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Speediness of Teenagers: A Comparative Study of Municipal and Pastoral Teenagers at Secondary Level in Khyber Pakhtunkhwa, Pakistan

* Bahar Hussain, Lecturer

** Abdur Rashid, Deputy Director Sports

*** Dr. Farooq Hussain, Assistant Professor (Corresponding Author)

Abstract

This investigational work seeks to analyze the speediness competence of 14-16-year-old high school teenagers to assess the municipal and pastoral residents of Khyber Pakhtunkhwa (KP) in Pakistan. The target group of the study was high school teenagers. Simple random sampling techniques were adopted to select the sample of five hundred [500] teenagers from the target population. A 20-meter sprint (20-MS) was employed for data collection. Data were gathered and evaluated by applying SPSS version 20. Quantitative analytical tools were employed for the analysis of accumulated data. The finding of the study reflected that the proportion of teenagers in pastoral areas was substantially better than in municipal areas.

Keywords: Speediness, Teenagers, Municipal and Pastoral Sector, 20-meter Sprint (20-MS)

Introduction

In the last forty years, studies uncovered an upsurge in rotund and fatness (Hussain, 2018) triggering a decline in bodily strength of individuals that is a major prominent matter and multi-faceted (Mukherjee, Nayek, & Chatterjee, 2016). The deterioration in the corporeal condition is being observed not only among some factions but the entire culture and environment have deleterious influences on the wellbeing and mentality of the individuals. Bodily strength is deemed crucial for healthiness and well-being (Jeng et al., 2017). Strong cohorts are the properties of a nation while bad physical condition raises expenditure on wellbeing and lessens operating throughput. Hence bodily strength is a trigger of worry for all. Bodily strength is a multi-faceted notion of which skill-associated suitability factor speediness enjoys an influential position.

Speediness is a powerful bravado and forceful system organizing aptitude which performs motorized movements in a specified moment and location /situation (McArdle, Katch, & Katch, 2010). The dormant ability or vigor in a part of the body to continue an action in the smallest period over shrinkage and slackening of strengths in the light of coordinative spirited signs/urges is named as speediness (Karim & Halim, 2013).

It is believed that the central nervous system (CNS) and peripheral neuromuscular forms and roles have a major influence on speediness and that it is a function of mental processing. Within the coordination network, it operates under limited and free circulation with stringent moment management (Hohmann, Lames & Letzelter, 2007). Structural and functional components such as intra-muscular harmonization, tension, laziness, and muscle disorder encode the nature of speediness (Maltais et al., 2014). Besides, speediness and the concept that determines it are applied and employed in sports events and related theories to provide a drive in which standards are achieved and the response point in time are endured in the shortest feasible time (Schnabel, Harre, & Borde, 1997). When a recurring best speediness is reached with the capability to withstand the smallest opposition, it is called pace speediness, such as sprint, jump, tap, etc. Sensitivity can mean that you can react immediately to a stimulus or riot. The adequate response of nerve shrinkage is considered a quantifiable component of velocity grit when an impetus is produced to find the retort (Gratton, Coles & Donchin, 1992). The velocity movement is the fastest movement achieved in the shortest time at

* Government Degree College, Shewa Swabi Email: baharscope@gmail.com
** Directorate of Higher Education, Khyber Pakhtunkhwa Email: abdurrasheed564@gmail.com
*** Department of Physical Education & Sports, Abdul Wali Khan University Mardan
Email: farooqhussain@awkum.edu.pk

the least obstacle/resistance. Force, speediness, and explosive force are forces exerted at such a low resistance (Karim & Halim, 2013)

The CNS, in adolescents between 14and 16 years of age, appears to be expressive and has maximum flexibility. On the one hand, there is a high sensitivity of the nerve manipulation mechanism, and on the other hand, there is a weakened differentiation constraint. This high aptitude is the reason of quick retort, topical frequency affordability, and desired motor learning. The ages of adolescents, in addition to the above, such as (14-16 years), also demonstrate like results (Hollmann & Hettinger, 1980). Therefore, the crucial findings for the age of 14 to 16 years in adolescents reach a stage of decent response feeling, improvement of speediness and high-level rate of recurrence to learn a motorized method to build faster movement skills, as well as plain complex (Grosser & Zintl, 1991). In a Norwegian research paper, Rosvold (2019) found that pastoral adolescents have a higher VO2 score than municipal adolescents.

