

Comparative Study on Physical Fitness among Rural and Urban Regions School Girls in Nagpur District

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Abstract

Although it is generally agreed that Physical Fitness is an important part of the normal growth and development of a child. Fitness is constantly changing and is influenced by many factors. Health is an important input in any process of development. The objective of this comparative study is to find out the Health related Physical Fitness of school going girls children of Maharashtra state board to suggest means to improve health related physical fitness. The data is gathered from total 150 girls from urban and 150 rural students randomly selected of Maharashtra State from nagpur district as subjects of this study. The age group of students are ranged from 12 – 14 years will be collected from school records. Components of health-related physical fitness are identified as muscular strength, endurance, flexibility, cardio respiratory endurance and body composition. There was no significant difference has been found on one and half mile run between rural and urban girls. The conclusion was this study rural girls found more abdominal strength as compared to urban girls and no significant difference has been observed on flexibility among rural and urban girl although urban girls have shown more triceps skinfold at significant level as compared to rural girls and urban girls have found to be more fat on subscapular skinfold at significant level as compared to rural girls and there was significant difference has been found by the researcher on total skinfold. Urban girls found to be fatter as compared to rural girls.

KEEN WORDS: Health related physical fitness, school girls, rural, urban

INTRODUCTION:

Although it is generally agreed that Physical Fitness is an important part of the normal growth and development of a child. Fitness is constantly changing and is influenced by many factors. Fitness is based upon a solid foundation of good health. Healthful living implies freedom from disease, enough strength, endurance, skill, agility, capacity to meet the daily demands and sufficient reserves to meet extra ordinary stresses without undue fatigue, besides mental development and emotional balance according to the maturity level of the individual. Physical fitness is one of the more important things in life and one of the more valuable assets one can ever have. Physical Fitness can be divided into two areas: Health-Related Physical Fitness and Skill-Related Physical Fitness (AAHPERD, 1980; Corbin and Lindsey. 1988). Health related fitness is defined as the ability to perform strenuous activity without excessive fatigue showing evidence of traits that limb the risks of developing diseases and disorders, which affect a person's functional capacity. Components of health-related physical fitness are identified as muscular strength, endurance, flexibility, cardio respiratory endurance and body composition. However, the degree of development of each varies with the type of physical activity (Sademtop,

1994).The Maharashtra State Board of Secondary and Higher Secondary Education is a statutory and autonomous body established under the Maharashtra Secondary Boards Act 1965 (amended in 1977).The Maharashtra State Board of Secondary Education, Pune

OBJECTIVES OF THE STUDY:

The objective of the study is to find out the Health related Physical Fitness of school going girls (age group 12 – 14) of Maharashtra state board and regions of Nagpur district to suggest means to improve health related physical fitness.

METHODOLOGY:

Subject:

Subjects selected for this study were 300 girls' students from Maharashtra State board and regions at randomly. The average age of the subjects were ranging from 12-14 years.

Variables:

The research scholar has taken AAHPER (1987) Health-Related Physical Fitness Test battery, which contain with major Physical Fitness components like Cardio-Respiratory Endurance, body composition, abdominal strength and Endurance, Flexibility of the back and leg (hamstring) Independent variable: AAHPER (1987) Health-Related Physical Fitness Test battery: 1.5 Mile Run and Walk Test, Skin fold measurements, Modified Sit-ups and Sit and Reach Test

Statistical Analysis:

The data obtained by AAHPER (1987) Health-Related Physical Fitness Test battery score was subjected to the statistical methods in order to compare with rural and urban regions students. As per statistical study, Group statistics and Independent samples 't' Tests were done. 'F' and significance score were found by Levene's Test for Equality of Variances. 't' and significant score found of t-Test for Equality of Means. The level of significant was kept at 0.05

FINDINGS:

We shall here examine whether there is any difference in any Physical Fitness components scored by urban and rural girls students of the Maharashtra board school. Independent Samples t-Test is chosen because the respondents of the two different groups are Independent of each other (urban and rural students). Moreover, the variable Physical Fitness components scored by urban and rural students of the Maharashtra board are a ratio data.

The null and alternative hypothesis for examining the difference in Health related Physical Fitness components scored of urban and rural school students of the are:

H_0 : There is no difference in Health related Physical Fitness components scored by urban students. H_1 : There is difference in Health related Physical Fitness components scored by rural students.

Table- 1

	Regions	N	Mean	S.D	“t”	Level of significant
1.5 mile run/walk	Urban	150	16.19	2.02	1.43	NS
	Rural	150	16.50	1.77		
Modified sit-ups	Urban	150	24.70	8.25	6.24	0.01
	Rural	150	19.20	6.93		
Sit and reach	Urban	150	9.73	2.12	1.27	NS
	Rural	150	9.49	2.20		
Total skin fold measurement	Urban	150	27.34	11.34	3.67	.01
	Rural	150	32.10	11.09		

(‘t’ value at NS= not significant, .05 = 1.96 and .01= 2.57 & ‘t’ value at .05 = 1.96 and .01= 2.57)

CONCLUSIONS:

- There was no significant difference has been found on one and half mile run between rural and urban girls.
- Rural girls found more abdominal strength as compared to urban girls.
- No significant difference has been observed on flexibility among rural and urban girls.
- Urban girls have shown more triceps skinfold at significant level as compared to rural girls.
- Urban girls have found to be fatter on sub scapular skin fold at significant level as compared to rural girls.
- There was significant difference has been found by the researcher on total skinfold. Urban girls found to be fatter as compared to rural girls.

RECOMMENDATIONS:

- This type of study may be possible on college girl’s students studying in rural and urban areas.
- The comparison of health related physical fitness may be possible on older women’s living in urban and rural areas.
- The study of Health related physical fitness may be possible among different culture, socio economic status and different life style of girls.
- This type of study may be possible on the basis of occupation of the women’s.

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