

Pakpoom Philuke 2009: The Effect of Training using Different Size of Nine-Square on Response Time. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Charoen Krabuanrat, M.Ed. 86 pages.

The purpose of this study was to examine and compare the effect of training by using different sizes of nine square on response time after four and eight weeks of training. Thirty male subjects aged 19-20 years were randomly selected from 1st and 2nd year under graduate students from the Department of Sports Science, Srinakharinwirot University in the academic year 2008. The subjects were divided into 3 groups. The experimental group 1 performed nine square training using three different sizes of nine square 90 x 90 cm , 75 x 75 cm , and 60x60 cm . The experimental group 2 performed nine square training using two different sizes of nine square 75 x 75 cm , and 60 x 60 cm . The experimental group 3 performed nine square training using only one size of nine square that is 60x60 cm . All experimental groups participated in the training sessions 3 days a week (Monday-Wednesday-Friday) during 16.00-18.00 p.m. Their response time were measured before the training, at the 4th and 8th week of training sessions. Data were analyzed using analysis of variance, analysis of variance with repeated measures and multiple comparisons were conducted by Tukey's method.

The results of research revealed a significant difference of response time after eight weeks of training at the 0.05 level among the three experimental groups; that is, the significant difference of response time of the experimental group 3 after eight weeks of training is different from the experimental group 1 and the experimental group 2 at the 0.05 level. Also, the results indicated that the significant difference of response time of all 3 experimental groups developed after four weeks of training and improved further after eight weeks of training. According to this research, it is concluded that the nine square training using only one size of nine square that is 60x60 cm had the best impact on the development of response time.

Student's signature

Thesis Advisor's signature