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Dipesh Choudhary
Ph.D. Research Scholar,
Jharkhand Rai University,
Jharkhand, India

Relationship study on kinesthetic perception with playing ability of state junior level football players

Dipesh Choudhary

Abstract

The purpose of the study was to find out correlation between Kinesthetic Perception, With Playing Ability of Soccer Players. For the purpose of the One Hundred Fifty (150) male junior levels football players were selected purposively from different coaching club, Kolkata, Burdwan, East Manipur, North 24 Parganas, district, West Bengal, India and their age range was between 14 to 15 years. Selected Variables were Kinesthetic Perception. The selected variables were measured by Distance Perception Jump Test was administered and result was recorded in the nearest 1/4 inch from the target line. To find out correlation between Kinesthetic Perception, With Playing Ability of Soccer Players, Product Moment Method of correlation was used. Result of the study reflects that there exists a negative insignificant relationship between Static Balance with Playing Ability of Soccer Players.

Keywords: Kinesthetic perception, soccer player, playing ability

Introduction

The ability to know accurately the positions and movements of one's skeletal joints. Postural and movement information are communicated via sensory systems by tension and compression of muscles in the body. Even when the body remains stationary, the kinesthetic sense can monitor its position. Kinesthesia refers to sensory input that occurs within the body. Postural and movement information are communicated via sensory systems by tension and compression of muscles in the body. Even when the body remains stationary, the kinesthetic sense can monitor its position. Humans possess three specialized types of neurons responsive to touch and stretching that help keep track of body movement and position. The first class, called Pacinian corpuscles, lies in the deep subcutaneous fatty tissue and responds to pressure. The second class of neurons surrounds the internal organs, and the third class is associated with muscles, tendons, and joints. These neurons work in concert with one another and with cortical neurons as the body moves. The ability to assess the weight of an object is another function of kinesthesia. When an individual pick up an object, the tension in his/her muscles generates signals that are used to adjust posture. This sense does not operate in isolation from other senses. For example, the size-weight illusion results in a mismatch between how heavy an object looks and how heavy the muscles "think" it should be. In general, larger objects are judged as being heavier than smaller objects of the same weight. The kinesthetic sense does not mediate equilibrium, or sense of balance. Balance involves different sensory pathways and originates in large part within the inner ear.

Success in sports performance depends on how effectively the performers detect, find and use relevant sensory information. In many cases, the winner of a competition is the one who is able to promptly detect the movement patterns of the opponent based on both exteroceptive and proprioceptive stimulations, the former consisting of seeing and hearing sensory organs. Vision provides information of movements of the objects as well as one's own movements in the Surrounding. The second exteroceptive information source is based on the hearing sensory part. Although it is not as significant, many types of activities are dependent upon hearing sensitivity which becomes well developed. The other information source is proprioceptive sensor which is based on the body movements. This renders information from within the body such as the positions of joints, muscle strength and space orientation as in the upside position. Similar types of information are also known as kinesthesis whereby "kines" refers to motion and "thesis" to sense of feeling.

Corresponding Author:
Dipesh Choudhary
Ph.D. Research Scholar,
Jharkhand Rai University,
Jharkhand, India

Thus, all can refer to the movements of the Joints, the strains of the muscles and the likes. This is to say that these generally are a set of information sensors built in the body to detect the positions of joints, movements, and muscle strains within the space orientation

Morphologically, the term “kinesthetic perception” means the perception or response stimulated through the sensory parts in the body. A site in the internet describes that the term “perception” is the result of the interaction of two factors: the sensory stimulation received by someone and a driving sense that either regulates or counters the stimuli intra-physically. This interchanging process of the two factors, in which the associational process occurs, a certain interaction pattern comes about within a certain physical pattern. Meanwhile, the term “kinesthetic” refers to the awareness of the muscle movements. To put the two words together, the term “kinesthetic awareness” means the response of someone to sense the muscle movements based on the sensory parts.

The kinesthetic perception is also known as kinesthetic sense which means the sensory input with in the body. The physical response and information are delivered through the sensory system by the strain of the muscles. Even in the stationary position the kinesthetic sense can detect the body position which shows that the function of this sense is to detect the organs related to body movements. The kinesthetic sensor is the sense that gives us awareness of the body positions or its parts as they move, because of this sense we are able to control the movements accurately. Similarly, the kinesthetic perception is the ability to sense the position of the body and its parts within a space. Furthermore, the same way about this sensing ability in. The individual ability to control the movements accurately is based on the information from the

sense or feeling sensor located in the tendon muscle fascia and the joints.