For the measurement of speediness German Motor Test (GMT) Bös, Schlenker, and Seidel (2009) with a 20-meter sprint they are widely recognized. In this process, the bodies are exposed to a test with a mandatory remoteness of 20 meters between points A and B. Therefore, an adolescent, who tries two times, must have a space between the two points in the smallest row feasible point in time. According to the rules, an adolescent must remain at the back of the beginning position. A device is employed to observe the start and end signals. When you reach the finish line, the stopwatch indicates a pause/rest. The 1/10 pause track record the execution point in time in seconds. The identical line-up is employed for both the start time and the end time. Besides, two denoting shafts indicate both delineated line-ups (Karim & Halim, 2013). They added that the house or family unit is the basic component of the societal building to examine the connection with promoter skills. Also, Kretschmer and Wirszing (2007) also indicated some places such as parks and other recreation areas where capacity is strongly affected or positively affected. Thus, the objective of the current study is to investigate the level of skill-related fitness component speediness of Secondary school Teenagers and draw a comparison of speediness ability between municipal and pastoral Teenagers.

Method

The German engine test (GMT) developed by Bös, Schlenker, and Seidel (2009) is employed to measure the speediness of teenagers. All adolescents in municipal and pastoral areas of the Khyber Pakhtunkhwa era, studying at the high school level, make up the population of this study between the ages of 14 and 16. To prepare a sample of teenagers, Krejcie and Morgan (1970) followed a standard sample definition table, and accordingly, 500 adolescents from the looked-for age group was randomly chosen as a sample from the accessible population. The sample was taken from ten government secondary schools in the municipal and pastoral areas. Information received from the Ministry of Education – elementary and secondary was employed to categorize pastoral and municipal institutions. Adolescents from five municipal and five pastoral schools were chosen to take the GMT test. Fifty adolescents from each school participated in the work: ten from each of the stipulated age groups, i.e., 9 and ten years. These adolescents were randomly chosen from grades 9, and 10 from the school attendance registers.

Instruments and Procedures

The 20-MS test for speediness measurement was taken from the test item (GMT) of Bös et al. (2009) Measurement of the speediness ability of adolescents aged 6 to 18 years. This test drive delivers intelligence to quantify the speediness of teenagers using stopwatch, lawn field, white residue, and mark funnel/cover head.

According to the procedure, the adolescent goes a space of 20 meters. Each adolescent is given two experiments. The adolescent starts the race from the beginning with the whistle. The duration of the sprint is measured to 1/10 of a second via a stopwatch from start to finish. Each adolescent takes benefit from the smaller of the two experiments. The beginning and ending plates were conspicuous with two marker plugs and both line-ups were evident on the white ground at a space of 20M with white powder.

The exactness of the hand-stop was effectively tested in this research work. The initiator observed the onset of movement. In the event of an error, execution was stopped immediately and repeated. The collected data were analyzed using version 20 of the Social Scientific Statistical Package (SPSS). Quantitative analytical tools were employed to analyze the data. An independent sample test was employed to assess the average abilities of pastoral and municipal adolescents.

Results

An examination of the group figures for the 20-meter sprint (Table 1.1) shows that the average time value for municipal and pastoral adolescents is 4.05 seconds and the standard deviation is 0.41. Municipal adolescents appear to be relatively longer (average = 4.18 seconds and SD = 0.43) than pastoral adolescents (average = 3.92 seconds and SD = 0.33). Anticipated shift -0.26 (SE = 0.03). Here again, we are 95% confident that the actual average variation will remain between -0.33191 and -0.199521 (Table 1.2).

An independent sample test was employed to assess the average of a 20-meter (20M S) sprint in municipal and pastoral adolescents between 14 and 16 years of age. The p-value is calculated as 0.00 (Table 1.2), which is <0.05. Therefore, the variation between the averages of municipal and pastoral residents with 5% confidence is significant. The graph also shows the variation in the average completion time of subjects in municipal and pastoral areas in a sprint of 20 meters.

According to the analysis, the average time per 20-meter sprint for pastoral adolescents is relatively better (less) than for municipal adolescents, as the variation is analytically substantial. Pastoral adolescents are more compatible with 20-MS associated to municipal adolescents. From the data, it can be deduced that pastoral adolescents are relatively improved in terms of speediness.

