

## **A Study of Health Related Physical Fitness between Rural and Urban School Going Children of Punjab**

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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 Punjab. 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 Muktsar District of Punjab. 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.

### **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 theorganic 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 Punjab 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 Muktsar District of Punjab. 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.

**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.

### References

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