

: MAJOR PHYSICAL EDUCATION
KEY WORD: CONCENTRATION REACTION TIME STARTING SPEED YOUTH FEMALE
SWIMMERS

ITTHIPHON CHOMPHOONUT : EFFECTS OF PRACTICING CONCENTRATION ON
REACTION TIME AND STARTING SPEED OF SWIMMING OF YOUTH FEMALE
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The purpose of this research was to investigate the effects of practicing concentration on reaction time and starting speed of swimming of youth female swimmers.

Subjects were 22 volunteered youth female swimmers from Khemasiri Arnusorn club. They were divided into two groups by matching method, matched by measured reaction time and starting speed. The experimental group practiced concentration for 20 minutes a day and swimming for 2 hours a day, for 8 weeks with 5 days a week, whereas, the control group practiced only swimming for 2 hours a day for 8 weeks with 5 days a week. Both groups were measured the reaction time and starting speed after the experimentation for the fourth and eighth weeks. The data were analyzed in terms of means, standard deviation, t - test, repeated measure analysis of variance and Newman - Kuels method.

The results were indicated that :

1. The comparison of the both groups, the average of reaction time and starting speed of swimming were significantly different at the .05 level. In the experimental group which practiced concentration, the average of reaction time and starting speed of swimming tested after fourth, eighth week were significantly faster than those of the control group at the .05 level.

2. In the experimental group which practiced concentration, the average of reaction time and starting speed of swimming were faster, significantly different at the .05 level.