

**A STUDY OF HAND EYE COORDINATION AMONG MALE SPORTSPERSONS
IN RELATION TO THEIR OCULAR HEALTH STATUS**

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ABSTRACT

The present examination was led to discover the impact of visual wellbeing status close by eye coordination of male sportspersons. This investigation was directed on 50 male sportspersons who partook in group and individual games. The rule for choice of subjects was interest in college or national dimension title. Dexterity of the subjects was surveyed by mirror drawing test while visual wellbeing status was dictated by explicit visual tests to be specific visual keenness, mistakes of refraction, cover-reveal test and asthenopia. Results show that deftness in male sportspersons with typical visual wellbeing status was fundamentally better when contrasted with subjects who require ophthalmic adjustments because of visual medical issues . It was presumed that visual wellbeing status rises as essential producer to the extent dexterity of male sportspersons is concerned.

KEYWORDS: ophthalmic adjustments , cover-reveal test and asthenopia.

INTRODUCTION

Capacity to follow the developments of our hand with our eyes is called deftness. Close by eye coordination eyes send helpful data to cerebrum with respect to hand development. Deftness in a roundabout way enables our eyes to coordination developments of the hands. Eyes give data about visual improvements to cerebrum; mind sends signs to our hands. It enables our hands to move as indicated by visual improvements. This is an exceptionally troublesome process and it occurs inside split second. On the off chance that because of some visual issues mistake happens in this procedure, composed developments are troublesome in exercise and sports.

It has been perceived in second century by Roman Physician that some sort of relationship do exist between visual abilities and sports execution since games require a player to use most extreme visual data so as to play out certain perceptual assignments effectively.

It has additionally been built up in the past that vision assumes an imperative job the extent that perceptual capacities, engine reactions and dimension of execution of a sportspersons are concerned [Revien and Gabor; 1981; West and Bresson, 1996; Griffiths, 2002). In spite of the significance of visual framework in games not very many investigations have been led in India. Thus, in the present examination impact of visual wellbeing status close by eye coordination of male sportspersons has been analyzed.

HYPOTHESIS

It was guessed that male sportspersons with typical visual wellbeing status will indicate better dexterity as contrasted than male sportspersons and inadequate visual wellbeing status.

METHODOLOGY :-

The accompanying methodological advances were taken to lead the examination :

DISCUSSION:

The consequences of the present examination demonstrate that dexterity in male sportspersons experiencing visual scatters, for example, visual sharpness, assembly deficiency, blunders of refraction and visual weariness is endangered. Since every one of these components are specifically identified with visual preparing of data, it is very common that because of clutters of eye the coordination among eye and hand is endangered which results in poor deftness.

CONCLUSION

Based on results and related discourse, the analyst reached a resolution that visual wellbeing status influence deftness of sportspersons. It was likewise reasoned that visual keenness as well as other visual disarranges, for example, blunders of refraction, union deficiency and visual exhaustion prevents deftness.

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