

Effect of Hand Dominance in Grip Strength in Collegiate Population of Amritsar, Punjab, India

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ABSTRACT The aim of the present study was to evaluate the grip strength between the two sides for the right and left handed male and female collegiate Indian population, as grip strength provides an objective index for the functional integrity of upper extremity. The study is based on 151 males (103 right handed and 48 left handed) and 152 females (129 right handed and 23 left handed) collegiate population of Amritsar, Punjab, India, aged 18-25 years. Hand grip strength was measured by hand grip dynamometer. The findings of the present study indicate that statistically significant differences ($p < 0.05$) were found for hand grip strength both in males and females between right hand dominant and non-dominant groups ($t=3.13$ and 2.78 respectively) and left hand dominant and non-dominant groups ($t=2.66$ and 3.13 respectively). When comparisons were made between dominant right and left hand groups and non-dominant right and left hand groups, both in males and females, statistically no significant differences were noted in any case.