

## **A Study of health Related Physical Fitness between Rural and Urban School going Children of Jammu and Kashmir State**

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### **Abstract**

Physical fitness is the ability to carry out daily tasks with vigour and alertness; without undue fatigue. The purpose of this study was to compare the health related physical fitness of Rural and Urban School going Children of Jammu and Kashmir State. The research was a descriptive comparative method. A total of 70 school going children (35 Rural, 35 Urban) were selected randomly from the 10 Schools of Budgam District of Jammu and Kashmir Respectively. The criterion measures adopted for this study were, Flexibility, muscular strength and Endurance, and speed. The data collection tools used in the study were sit & reach, Sit Ups, 50 yard dash. Data of Physical Fitness Components between Rural and Urban children was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis. The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 m dash there was significant difference between rural and urban school going children. The results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed rural school going children were found to be better than urban school going children. Finally the researcher concluded that the rural school going children were more fit as compare to urban school going children.

**KEYWORDS:** Physical fitness, rural school going children, urban school going children.

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### **Introduction**

Physical Fitness is the ability to perform daily tasks vigorously and alertly with energy left over for enjoying leisure time activities and meeting emergency demands Or Physical Fitness refers to the organic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactory any emergency demands suddenly placed upon him” . The purpose of this study was to compare the health related physical fitness of Rural and Urban School going Children of Jammu and Kashmir State.

### **Material and Methods**

The research was a descriptive comparative method. A total of 70 school going children (35 Rural, 35 Urban) were selected randomly from the 10 Schools of Budgam District of Jammu and Kashmir Respectively. The criterion measures adopted for this study were, Flexibility, muscular strength and Endurance, and speed. The data collection tools used in the study were sit & reach, Sit Ups, 50 yard dash. Data of Physical Fitness Components between Rural and Urban children was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis.

## Results

Table No.1  
Descriptive statistics of Sit-ups, Sit & reach and Speed between Rural and Urban children

Variables	Urban Children				Rural Children			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Sit-ups	35	22.19	2.31	0.51	35	26.44	6.05	0.87
Sit & reach	35	12.98	3.70	0.55	35	17.65	2.66	0.45
Speed	35	6.33	0.70	0.29	35	6.09	0.36	0.33

Table no 1 shows the descriptive statistics of Sit-ups, Sit & reach and Speed between Rural and Urban children (In the table N means number of subjects)

Table No. 2  
Independent sample 't' test of Sit-ups, Sit & reach and speed

Physical fitness variables	't' value	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Sit-ups	1.453	68	0.005	4.25000	1.1100
Sit & reach	3.664	68	0.003	4.63000	0.65744
Speed	2.856	68	0.039	0.24450	0.59644

From the table no. 2, the results of this study revealed that in all the selected physical fitness components such as Sit-ups, Sit & reach and Speed there is significant difference between rural and urban school going children

## Discussion of Findings

The researcher analyzed the collected data as per the objectives set for the research study. The statistical analysis of physical components revealed that in the parameters such as sit-ups, sit and reach, and 50 m dash there was significant difference between rural and urban school going children. The results of descriptive statistics have indicated that the mean scores in sit-ups, sit and reach and speed in case of urban Children were found (22.19±2.31, 12.98±3.70, 6.33±0.70) respectively while in case of rural children the mean were found (26.44±6.05, 17.65±2.66, 6.09±0.36) respectively. This finding was supported by the Mahajan (2011) compared the physical fitness & skills of Korfball players from Pune city and Pune district zone. she concluded that there is significant difference found in girls in sit ups, shuttle run test but no significant difference in standing broad jump , field goal and speed pass test , in boys shuttle run field goal and shuttle run test show significant difference in sit ups, standing broad jump, accuracy and speed pass test. Choudri (2002) Studied the comparative physical fitness between students of residential and non-residential

schools (aged 12-14 years) and had tested physical fitness index (PFI), BMI and anthropometry measures of 50 residential school children and 40 non-residential school children of Bijapur, Karnataka. They reported that non-residential school children had poor physical anthropometry and showed a less PFI score, as compared to residential school children. Berger and Paradis (2010) compared the physical fitness of children in order to compare the physical fitness in 10WA and Tokyo Japan. They recorded that Tokyo children scored better in all motor performance tests accepts on lie sit-ups. They also found that Tokyo children had more chances for activity through physical classes than the 10WA group. Patrick (1972) in their study on motor fitness test battery for girls in lower elementary grades, The items includes in this test were Clarks strength composite, Mc Cloys endurance ratio, leg extension and flexion, well's sit and reach, dodging run, bass length wire, stick balance and vertical jump. It measures the essential components of motor fitness, such as muscular strength, muscular endurance, cardio vascular endurance, flexibility, agility, balance and power. By comparing results with here with those obtained from Turkish survey which conducted by Agun *et al.* (1990) there appears to be some differences between the children at the age of 15 to 17 years old.

### Conclusion

In the present the results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed rural children were found to be better than urban children. Finally the researcher concluded that the rural children were more fit as compare to urban children. This clearly shows that children of rural area are more fit as compare to urban area children.

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