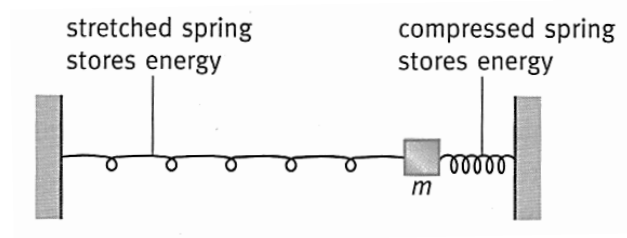13 An object of mass m oscillates in simple harmonic motion between two springs as shown below. The amplitude of the motion is x_o.

stretched spring stores energy   compressed spring stores energy

m

What is the ratio $\dfrac{\text{elastic potential energy of the two springs}}{\text{kinetic energy of the object}}$ when the object is $\dfrac{x_o}{2}$ from its equilibrium?

A $\dfrac{1}{3}$ B $\dfrac{1}{2}$ C 1   D 3