

A Comparative Study of Physical Fitness of Govt. and Non-Govt. School Boys of Kashmir

Salma Batt*,Dr.Manoj Kumar Pathak**

* Research Scholar, Rabindranath Tagore University

thatsm847@gmail.com

** Faculty of Physical Education, Rabindranath Tagore University

Abstract

The present study was conducted on 1000 School Boys (500 Govt. School and 500 Non- Govt. School). Their age was ranged 13 to 16 year. In the selection of the subject's random sampling technique was employed. The AAHPER Youth Fitness (1976) test was selected for the purpose of this study. The result of the study concluded that there was statistically significant difference in age groups. There were significant difference obtained on pull-up, sit-up and shuttle run among various groups (13 years to 16 years) boys. When the paired mean differences existed between 13 years & 14 years, 13 years & 15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years and 15 years & 16 years of boys.

Introduction

It is self-evident that the fit citizens are a nation's best assets and weak ones its liabilities. It is therefore the responsibility of every country to promote physical fitness of its citizens because physical fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. If a person's body is under-developed or grows soft or inactive and if he fails to

develop physical prowess, he is undermining his capacity for thought and for work, which are of vital importance to one's own life and society in a welfare state. Physical fitness is the ability of your body systems to work together efficiently to allow you to be healthy and effectively perform activities of daily living. Being efficient means being able to do daily activities with the least amount of effort. A fit person is able to perform schoolwork as well as responsibilities at home and still have

enough energy and vigour to enjoy school sports and other leisure activities. A fit person has the ability to respond to normal life situations a part time job or marching in the band at school. A fit person also has the ability to respond to emergency situations such as running to get help or aiding a friend in distress.

Procedure and Methodology

In the present study a sample of 1000 boys ranging between 13 to 16 years studying in Govt. School and Non-Govt. school of Kashmir was selected as the subjects for this present study. The sample included 500 Govt. school and 500 Non-Govt. school boys. The AAHPER Youth Fitness (1976) test was selected for the purpose of this study, because the test has been frequently used in the existing literature. 1. Pull-up, 2. Sit-up, 3. Shuttle-run, 4. Standing broad jump, 5. 50 yard dash, 6. 600 yard run/walk. For the analysis of data, collected by administering to the entire subject's random sampling, mean differences between age groups. To investigate the significance of mean differences between Government school and Non-Government school boys, t-test was applied at 0.05 level of confidence.

Results

To the above analysis it revealed that there were significant difference obtained on pull-up, sit-up and shuttle run among various age groups (13 years to 16 years) of boys. When the paired mean difference on pull-up, sit-up and shuttle-run were found that significant differences existed between 13 years & 14 years, 13 years & 15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years, 15 years 16 years of boys. There were significant difference obtained on standing broad jump and 50 yard dash among significant differences were obtained between 13 years and 15 years, 13 years and 16 years, 14 years and 15 years, 14 years and 16 years. There were significant differences obtained on 600 yard run/walk among different age groups of boys. Further significant differences were obtained between 13 years and 14 years, 13 years and 15 years, 13 years and 16 years. The calculated 't' values in case of Government and Non-Government school boys 4.77(pull-up), 8.52(sit-up), 1.86(shuttle run), 1.087 (standing broad jump), 11.04 (50 yard dash), 15.93 (600 yard run/walk). ($p < 0.05$, t-value being 1.96).

With regard to Government School boys and Non-Government school boys groups on the variable pull-up, the Government school boys group obtained the mean scores and SD

values of 4.87 and 2.942. As compared to their values, Non-government school boys group had obtained the mean and SD value of 5.32 and 2.983 respectively. The t-value was found statistically significant as the obtained was 4.77. The results presented on the variable sit-up among Government School boys and Non-Government school boys groups revealed the mean score of 20.35 and SD 4.804 for previous group whereas for the other group respectively. The t-value was found to be statistically significantly as the value obtained was 8.52 whereas; the tabulated value was 1.96 which 3998 degrees of freedom at .05 level of significant. A perusal of content of table pertaining to Government school boys and Non-Government school boys groups on the variable shuttle run would show that the first group i.e. Government school boys group had secured the mean and SD values of 11.558 and .7057 respectively. On the other hand, Non-Government school boys group had meant secured mean and SD Significant as the value obtained was 1.86 whereas, the tabulated values was 1.96 which 3998 degrees of freedom at .05 level of significant. The results presented in table on the variable standing broad jump among Government school boys and Non-Government School boys groups revealed the mean score of

158.20 and SD.20330 for former group whereas for the other group.

Non-Government school boys group the same were 158.92 and .21906 respectively. The t-value was not found to be statistically significant as the value obtained was 1.087 whereas; the tabulated value was 1.96 which 3998 degrees of freedom at .05 level of significant. From the result in table on the variable 50 yard dash among Government school boys and non-Government school boys groups revealed the mean score of 8.599 and SD.7582 for previous group whereas for the other i.e. Non-Government School boys group the same were 8.323 and .8212 respectively. The t-values was found to be statistically significant as the values obtained was 11.04 whereas, the tabulated values was 1.96 which 3998 degrees of freedom at .05 level of significant. A perusal of inside of table pertaining to Government school boys and Non-Government School boys groups on the variable 600 yard run/walk would show that the first groups i.e. Government school boys group had secured the mean and SD Values of 121.60 and 8.402 respectively. On the other hand, Non-Government school boys group had secured mean and SD values of 125.64 and 7.607. the t-value was not found to be statistically significant as the value obtained was 15.90 whereas, the tabulated

values was 1.96 which 3998 degrees of freedom at .05 level of significant.

Discussion and Conclusions

The results of the study are concluded as follows:

To the above analysis it revealed that there were significant difference obtained on pull-up, sit-up and shuttle run among various age groups (13 years to 16 years) of boys. When the paired mean difference on pull-up, sit-up and shuttle-run were found that significant differences existed between 13 years & 14 years, 13 years & 15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years, 15 years 16 years of boys. There were significant difference obtained on standing broad jump and 50 yard dash among significant differences were obtained between 13 years and 15 years, 13 years and 16 years, 14 years and 15 years, 14 years and 16 years. There were significant differences obtained on 600 yard run/walk among different age groups of boys. Further significant differences were obtained between 13 years and 14 years, 13 years and 15 years, 13 years and 16 years.

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