

## A Comparative Study of Selected Physical Variables between Female students of Maharashtra and Himachal Pardesh

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### Abstract

The purpose of the present study was to find out the Comparison of Selected Physical Variables between the Female students of Maharashtra and Himachal Pardesh. Eighty female students were selected purposively from four schools ranging from 11 to 14 years of age were selected as subjects for this study. In the present study Explosive Strength was measured by using Standing Broad Jump and the score was recorded in centimetres; Speed was measured by applying 50 Yard Dash and the score was recorded in seconds; by administering 4x10 Yards Shuttle run, Agility was measured and the score was recorded in seconds; Flexibility was measured by using Sit and Reach Test and score was measured in centimetres. The data of the selected variables were analysed through Statistical procedure by using Independent 't' test and also the level of significance for the present study was set at .05 levels which was found to be the appropriate enough for the study. From the result of the study it was found that Himachal Pardesh Students showed significantly better in Physical variables as compare to Maharashtra students.

**KEYWORDS:** Physical Variables, Female students of Maharashtra, Himachal Pardesh.

### Introduction

Human body is a gift by nature. Life in the computer age is not less than the blessings of God. Scientific discoveries have changed the entire face of our planet. It has changed the entire face of our planet. It has changed the thorny life into the bed of roses. Good health provides sound and solid foundation on which fitness rests and at the same time fitness provides one of the most important key to health and living one's life to fullest.

Concept of physical fitness is as old as humankind. Throughout the history of mankind physical fitness has been considered an essential element of everyday life. The ancient people were mainly dependent upon their individual strength, vigour and vitality for physical survival. This involved mastery of some basic skill like strength, speed, endurance, agility for running, jumping, climbing and other skills employed in hunting for their livings. Over the past four decades, there has been an increase in the prevalence of overweight and physical fitness deterioration in adult across all genders. The negative effects of degraded physical fitness on both the individual and society are serious and multi-dimensional. It can cause many risk factors to health including coronary heart disease, certain forms of cancer, diabetes, hypertension, stroke, gall bladder diseases, osteoarthritis, and respiratory problems.

Same is the case with games and sports in rural and urban settings. We notice that there is a lot of difference in the interest of children. Like we observe that in rural areas children are indulging in minor, indigenous activities and field games like football, kabaddi, kho-kho, hockey, wrestling, athletics etc. whereas, in urban we find children playing basketball, swimming, badminton, tennis, squash, golf etc. The main cause of difference is the availability of facilities and financial support of parents. The

physical fitness for best sports performance but no attempt has been made to find out a comparative study on selected physical variables between Female students of Maharashtra and Himachal Pardesh.

### Material and Methods

Eighty female students were selected purposively from four schools ranging from 11 to 14 years of age were selected as subjects for this study. In the present study Explosive Strength was measured by using Standing Broad Jump and the score was recorded in centimetres; Speed was measured by applying 50 Yard Dash and the score was recorded in seconds; by administering 4x10 Yards Shuttle run, Agility was measured and the score was recorded in seconds; Flexibility was measured by using Sit and Reach Test and score was measured in centimetres. The data of the selected variables were analysed through Statistical procedure by using Independent 't' test and also the level of significance for the present study was set at .05 levels which was found to be the appropriate enough for the study.

**Table-01**  
Selected variables and their criterion measures.

Sl. No	Variables	Criterion measures
1	Explosive Strength	Standing Broad Jump
2	Speed	50 yard dash
3	Agility	Shuttle run
4	Flexibility	Sit and reach Test

### Results

**Table-02**  
Comparative analysis of selected physical fitness variables between female students of Maharashtra and Himachal Pardesh

Group	Board	Mean	S.D	't' Value
Explosive Strength	Maharashtra	141.28	15.48	2.41*
	Himachal	155.64	9.11	
Speed	Maharashtra	15.22	1.34	2.64*
	Himachal	12.65	1.26	
Agility	Maharashtra	11.07	0.39	2.25*
	Himachal	10.86	0.33	
Flexibility	Maharashtra	18.95	1.18	2.12*
	Himachal	20.05	1.82	

### Finding and Discussion

Mean and standard deviation of the selected Physical Fitness Variables of female students representing Maharashtra and Himachal Pardesh were computed and independent t test was employed to test the hypothesis, level of significance was set at 0.05.

In the present study there was significant difference observed between the Maharashtra and Himachal Pradesh board school going children in all the selected physical fitness components. The analysis of results indicates a high level of physical fitness efficiency in the group of the examined Himachal Pradesh board girls student compared to Maharashtra girls students.

The results of the 't' value showed significant Differences in strength, and speed Components between Maharashtra and Himachal Pradesh board female Students. Himachal Pradesh board female students were found superior and stronger than their counterparts. Sandhu (1983) compared Maharashtra board and Himachal Pradesh female students of district of Dhaka (Bangladesh) and same results were found.

This shows that regular energetic activity produces physical fitness improvements. Village life style is low active in nature than the life in town area, which produced high level of physical functioning in municipality residents.

### **Conclusion**

In conclusion the results of the present study Confirm that female Himachal Pradesh Board students are comparatively better than Maharashtra Board female students in selected physical fitness. Himachal Pradesh female students are superior to Maharashtra female students in Strength, Speed, Agility and Flexibility. This shows that regular energetic activity produces physical fitness improvements.

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