Statement of the problem

The purpose of the study was to find out Relationship of Kinesthetic Perception, with Playing Ability of Soccer Players.

Methodology

For the purpose of the One Hundred Fifty (150) male junior levels football players were selected purposively from different coaching club, Kolkata, Burdwan, East Manipur, North 24 Parganas, district, West Bengal, India and their age range was between 14 to 15 years.

Table 1: Shows in variables type, measuring variable and measuring unit

Variables type	Measuring variable	Testing process	Measuring unit
Dependent variable	Kinesthetic perception	Distance perception jump test was administered	Nearest 1/4 inch from the target line
Independent variable	Football playing ability	Average value of three (3) coaches rating scale out of ten (10) score	Number

To compute all the results Stander score and Pearson’s Product Moment Correlation of Coefficient was employed. The level of significance to check the relationship was set at 0.05 levels.

Finding

Table 2: Subjects characteristics regarding kinesthetic perception and playing ability of state junior level football players and ratio of association between them.

Name of the variables	Mean	Standard deviation	Standard error	Highest score	Lowest score	‘r’ ratio
Kinesthetic perception (cm)	6.2	3.645	0.297	17.3	1.0	-0.029
Playing ability	6.224	.57	.046	8.2	4.9	

Significant at r0.05 (150) = 0.195, *Significant.

Table 2 depicts descriptive statistics i.e. mean standard deviation and standard error pertaining to kinesthetic perception and playing ability of state junior level football players. The above table reveals that mean and standard deviation of kinesthetic perception were 6.2±3.645 with standard error (SEM) 0.297. In playing ability of state junior level football players, mean and standard deviation of subjects were 6.224±0.57 with standard error (SEM) 0.046. Along with the characteristics of sample, it also indicates that negative insignificant relationship was found between kinesthetic perception and playing ability of state junior level

football players as the value of coefficient of correlation (r = - 0.029) was lower than the tabulated value [r(150) = 0.195] at 0.05 level. Here we need to clarify a crucial fact of this study for the appropriate interpretation of the result because there lays a conflict. Here we need to clarify a crucial fact of this study for the appropriate interpretation of the result because there lays a conflict. Actually, we can conclude that kinesthetic perception has an inverse relation with playing ability. The strength of relationship was slight or almost negligible relationship between them.

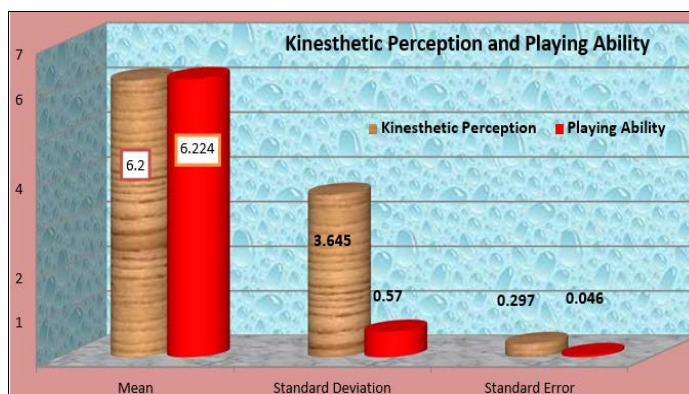


Fig 1: Graphical presentation of descriptive analysis of kinesthetic perception and playing ability of playing.

In case of Kinesthetic Perception (Table no. 2). Though the connection end result it was proving such Kinesthetic knowledge of soccer contender match up along with their performance potential ($r = 0.029$) moreover it happens too establish insignificant. As an awareness-related ability, perception is basically based on other cognitive abilities that regulate stimuli, such as attention, memory and opinion. Whereas almost of the explanatory cognitive theories regarding perception consider it to be more capable and quicker when the optical memory and data storage of stimuli are actual, we cannot detach perception from other cognitive processes, as visual perception overlaps and interacts with other feature of cognition which reflect in to study. (Abdul Hamid, 2006).

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