

A Comparative Study of Motor Development Patterns of Trained and Untrained Indian Girls

Ghai, G.D.* and Negi, S.C.**

*Reader, LNIPE, Shakti Nagar, Gwalior, Madhya Pradesh.

**Football Coach, Sports Hostel, Dehradun, Uttranchal.

Abstract

The primary purpose of the study was to compare the motor development patterns of trained and untrained girls of 10-16 years of age. The present investigation was carried out on 752 trained girls and 957 untrained girls from different games and sports (trained) and from different part of India (untrained) falling in the age range of 10-16 years. Six components of motor development namely Explosive Leg Strength, Abdominal Strength, Trunk Flexibility, Speed, Agility and Endurance were assessed using standard techniques. The results in general indicate a trend of improvement in all the motor performance components of trained and untrained girls belonging to 10-16 years of age. Further, the results also indicate that trained girls are superior to untrained girls on selected motor performance at every age level. The trend of improvement is rapid upto 13 or 14 years of age, after that the trend seems to be slow or stagnated or deteriorated.

Key Words: Motor development pattern, Strength, Flexibility, Speed, Agility Endurance, Trained, Untrained.

Introduction

The keen struggle among the nations of the world to win more and more medals in competitions has led to profound changes in the training and competition system. Sports Coaches, Teachers of Physical Education, Sports Scientists, etc. all over the world are in search of better ways and means for sporting talent and for systematic and scientific training to them. It is an established fact that high performances are possible only after a regular and systematic training of about 8-10 years. *Singh (1991)* suggested that the systematic training must begin in childhood itself. Therefore, the science of growth and development has become an important aspect for performance sports. It is being studied from difficult aspects to utilize the children and youth to achieve world level performance when they grow up.

The growth and development of motor abilities and their accurate assessment definitely helps in identifying the talented children and also in

formulating scientific training programme for the children and youth of various ages, so that it leads to the achievement of high performance at the right age and also to minimize any negative effect of training on them.

India, unlike the countries of Europe and America is a vast country inhabited by people of different racial origins, and living under vastly different geographical, economical and social-cultural conditions. This feature, therefore, make the study of motor development pattern of Indian children more important.

Espenschade (1968) observed that the general motor ability of girls did not improve after the age of 14, whereas, body shows steady improvement up to 18 year of age. *Morehouse and Miller (1968)* concluded that the athletic ability in girls reached a maximum at the age of 13 or 14 years then tended to decline up to 18 years of age. *Berry (1974)* concluded in his study that the power performance of girls improves up to the 13 years. *Anyanwu*