

Abstract

Title:

Effect of sleep deprivation on fine hand motor skills, during disassembly and assembly of submachine gun Sa vz. 58

Objectives:

Detection of the effect of acute sleep deprivation on the remediable motor skills of the hands.

Methods:

This theoretical-empirical work was performed on a research group of 14 young men ($n=14$) with a mean age of 23.1 ± 2.0 years, a height of 182.5 ± 5.8 cm and a weight of 79.7 ± 7.2 kg. These participants were volunteers from the field of military physical education at the Faculty of Physical Education and Sport (VO FTVS) of Charles University (UK). Participants were induced with acute (complete) sleep deprivation lasting 36 hours. During this period, they followed the set rules so that the results were not distorted and the course of the intervention proceeded according to standardized conditions. Disassembly and assembly of the submachine gun took place in relatively constant times and conditions, always in the morning and in the evening. The obtained data were then statistically processed in the program IBM SPSS ver. 25 using analyzes of variance of repeated measures.

Results:

The effect of sleep deprivation on fine motor skills of the hands was not evaluated statistically significant, it reached ($p=0.398$) in the analysis and ($p=0.225$) in the assembly of the submachine gun. However, shorter 24-hour deprivation has been found to have a greater effect on fine hand motor skills than 36-hour deprivation.

Keyword

Vigil, handling, assembly of the weapon, disassembly of the weapon, army