**Original article:**

**Comparative study of auditory reaction time, visual reaction time and agility in basketball players and healthy controls**

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**Abstract:**

**Background:** Reaction time is the interval of the time between presentation of the stimulus and initiation of response. Successful game of basketball needs ability of the players to generate good speed, agility and tremendous power during the play of game. Our aim was to assess and to compare auditory reaction time, visual reaction time and agility in basketball players and healthy controls.

**Material and Methods:** The present study was carried out in 30 male basketball players in the age group of 16-25years playing at state and university level and 30 age matched healthy controls. Auditory and visual reaction time was recorded by reaction time apparatus. Agility was determined by Burpee ( squat thrust) test.

**Results and conclusion:** Reaction time was significantly less in basketball players as compared to healthy controls. Thus the reaction time is a good indicator of performance in sports like basketball. Therefore training programmes which improve the reaction time should be included.

Agility was significantly more in basketball players as compared to healthy controls. Hence agility should be tested before selecting the player. In the training programme different means to improve agility should be included.

**Key words:** Basketball, auditory reaction time, visual reaction time, agility.