

Comparison of Arm-Hand Steadiness for Shooting Perfection in Armed Forces and Punjab Police

Gaganpreet Kaur*, Shweta Shenoy Sandhu and Jaspal Singh Sandhu

***Department of Sports Medicine & Physiotherapy, Guru Nanak Dev University,
Amritsar 143 005, Punjab, India***

E-mail: <*gagan10sandhu@rediffmail.com>, <ssandhu2000@yahoo.com>

KEYWORDS Arm-Hand Steadiness, Psychomotor Test, Nine-Hole Steadiness Tester, Gender

ABSTRACT The present study investigate the differences in arm-hand steadiness arising out of individuals subjected to different training conditions and to investigate for gender differences in performance. The samples for the study are 300 normal, healthy subjects aged between 18-35 years and 100 subjects each from Armed Forces, Punjab Police and Civilians (control). Subjects are tested on a standard laboratory 9 hole steadiness tester for their ability to hold a stylus in a series of holes decreasing from 12.5 mm to 2.5 mm without touching the sides of the holes. The number of contacts and the contact time during the test are noted. It has been observed that the armed forces are steadiest and statistically significant differences in all the holes at $p \leq 0.001$. Also females are steadier than their male counterparts with statistically significant differences in all the holes at $p \leq 0.001$. It is concluded that the Armed Forces are steadier than the Punjab Police personnel due to the strict selection criteria and the regular training they received. And females are steadier than males due to non-prevalence of alcohol and drug abuse of any kind. Potential application of the research includes the validation of strict selection criteria and various psychomotor tests in armed forces. Also there needs to be an increase in the female work force in the tasks requiring a greater degree of Arm-Hand Steadiness.