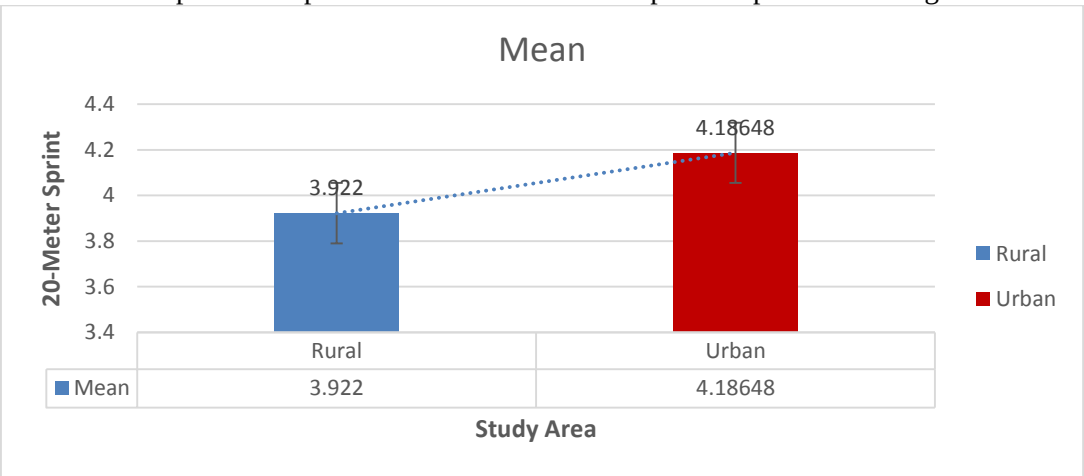
Table 1.1 Group Statistics regarding Speediness

	Total / Group	N	Mean	Std. Deviation	c.v
20-M S	Total	500	4.0547	.41032	10.12%
	Pastoral	250	3.9229	.33596	8.56%
	Municipal	250	4.1865	.43549	10.40%

Table 1.2 Independent sample t-test for 20 Meter Sprint

					95% Confidence Interval of the Variation	
T	df	Sig. (2-tailed)	Mean Variation	Std. Error Variation	Lower	Upper
-70576	498	.000	-.26356	.03479	-.33191	-.19521

Graph 1.1: Graphic description of two means of municipal with pastoral Teenagers



Discussion

It is reflected by this investigational work that the speediness disparity between municipal and pastoral teens is substantial. Pastoral teens aged 14–16 was faster than municipal teens. The situation reflects the relatively higher speediness of pastoral teens as well as the consistency of speediness, which was also better among their pastoral than municipal counterparts. The remarkable characteristics of municipal and pastoral environments and lifestyles have a positive influence on the speediness of educating teenagers (de Barros, Fragoso, Oliveira, Cabral Filho, & Castro, 2003). According to Karim and Halim (2013), the environmental conditions at home or in the family as well as Hussain (2018) are related to the adolescent's abilities in which the adolescent grows. Kretschmer and Wirszing (2007) include places such as parks and other recreational areas, as well as vast areas to facilitate the abilities of teenagers. The ability to speediness in the present study reflects the impact of the home/family/environment/leisure areas in which the adolescent was raised. According to Rosvold

(2019), pastoral teens have a higher VO2 peak than municipal teens. It also supports the dominance of pastoral teens and the weakness of municipal teens.

These factors could be listed as a standard of living as well as a lifestyle for people living in municipal and pastoral areas. The standard of living consists of nutrition and habits applied in the certain natural setting of the crowds. It is understood that the norm of living in metropolises is typically luxurious, flavored with fast food, rice, meat, and stew. Besides, municipal adolescents do not discover many opportunities to spend their excess dynamism, which can damage their associations, growing their load and bulk. The paucity of leisure places in Khyber Pakhtunkhwa tends to limit their movement, which can act as an unfavorable element of speediness ability. Huge fields and a pleasant environment also promote the healthy fitness and speediness of pastoral teenagers. All of these factors support the foundation for low fitness and speediness in municipal teenagers. However, speediness, as a component of skill-related fitness, can cause deficiencies in adolescents 'motor skills.

Conclusion

The mean time value for municipal and pastoral teens is 4.05 seconds and the STD is 0.41. The study concluded that the speediness ability of pastoral teens appears to be better than that of their municipal peers of the same age. Pastoral teenagers appear to outperform in their socio-cultural relationships and in the amount and quality of physical activity that teenagers do inside or outside school. Municipal teenagers deteriorate their bodily strength due to local conditions and practices.

Declaration of Conflicting Interests

The researcher proclaimed no prospective disagreements of concern relating to the investigational work, authorship, and publication.

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