

UNIVERSITI TEKNOLOGI MARA

**COMPARISON BETWEEN ANTI-SLIP SOCKS
AND STANDARD SOCKS ON AGILITY PERFORMANCE**

By

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ABSTRACT

Rugby is a well-known sports and nowadays commercialized due to the high demands of indoor audiences. It is a team sports where cohesiveness and high level of fitness were required to ensure the team have the upper hand during the game. It involves numerous agility movement and change of direction throughout the game. Nowadays, there are vast of players that wearing anti-slip socks in a game which were proven to provide better slip resistance and traction compared to standard socks. So the purpose of this study is to see the differences between anti-slip socks and standard socks on agility performance. A total of 15 (N=15) rugby players of Koboy's Junior Rugby Club (mean \pm SD of age, 15.47 ± 1.767 , mean \pm SD of weight, 166.3 ± 2.875 , mean \pm SD of height, 62.60 ± 8.509) were selected via purposive sampling. The data normality was tested using a Shapiro-Wilk test which is AS Socks $w = 166.53$ and STD Socks $W = 15.47$. The P value for the AS Socks is $P = 2.875$, STD Socks $P = 1.767$. The normality test for both Anti-slip socks and Standard socks were both passed. $\alpha = >0.05$. The analysis shown that there is significant difference between both Anti-slip socks and Standard socks. Value of $t(14) = 0.5896 < 0.05 (0.0001)$. Therefore, the null hypothesis has been rejected. As a conclusion, this study found that the Anti-slip socks are beneficial in improving one's agility performance compared to standard socks.

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