

191 EFFECT OF TWO TYPES OF SPECTATORS ON THE PERFORMANCE OF MOTOR TASKS

Mahesh Singh Dhapola, Bhagwati P D Pant, Vivek Pandey, Gaurav Pant Lakshmbai
National University of Physical Education, Gwalior, Madhya Pradesh, India

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The purpose of the study was to find out the effect of hostile and favourable spectators on the performances of motor tasks. For the purpose of this study a total of 50 students of LNUPE were selected and randomly divided into two groups A and B, 25 each (15 male and 10 female). These subjects were tested on the selected variables such as bent knee sit ups, pull-ups (male)/flexed arm hang (female), bass stick test (crosswise), field goal speed test and dribbling test. Total 200 students of LNUPE were selected as spectators and were asked to first act as hostile spectators and then as favourable ones in order to create the two atmospheres for the study. Hostile spectators tried to disturb the subjects while they were performing by whistling, taunting, booing, shouting and hooting them whereas favourable spectators helped in facilitating the performance by clapping, cheering and appreciating the performance efforts in order to create an appropriate atmosphere. These variables were particularly chosen because of their administrative feasibility and they could be conducted very close to the spectators as the size of the spectators was a smaller one. 't Test' was employed at 0.05 level of significance to compare the performance of both the groups under hostile and favourable situations types of spectators on the performance of motor tasks. The statistical findings revealed that the performance of pull ups (male)/flexed arm hang (female), bass stick test (static balance) and field goal speed test showed a significance differences on comparison whereas bent knee sit-ups and dribbling test showed no significant differences on comparison of performances when performed under the presence of hostile and favourable spectators.