

## A Comparative Study of Physical Fitness Variables of School Level Rural and Urban Football Players

**R. S. Ramteke**

Principal, H. V. S. K. M. Phy. Edu. College, Yavatmal, MS, India

### Abstract

The study was conducted the A Comparative Study of Physical Fitness Variables of School Level Rural and Urban Football Players The present study was conducted on 50 Football players. School level 25-25 male football players from rural and urban areas. The age group range between 15 to 20 years. The researcher divided the 50 high school students into two equal groups on the basis of the mean performance of pre-test score. The groups were equated and distributed into two homogeneous groups namely. 1) Experimental Group 2) Control Group .Simple random sampling method was employed for the selection of subjects for the study. The raw scores of the AAHPER Youth Fitness Test of the subjects for all the six items and further scores in physical fitness for each subject. t-test was employed to find out the difference in between two selected group means independently. From the finding of the study it was observed that Rural Football players are better than the and Urban Football players in physical fitness variables.

**KEYWORDS:** Abdominal Strength; Agility; shoulder Strength

**Introduction:** The concept of physical fitness has become a point of attention in our country. The Govt. as well as the people is becoming aware of its importance in present day living because fitness is essential to increase productivity power of labor in every respect of development. Various schemes have been launched by the Govt. of India to improve physical fitness of its citizen and to create interest among the people towards such activities which may ultimately improve their fitness. Man's personality is the total picture of his organized behavior, for the development of personality, the individual should be physically fit, mentally alert, emotionally matured and socially adjusted.

**Materials & Methods:**

**Purpose:** The main purpose of the study would be to compare the physical fitness variables of school level of rural and urban football players. **Significance:** 1.The present study would help in analyzing and the classification of the general fitness of the rural and urban football players. **Hypothesis:** Further it is hypothesized that the rural football players would be better than urban football players in physical fitness.

**Methodology:** The information regarding selection of subjects; sources of data, sampling procedures, selection of test, criterion measures, collection of data and administration of test have been described.

**Formation of Groups:** The divided the 50 high school students into two equal groups on the basis of the mean performance of pre-test score. The groups were equated and distributed into two homogeneous groups namely. 1) Experimental Group 2) Control Group **Sampling:** Simple random sampling method was employed for the selection of subjects for the study.

**Test Procedure and Data Collection:**

**Criterion Measures:** The criterion measures chosen for testing the hypothesis in this study was numerical scores obtained from AAHPER Youth Physical Fitness Test.

**Administration of the Test: Test items of AAHPER Youth Physical Fitness Test**

1) **Sit Up (Bent Knee)** –Purpose- To measure the Abdominal Strength.

- 2) **Shuttle Run** –Purpose – To measure the Agility of players
- 3) **Pull ups** – Purpose- To measure the Shoulder strength of the players.

**Collection of data:** The AAHPER Youth Physical Fitness Test items were administered for data collection. **Statistical Treatment:** The raw scores of the AAHPER Youth Fitness Test of the subjects for all the six items and further scores in physical fitness for each subject. t-test was employed to find out the difference in between two selected group means independently.

**Statistical Analysis:**

A study on comparison of physical fitness variables of school level rural and urban Football players. For the purpose of this study the collected data on 25 rural and 25 urban Football players. **Analysis of Data:** To determine the significant difference in the means of Pull ups, Bend Knee Sit ups, Shuttle Run, of Football players between the two groups t-test was employed. **Level of Significance:** To find out the significance difference, level of significance was set at 0.05 level of confidence.

Findings of the statistical analysis have been shown in the following tables.

**Table-1: Summary of Mean, Standard Deviation and t -ratio for the Data on Pull Ups ; Bent Knee Sit ups and Shuttle Run Between the Means of Rural and Urban Football Players**

Variables	Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
<b>Pull Ups</b>	Rural Players	9.84	1.546	1.64	0.788	2.082*
	Urban Players	8.2	2.63			
<b>Bent Knee Sit ups</b>	Rural Players	21.68	2.212	1.72	0.814	2.114*
	Urban Players	19.96	2.245			
<b>Shuttle Run</b>	Rural Players	20.446	0.85	0.592	0.275	2.154*
	Urban Players	21.038	0.641			

