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## A COMPARATIVE STUDY ON SPORTS PERFORMANCE BETWEEN SENIOR AND JUNIOR SPORTS PLAYERS

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### ABSTRACT:

The research study investigated the comparative sports performance among the sports players, the researcher intended to find out the influence on the sports performance among the sports players. The research study based on the comparative of sports performance among the players. The age factor is the testing variable of the study and also tried to find out the influence of the age on the sports performance. The major objectives of the study- to measure the speed of senior and junior sports players of the study. To compare the speed ability among the sports players, to find out the influence of the age factor on the sports performance among the sample of the study. The hypothesis of the study stated that there would be influence of age factor on the speed ability among the sports players.



The one hundred sports players randomly selected as sample of the study and divided into two age groups 23 above senior sports players and below 20 years of age junior sports players. All the sports players were provided instructions about the research study. The speed ability tests one hundred race used to find out the speed among the sports players groups. The basic statistics like mean, standard deviation and t tests were used to find out the research findings.

**KEYWORDS:** speed ability, age

### INTRODUCTION

#### Concept of performance

The nature of sports performance has been insufficiently explored because sports performance is a complicated multidimensional process of taking a sports task. Its exploration further needs an integrated effort on the part of various training science

disciplines and theory and methods of specific sports. Human movement, human performance is a subject for such varied sciences as exercise, physiology, neuro-physiology, biomechanics, psychology, human cybernetics etc. (Brook and Whiting, 1975). The sports performance is a process- the process of taking a given motor task. The degree, to which this task has been fulfilled,

is the result of the process of tackling the motor task. Therefore, the concept of sports performance should include the actual process of tackling the task.

The sports performance is defined as, "unity of execution and result of sports action or a complex sequence of sports actions measured or evaluated according to agreed and socially determined names" (Schanbel, 1987).

## **SPEED ABILITY**

Speed, like strength and endurance, is a conditional ability. It has a complex nature as it depends to a considerable extent on the central nervous system. Due to this fact the exact nature of speed abilities is difficult to discover and understand. Moreover, because we can influence the functioning of the central nervous system only to a very limited extent, speed performance cannot be improved to any considerable extent, as is the case in strength and endurance. Besides, because of the high role of coordinative process in a speed performance the improvement of speed has to be done with specific means and methods.

Speed ability should not be equated with mechanical speed, which is equal to the distance covered per unit of time. In several sports actions no distance is covered at all. Speed ability primarily signified the ability to execute motor movements with high speed. These movements may cyclic or cyclic in nature. Schnabel (1981) gives the following definition of speed.

## **METHODOLOGY**

The present study focused on the influence of age factor on the sports performance or speed ability among the sports players of Gulbarga University the speed tests were conducted and tested the speed among senior and junior sports players groups.

### **The objectives of the study**

- ❖ To measure the speed ability among the sports players through the standard test.
- ❖ To compare the sports performance of sports players in their speed ability between senior and junior sports players.
- ❖ To find out the influence of age factor on the speed ability among the sports players of the research study.

### **The hypothesis**

- ❖ There would be significance difference in sports performance among senior and junior sports players of the study.
- ❖ There would be influence of age factor on the speed ability between sample groups of the research study.

### **Sample**

The sample consisted of one hundred sports players randomly selected as sample of the study and divided into two age groups 23 above senior sports players and below 20 years of age junior sports players. All the sports players were provided instructions about the research study. The speed ability tests one hundred race used to find out the speed among the sports players groups.

### **Tools**

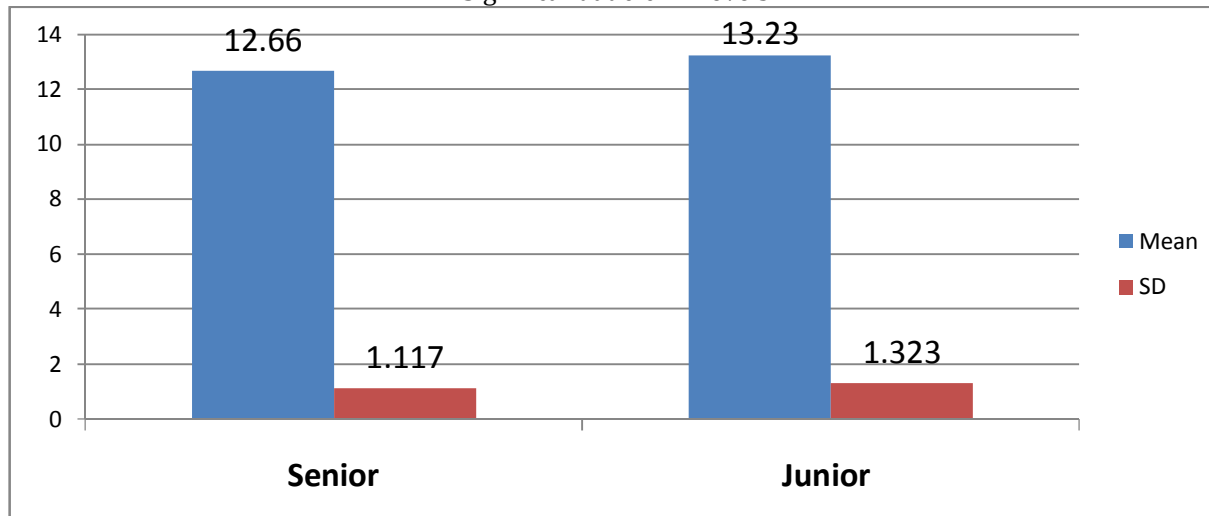
One hundred meters race used as testing tool in the study. the speed ability between senior and junior sports players compared to find out the influence of age factor on the sports performance.

The basic statistical tests like, mean, standard deviation and t tests were used to find out the results of the study.

**The table showing the mean, standard deviation and t value of senior and junior sports players in their speed ability test (100 mtrs Run)**

SPEED ABILITY	N	MEAN	SD	T value
SENIOR	50	12.66	1.117	1.258**
JUNIOR	50	13.23	1.323	

Significant at 0.01\*\* levels



The table and graphs are showing the significance difference of speed ability among the sample of the study. the senior sports players are better than the junior players in speed test. Hence, the age factor also has the influence on the sports performance among the players.

### CONCLUSION

There is influence of age factor on the sports performance and the senior sports players are better in the speed ability test than the junior players. it is showing that the age factor also influencing on the sports performance among the sports players of the study.

- ❖ There is influence of age factor on the sports performance.
- ❖ There is significance difference in the speed ability among senior and junior sports players groups

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