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## Comparative study on hand eye co-ordination and reaction time among obese and non-obese women

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### Abstract

Obesity is a key risk factor in development of various dangerous diseases. Purpose of the study, 100 students was randomly selected from the Bharathiar University, Coimbatore. The subject's age ranged from 20 years to 30 years. Only women students were taken as subjects. These studies conduct various tests to identify hand eye co-ordination, reaction time, reaction time of subjects. Based on the result there was a significant difference among obese and non-obese women on hand eye co-ordination and reaction time and non-obese women had better hand eye co-ordination and reaction time than obese women.

**Keyword:** Obesity, diminishes, reaction time, dyslipidemia

### Introduction

Obesity is one of the most common problems that the society is facing. Obesity is the manufacture of all disease, and it diminishes almost every aspects of health, from reproductive and respiratory function to memory and mood. Obesity has reached epidemic levels worldwide. It is a key risk factor in development of various dangerous complications like dyslipidemia, diabetes mellitus, hypertension, cardiovascular diseases, infertility etc. Psychological factors in obesity can have a big impact on the prevalence of obesity in our society. So the study was conducted to compare the hand-eye coordination and reaction time factor among obese and non-obese women. To achieve the purpose of this study. Obesity is a healthy hazard of epidemic proportion in most developing countries around the world. The recommended body fat 15% men and 20% women overweight. Heredity and psychological factors are also the causes for being an obese person. They always feels that too many demands are beings made on them. They do not concentrate on their work. It leads to overstress and increase their workload. Obese people are mentally disturbed. So they cannot do their daily task properly.

### Methodology

The explanation was given under the following needs. Selection of the subjects, selection of variables, criterion measures, reliability of the data, instrument reliability, tester reliability, orientation of the subjects, pilot study , administration of test, collection of data statistical procedures. For the purpose of the study, 100 students were randomly selected from the Bharathiar University, Coimbatore. The subject's age ranged from 20 years to 30 years. Only women students were taken as subjects. The research scholar reviewed the available scientific literature pertaining to the problem understanding from books, Journals, research papers and also falling into considerations the feasibility of criteria and availability of the instruments the following variables were selected.

1. Hand eye co-ordination,
2. Reaction time (left hand)
3. Reaction time (right hand)

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Variables	Groups	Sum of Squares	df	Mean square	“F” ratio
Reaction time left hand	Between Groups	.228	1	.228	322.955
	With in Groups	.069	98	.001	
	Total	.297	99		
Reaction time right hand	Between Groups	.297	1	.297	360.955
	With in Groups	.081	98	.001	
	Total	.378	99		
Hand-Eye co-ordination	Between Groups	22801.00	1	22801.00	851.095
	With in Groups	2625.44	98	26.79	
	Total	25426.44	99		

### Discussion and findings

There would be any significant difference in selected hand eye co-ordination variable among obese and non-obese women. There would be any significant difference in selected reaction time variable among obese and non-obese middle aged women. Easy for treating obese affected women with hand eye co-ordination and reaction time difficulties. It can give awareness about obese women on this variables hand eye co-ordination and reaction time. These studies help coaches to improve their standard of knowledge regarding hand eye co-ordination and reaction time. This study would help to find out the different in hand eye co-ordination and reaction time among obese and non-obese.

### Conclusions

Based on the result, the following conclusions have been made:

1. It was concluded that there was a significant difference among obese and non-obese women on hand eye co-ordination and reaction time.
2. It was concluded that non obese women had better hand eye co-ordination and reaction time than obese women.

### Recommendations

Based on the results, the following recommendations have been made:

1. A similar study can be done with different level, sex and age of players.
2. A similar study may be extended with some other variables.
3. A similar study may be conducted with men subject.
4. This study would help to analyze hand eye co-ordination and reaction time among obese and non-obese.

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