study. The investigator and researcher got an idea of the work that has already particular field and also how much in needed to draw proper conclusion.

Chapter 3, the methodology deals the subject, criterion measure, instruments, and tools used the design and procedure for collection data administering and test for the study were described. The selection of the subject was considered. Total 100 subject were selected as subjects from Purba Medinipur districts of West Bengal for the present study. Out of 100 subject 50 were selected form NCC SW 2nd year cadet and 50 were selected form B.P. Ed 4th semester students. The age range of the subjects between 18 to 23 years. The B.P. Ed students were selected form Mugberia Gangadhar Mahavidyalaya, Panskura Banamali College and the NCC cadet were selected form Mugberia Gangadhar Mahavidyalaya, Bajkul Milani Mahavidyalaya and Vivekananda Mission Mahavidyalaya. For the measured of reaction time and coordination, the test includes Hand reaction time test (Nelson stick drop test), Foot reaction time test (Nelson stick drop test), Catching test items, Throwing a ball at a target, Eye foot coordination. All the tests were conduct through standard procedure as par test manual. After collecting the data stander statistical procedure were used for the analysed of data.

All the data were statically treated and are present in chapter 4in table form of figure and also graphically represented as per design of the study. This was followed by T- Test was obtained the significant level of the test. For statistical interpretation of data level of significant for 't'- Test has been set as 0.05 level.

Form the table no – 1 it was found that mean value and SD of age of NCC and B.P. Ed group were 18.91 ± 0.912 and 22.66 ± 0.479 respectively. On the other hand mean and SD value of height of NCC and B.P. Ed groups were 157.27 ± 5.073 and 155.68 ± 6.23 and also mean and SD value of weight of NCC and B.P.Ed groups were 48.97 ± 8.39 and 48.69 ± 7.65 respectively. Comparing the mean data of the group it observed the students were homogeneous in personal data.

Form the table no – 2 it was observed that the mean and SD of Hand reaction time of NCC and B.P.Ed group were $.52 \pm .099$ and $.49 \pm .08$ respectively. Comparing

the mean value Hand reaction time between NCC and B.P.Ed groups 't' – value was found 1.661 which was statistically not significant at 0.05 level.

Form the table no – 3 it was observed that the mean and SD of Foot reaction time of NCC and B.P. Ed group were $.63 \pm .14$ and $.65 \pm .07$ respectively. Comparing the mean value Foot reaction time between NCC and B.P. Ed groups 't' – value was found 1.183 which was statistically not significant at 0.05 level.

Form the table no – 4 it was observed that the mean and SD of Catching test items of NCC and B.P. Ed group were $4.40 \pm .83$ and $4.66 \pm .52$ respectively. Comparing the mean value Catching test items between NCC and B.P. Ed groups 't' – value was found 1.873 which was not statistically not significant at 0.05 level.

Form the table no – 5 it was observed that the mean and SD of Throwing a ball at a target of NCC and B.P. Ed group were 1.94 ± 1.02 and 2.16 ± 1.17 respectively. Comparing the mean value Throwing a ball at a target between NCC and B.P. Ed groups 't' – value was found 1.004 which was not statistically not significant at 0.05 level.

Form the table no – 6 it was observed that the mean and SD of Eye foot coordination of NCC and B.P. Ed group were 8.27 ± 2.44 and 9.06 ± 7.44 respectively. Comparing the mean value Eye foot coordination between NCC and B.P. Ed groups 't' – value was found .710 which was statistically not significant at 0.05 level.

CONCLUSION

With the limitation of the study the following conclusion were drawn: -

- i. In Hand reaction time there was no significant difference was found between N.C.C SW cadets and B.P. Ed female students.
- ii. In foot reaction time there was no significant difference was found between N.C.C SW cadets and B.P. Ed female students.
- iii. In Upper Limb coordination there was no significant difference was found between N.C.C SW cadets and B.P. Ed female students.
- iv. In Lower Limb coordination there was no significant difference was found between N.C.C SW cadets and B.P. Ed female students.

RECOMMENDATION

An interested researcher may take up future studies in light of the finding of the present study in the following area: -

- v. The study may be conducted with large number of samples.
- vi. The same study may be conducted for Male group.
- vii. The study might be conducted of others games.
- viii. The study might be conducted of others Physical fitness component.

