

Relationship of concentration and hand steadiness among lawn tennis players

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■ ABSTRACT

The purpose of this study was to determine the relationship between concentration and hand steadiness among lawn tennis players. Ten male subjects whose age ranged between 20-25 years were purposively selected from lawn tennis game. Concentration was measured with the help of electrical mirror drawing apparatus in seconds and hand steadiness was measured with the help of steadiness tester apparatus in seconds. To find out the relationship between concentration and hand steadiness, Pearson product moment correlation was used. Result showed that there was a significant relationship between concentration and hand steadiness (0.749) at .05 level of significant. So, it can be concluded that concentration and hand steadiness played a vital role among lawn tennis players.

■ Key Words : Lawn tennis, Concentration, Hand steadiness

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For centuries, man has found recreational pleasure in games that involves hitting a ball with a bat. There appears to be something innately pleasurable in the ability to make a ball fly through the air and, in so doing, defeating an opponent. The key is probably in that last phrase—"defeating an opponent". Many ball games developed because they provided exercise for warriors and gave them skills that were necessary in battle (Fitz Gibbon II *et al.*, 1979).

Concentration refers to the intensity in which a player focuses his attention in terms of a width (broad-narrow) and depth (internal- external). Concentration is a term used in everyday language. In post-event interviews with high-profile athletes, a failure to concentrate is a commonly cited explanation for poor performance. Not surprisingly therefore, concentration is a concept the layperson feels that he understands immediately. However, improving concentration skills is not simply a case of trying harder to concentrate. It is a case of knowing what to concentrate on and focusing attention on these factors. Concentration is defined as 'the process by which all thoughts and senses are focused totally

upon a selected object or activity to the exclusion of everything else. It is worth emphasizing here that concentration is a process that changes over time and that maintaining the intensity and focus of concentration requires effort. Recognizing this factor is important because it means that concentration can vary in both intensity and focus. We can be focusing on the key parts of performance at one moment, but be distracted the next. Racket sport requires high-level concentration. The ability to control attention is crucial for success in racket sports. Concentration or selective attention is also involved in racket sports because it is psychological factor such as fatigue, state of situation, balance and functioning of the central nervous system which is important at time of playing the shots in racket sports.

In this study an effort was made to look into one such human performance factor, the Arm-hand steadiness. Steadiness is an important component of skills that require aiming and general immobility such as shooting, pistol marksmanship, archery and racket sports. Arm-hand steadiness is the ability to hold one's arm and hand in a specific