



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2022; 9(1): 135-136  
© 2022 IJPESH  
[www.kheljournal.com](http://www.kheljournal.com)  
Received: 01-11-2021  
Accepted: 06-12-2021

**Maruf Chowdhury**  
State Aided Contractual Teacher,  
Department of Physical  
Education and Sport Science,  
Dr. Gour Mohan Roy College  
West Bengal, India

**Anjan Kumar Biswas**  
Ph.D., Scholar, Department of  
Physical Education and Sport  
Science, Vinaya Bhavana, Visva  
Bharati University, West  
Bengal, India

**Pathik Kabiraj**  
Health and Physical Education  
Instructor, Sampriti College of  
Education, West Bengal, India

**Corresponding Author:**  
**Maruf Chowdhury**  
State Aided Contractual Teacher,  
Department of Physical  
Education and Sport Science,  
Dr. Gour Mohan Roy College  
West Bengal, India

# International Journal of Physical Education, Sports and Health

## A study on kinesthetic perception between higher secondary school and college physical education students

**Maruf Chowdhury, Anjan Kumar Biswas and Pathik Kabiraj**

### Abstract

The purpose of the present study was to compare the kinesthetic perception ability between the higher secondary school students and college students. For the study 40 male students, were selected from Burdwan municipal school and Dr. Gour Mohan Roy College, the age group of the subjects were within 16 – 22 years. Kinesthetic perception was measured by kinesthetic Obstacle Test and the score was recorded in point. To calculate the data descriptive statistics and t-test were used. The result of the study showed that there was no significant difference between higher secondary school and college students.

**Keywords:** Kinesthetic perception ability, higher secondary, school students, college students

### 1. Introduction

The Kinesthetic perception is important in the process learning. The more the motion and skill are felt the better the skill or motion are performed, which leads to increasing the performance level remarkably [Schmidt, R., 2000]. According to Gordon [Gordon, A.B. and E.S. Diane, 2002], the kinesthetic perception has its role in improving the skilful performance and gaining new skills. The players showed the role of visualization, concentration and attention in reducing mistakes. The motor learning situations also need the sight and touching senses, some inner feelings like feeling direction, distance and time feeling is more than any other sense. The Kinesthetic perception is important in general motor performance and more important in sports motor performance since it allows to control and correct the movement while it is performed either in terms of shape, extent or direction [Nichols, B., 1994.]. Baumgartner and Jackson [1995.] assure that The Kinesthetic perception is the ability to determine the body postures and its parts in space, the power required for the muscles to be shrunk, control of direction and distance required during performance.

### 2. Objective of the Study

To compare the kinesthetic perception ability between higher secondary school and college physical education students.

### 3. Methods for the study

**3.1 Subjects:** 40 Male students opted the subject physical education were selected, among them 20 were male higher secondary school student and 20 were male college student. The age of the students were 16 to 22 years.

**3.2 Parameters:** Kinesthetic perception ability was selected as the parameter for the study.

**3.3 Test and Criterion Measures:** The kinesthetic perception ability was measured by kinesthetic Obstacle test and the score was recorded in points.

### 4. Design of the Study

Simple random design method was used for the study.

#### 4.1 Statistics Used

Descriptive Statistics, t-test were used to calculate the data and the level of significance was set at 0.05 level.

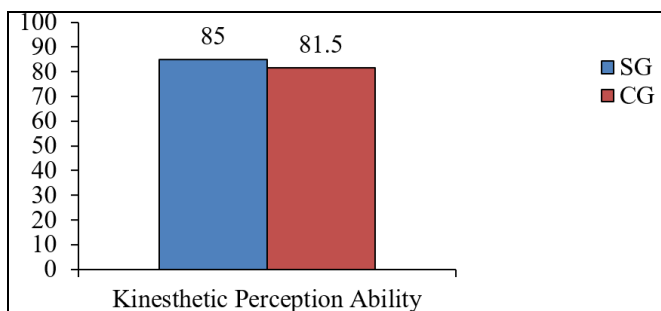
#### 5. Results and Discussion

**Table 1:** Descriptive Statistics

	Group	N	Mean	Std. Deviation	Std. Error Mean
KP	SG	20	85.00	8.111	1.813
	CG	20	81.50	8.127	1.817

**Table 2:** Independent t-test

	df	Mean Difference	Std. Error Difference	t ratio	Sig. (2-tailed)
KP	38	3.500	2.567	1.363	0.181



**Fig 1:** Bar Graph of the Tested Data

From table-1 it is clear that, the mean and standard deviation values School going students were 85 and  $\pm 8.11$  whereas in case of College going students it was 81.5 and  $\pm 8.12$  respectively. No significant difference was found between School students and College Students on the Kinesthetic Perception ability, as the t-value 1.363 was less than tabulated value of 2.704 at 0.05 level of significance. This table clears that no significant difference was found among the two groups.

#### 6. Conclusion

On the basis of the result it may be concluded that there was no significant difference between the higher secondary school going students and college going students, it was observed that the kinesthetic perception ability is quite same in them.

#### 7. Reference

1. Baumgartner TA, Jackson AS. Measurement for Evaluation in Physical Education, 1995.
2. Shenvid, Balasubramanian P. Indian J Physiological Phannacol, 1994.
3. Michael AJ. Kinesthetic Sense and Consistency in Multijoint Movement Sequences, 1998.
4. Gandhi PH, Gokhala PA, Mehta HB, Shah CJ. Indian J Psychology Med. 2013.
5. Verma JPA. Text Book on Sports Statistics, Venus Publication, Gwalior, India, 2000.
6. Eric Borreson. Proprioception and kinesthetic sense, 2013.
7. Robert Singer N. Motor learning and human performance, 1975.
8. Dr. Sarkar S. A study on relationship between creative motor response and kinesthetic perception of children International journal of innovative research and development, 2013.

9. Clliford CW, Mareschal I, Otsuka Y, Watson TL. A Bayesian approach to person perception.
10. Castelli DM, Hillman CH, Buck SM, Erwin HE. Physical fitness and academic achievement in third and fifth-grade students. Journal of Sports & Exercise Psychology. 2007;29:239-252.
11. Hebdrayana Y. The role of kinesthetic perception in supporting the acquisition of skills in sports games.