

## A Comparative Study of Health Related Physical Fitness between Rural and Urban Students of Shopian District of Kashmir

**Sabzar Ahmad Lone**

Physical Education Teacher, Youth Services and Sports Department J&K, India

### Abstract

The purpose of this study was to compare the health related physical fitness of Rural and Urban Students of Shopian District of Kashmir. The research was a descriptive comparative method. A total of 66 students (33 Rural, 33 Urban) were selected randomly from the 6 Schools of Shopian District of Kashmir. 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 students 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 students. The results also showed that all the physical fitness components the Muscular strength and Endurance, Flexibility and speed rural students were found to be better than urban students. Finally the researcher concluded that the rural students were more fit as compare to urban students.

**KEYWORDS:** Physical fitness, rural students, urban student.

### 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 students of Shopian District of Kashmir.

### Material and Methods

The research was a descriptive comparative method. A total of 66 students (33 Rural, 33 Urban) were selected randomly from the 6 Schools of Shopian District of Kashmir. 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 students 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 students

Variables	Urban Students				Rural Students			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Sit-ups	33	21.19	2.31	0.51	33	25.44	6.05	0.87
Sit & reach	33	11.98	3.70	0.55	33	16.65	2.66	0.45
Speed	33	6.30	0.70	0.29	33	6.06	0.36	0.33

Table no 1 shows the descriptive statistics of Sit-ups, Sit & reach and Speed between Rural and Urban Students (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	64	0.005	4.25000	1.1100
Sit & reach	3.664	64	0.003	4.63000	0.65744
Speed	2.856	64	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 students.

## Discussion of Findings

The researcher analysed 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 students. The results of descriptive statistics have indicated that the mean scores in sit-ups, sit and reach and speed in case of urban students were found (22.19±2.31, 12.98±3.70, 6.33±0.70) respectively while in case of rural students 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.

### **Conclusion**

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

### **References**

1. Phillips A.D, Hornak J, (1979). Measurement and evaluation in physical education Canada: John Wiley & Sons, Inc.,
2. Thomas D. Fahey,Paul M, Insel,Walton, Roth, (2001).fit and Well core Concepts and Labs in physical fitness and wellness. (4<sup>th</sup> edition). Mayfield Publishing Company.
3. Millar, K. D, (2002). Measurement by the physical educator. (4<sup>th</sup> edition) New York: McGraw Hill Companies.
4. Shukla,N.B., De,A.K., Sharma,S.S., &Bhushan,S., (1991). Motor fitness on rural and urban Indian sports women.
5. Singh,N., (2010) A comprative study of motor performance level among categorazed skilled hockeyplayer . *International Journal of educational administration. Vol - 2.*