

## Physical Fitness Status of Urban and Rural Female Collegiate Students from Sangli District, M.S. India

**Mane, S.R.**

Director of Physical Education, D.A.B.N College Chikhali, Maharashtra, India

### Abstract

Physical fitness of the man and women are the ability to carry out daily tasks with vigour and alertness, with ample of energy to enjoy leisure-time and to meet unforeseen emergencies. Physical fitness includes many factors like physical strength, agility, capability, work, speed and response of the body. Sports are the spontaneous activity which develops all round individual personality as it is human making education.

Regular physical activity is always fine for health. Fitness and exercise are critically important for the health and well being of people of all age. Again it is the state of well being that allows people to perform activities daily. The five components of fitness are as follows

1. Cardio respiratory endurance, 2. Muscular strength, 3. Muscular endurance, 4. Flexibility
5. Body composition i.e. fatness.

The main Purpose of this papers study is to compare the physical fitness level of Rural and Urban female collegiate Students From Sangli district .A battery of five tests i.e. Harvard Step test, Zig Zag run, Sit and Reach, Shot put throw and 50 meters Sprints was used to collect the required data. The result indicated that in cardio respiratory endurance, agility, flexibility, Power and speed rural students were significantly different (p.05) from urban students. spontaneous activity which develops all round individual personality as it is human making education

**KEYWORDS:** Physical fitness, Female collegiate, Urban, Rural

### INTRODUCTION:-

A Physically fit person looks better, feels better, and thinks better and so lives better from all points of view. Necessity is the mother of invention. Human beings are the most vital part of the organization. Effective use of the human force depends upon the administration. We can get the results from the people in the organization in two ways by exercise of authority and by getting support of the people. The second method has a better and greater effect over the motivation of people.

They had innate desire to get entangle with the social work and think silently act firmly in taking desertions to solve society problems which made them leaders of mass. Their personality factor, ability to sustain and their social environment made them again the leaders of people by the People and for the people .Product of culture and social structure is because of only man who lives in society permanently without any hesitation. He forms the family and community which survive by nature or type of dimension Leadership is not just an inborn quality with individual hereditary feature.

To enjoy the leisure time positively we require a certain degree of physical fitness. To be able to carry out the daily task without undue fatigue again we need physical fitness. Likewise these two words are closely related to good health from all point view.

The concept of physical fitness was very popular, prompt and major regarding stretch- reflex pivot muscle activity. It has risen to new heights since 2000 century. In past days we read in books that without the physically and mentally fit no one could actively participates in the any kind of tournaments. In recent valuable days Physical Education has got much wider scope in concerning Endurance, Strength, Agility, Weight Training, and Circuit Training for the sake of in all round development of the human being.

#### **MATERIALS AND METHODS:-**

A total of 100 female college going students of 18-21 years old were randomly selected as sample. We know that Samples are of 50 rural/Hilly area girls and 50 urban area girls taken from Deshbhakta Anandrao B. Naik College, Chikhali. Which is affiliated to Shivaji University, Kolhapur since 1998.No consideration was shown to subjects participation or any other attributes.

The data was collected with the assistance of coaches and lectures in the college. Following were the test used for purpose of the study

- 1 ) Harvard Step test to measure the Cardio respiratory endurance
- 2) Zag Zag run to measure the agility
- 3) Sit and reach test to measure the flexibility of the lower back
- 4) Shot put throw to measure the power and
- 5) 50 M. Sprint to measure the speed

The test and the purpose of the study were explained to the subjects thoroughly. They were given sufficient time for warm up. When they were ready for the test then only they were asked to do the mentioned above tests. By using standard equipment the subject were asked to do the test and then again they were administered properly in the given sequence. Inferential statistics were used to analyze data. Means and slandered deviations described physical fitness profiles of the subjects. The value of t-test was tested for  $(N1+N2-2)$  d.f. at .05 level of significance students t-test for difference of mean was used to test whether significant difference existed between the mean of rural and urban female students in each of the five fitness components. The statically treated scores were not compared to any established means.

#### **RESULT AND DISCUSSION:-**

Table.1. Mean, S.D.and T-Ratio of Physical fitness of Hilly (0-50) Urban (0.50) college students.

Test item	Subject	Mean	S.D.	A n>M	percentage	t-scale
1) 50 m Sprint seconds	Hilly/50girl	6.89	0.67	23	46	7.86
	Urban/50girl	7.86	0.54	19	38	
2) Shot put throw Meters	Hilly/50girl	7.84	0.55	20	40	11.51
	Urban/50girl	6.35	0.73	25	50	
3) Zig - Zag Run seconds	Hilly/50girl	9.90	0.69	28	56	6.57
	Urban/50girl	10.65	0.64	23	46	
4) Sit and Reach test	Hilly/50girl	28.60	4.09	33	66	2,44
	Urb /50girl	26.74	4.92	29	58	
5) Harvard Step test	Hilly/50girl	78.50	3.09	30	60	13.06
	Urban/ 50girl	71.25	2.57	35	70	

The table 1. shows that hilly area female students had a mean of 6.89 seconds. **In the 50 m. sprints** with more than two fifth of the subjects regarding female (46%) scoring higher than the group mean.

**In shot put**, they recorded a mean of 7.84 meters, with more than one- third (40%) subjects scoring higher than the group mean of 9.90 seconds was recorded by rural students with more than half (56%)scoring higher than the group mean **in Zig Zag run.**

**In sit and reach**, they had a mean of 28.60 centimeters with about two third (66%)scoring higher than the group mean results showed these rural students had a mean of 78,50 scores higher than the group mean

**In the Harvard step test** the table also indicates that the urban students had of 7.86 second a in 50m sprint, slightly more than one thirds (38%) scouring above the group mean.

**shot put**, they showed a mean of 6.35m with half (50%)scouring above the group mean The urban students had a mean of 10.65 seconds with more than two-fifths (46%)scouring above the half (58%)scored above the group mean of 26.74centimeters in sit and reach. A majority (70%) scored above the group mean of 71.25 score in the Harvard step test.

#### **CONCLUSION:**

Within the limits of study it was concluded that the Hilly area females are always better than the urban. They are more significant or to say far better than the urban females. If you look towards the Table we see the exact difference of 5% in between rural and urban. Over all rural girls are better than the urban girls.

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