\* Significant at 0.05 level

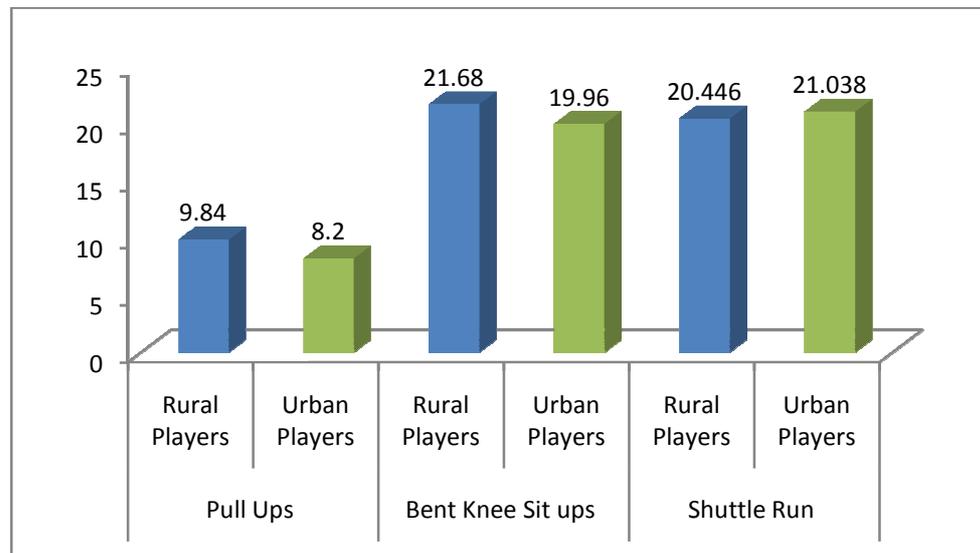
Tabulated  $t_{0.05(48)} = 2.0106$

The above Table reveals that, Pull ups mean difference between Rural and Urban Football Players is significant, because the calculated t-value of 2.082 is greater than the tabulated t-value of 2.0106 at 0.05 level of confidence of 48 degree of freedom.

The above reveal that, Bent Knee Sit ups mean difference between Rural and Urban Football Players is significant, because the calculated t-value of 2.114 is greater than the tabulated t-value of 2.0106 at 0.05 level of confidence of 48 degree of freedom.

The above reveal that, Shuttle Run mean difference between Rural and Urban Football Players is significant, because the calculated t-value of 2.154 is greater than the tabulated t-value of 2.0106 at 0.05 level of confidence of 48 degree of freedom.

**Figure-1: Summary of Mean, Standard Deviation and t -ratio for the Data on Pull Ups; Bent Knee Sit ups and Shuttle Run between the Means of Rural and Urban Football Players**



**Discussion on Findings**

From the above tables the findings of the study are-

- Significant difference observed in Pull ups of Rural and Urban Football players ( $t = 2.082$ ) are greater than the tabulated t-value of 2.0106 at 0.05 level of confidence of 48 degree of freedom.
- Significant difference show in Bent Knee Sit ups of Rural and Urban Football players ( $t = 2.114$ ) are greater than the tabulated t-value of 2.0106 at 0.05 level of confidence of 48 degree of freedom.
- Significant difference show in Shuttle Run of Rural and Urban Football players ( $t = 2.154$ ) are greater than the tabulated t-value of 2.0106 at 0.05 level of confidence of 48 degree of freedom.

**Justification of Hypothesis**

Researcher stated earlier hypothesis that, there would be a significant difference in the physical fitness of rural and urban football players. From the finding of the study it was reveal that significant difference found in between Rural and Urban Football players’ .hence the stated hypothesis is accepted. Further it is hypothesized that the rural football players would be better than urban football players in physical fitness.

From the finding of the study it was observed that Rural Football players are better than the and Urban Football players in physical fitness variables, Hence the stated hypothesis is accepted.

**Conclusion:**

From the findings of the study the researcher concluded that -

- Rural Football players are better than the Urban players in Pull ups.
- Rural Football players are good in Bent Knee Sit ups than the Urban players.
- Rural Football players are better than the Urban players in Shuttle Run..

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