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Ranwinder Kaur
Research Scholar, Department of
Physical Education from
Punjabi University, Patiala,
Punjab, India

Dr. Nishan Singh Deol
Professor & Head, Department
of Physical Education from
Punjabi University, Patiala,
Punjab, India

Comparative study of health related physical fitness variables between slum and high income school boys

Ranwinder Kaur and Dr. Nishan Singh Deol

Abstract

This study aimed to find out the Comparative study of Health related physical fitness between slum and high income school boys. For this purpose the researcher selected 60 boys slum and high income school boys, age ranges between 10-15 years. Samples were selected for the study thirty slum boys were taken from DMW Nagar, Patiala and thirty high income school boys were taken from New Delhi Public School, Patiala from Punjab State. Purposive sampling technique was applied to select the sample. Health related physical fitness i.e. Explosive Strength and Flexibility were selected for this study. To find out the difference between slum and high income school data of selected health related physical fitness 't' test was applied at 0.05 level of significance. The results showed that there is significant difference found between explosive strength and there is insignificant difference found between flexibility.

Keywords: Explosive strength, flexibility, boys and health related physical fitness

Introduction

Physical fitness is a term, which has different meaning for different people. For a simple man to have a good physique (appearance) is a symbol of physical fitness. For a doctor proper functioning of various important systems of our body is physical fitness. Actually physical fitness of an individual may be explained as the capacity to do the routine activities without getting undue fatigue, to meet emergencies, to face stress situation and still have more energy to do some more work with better recovery process. Importance of physical fitness is to meet the challenges of day-to-day life everyone must keep himself physically fit. Physical fitness adds to one's life. Many people think that physical fitness is required only for the sports persons, but actually it is necessary for everyone to lead a healthy life. (Kang & Deol 2008) [1]. Physical fitness involves the performance of the heart and lungs, and the muscles of the body. And, since what we do with our bodies also affects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability. As you undertake your fitness program, it's important to remember that fitness is an individual quality that varies from person to person. It is influenced by age, sex, heredity, personal habits, exercise and eating practices, diet, attitude life, anxiety, tension and stress, values of physical fitness, institutional curricular and state's policy. (Singh, *et al.* 2003) [3] India is per capita income (nominal) was \$1670 to 2016, ranked at 112th out of 164 countries. The higher income status include Goa, Delhi, Haryana, Telengana, Sikkim, Punjab, Maharashtra, Tamil Nadu, Gurjat and Kerala. A slum is a highly populated urban residential area consisting mostly of closely packed, decrepit housing units in a situation of deteriorated or incomplete infrastructure, inhabited primarily by impoverished persons. While slums differ in size and other characteristics, most lack reliable sanitation services, supply of clean water, reliable electricity, law enforcement and other basic services. Slum residences vary from shanty houses to professionally built dwellings which, because of poor-quality construction or provision of basic maintenance, have deteriorated. Due to increasing urbanization of the general populace, slums became common in the 18th to late 20th centuries in the United States and Europe. Slums are still predominantly found in urban regions of developing countries but are also still found in developed economies. Slums form and grow in different parts of the world for many different reasons. Causes include rapid rural-to-urban migration, economic stagnation and depression, high unemployment, poverty, informal economy, forced or

Correspondence
Ranwinder Kaur
Research Scholar, Department of
Physical Education from
Punjabi University, Patiala,
Punjab, India

manipulated ghettoization, poor planning, politics, natural disasters and social conflicts. Strategies tried to reduce and transform slums in different countries, with varying degrees of success, include a combination of slum removal, slum relocation, slum upgrading, urban planning with citywide infrastructure development, and public housing. Other was created because of segregation imposed by the colonialists. For example, Dharavi slum of Mumbai now one of the largest slums in India, used to be a village referred to as Koliwad, and Mumbai used to be referred as Bombay. (Wikipedia, the Free Encyclopedia)

Material and Methods

The purpose of the study was to find out the Comparative study of Health related variable of physical fitness between slum and high income school boys. Total 60 boys slum and high income school boys were selected; age ranges between 10-15 years. The data was obtained from Patiala District.

Variables

Health Related Physical Fitness Variables

1. Explosive Strength
2. Agility

Explosive Strength

Table 1: Explosive strength Mean and Standard Deviation of Explosive Strength Level of Slum and High Income School Boys

Group	N	Mean	Standard Deviation	Standard Error Mean	t- value
Slum Boys	30	1.46	0.18	0.03	2.75
High Income School Boys	30	1.58	0.17	0.03	

t.05 (58) = 2.00

It can be seen from the table and figure 1 shows that the mean and standard deviation values with regard to slum boys on variable Explosive Strength were recorded as 1.46 and 0.18 respectively where as in case of high income school boys the same were recorded as 1.58 and 0.17 respectively. The

calculated t-value of slum boys and high income school boys is t-value 2.75 at significance level 0.05. There were statistically significant difference between slum and high income school boys in the variables of Explosive Strength.

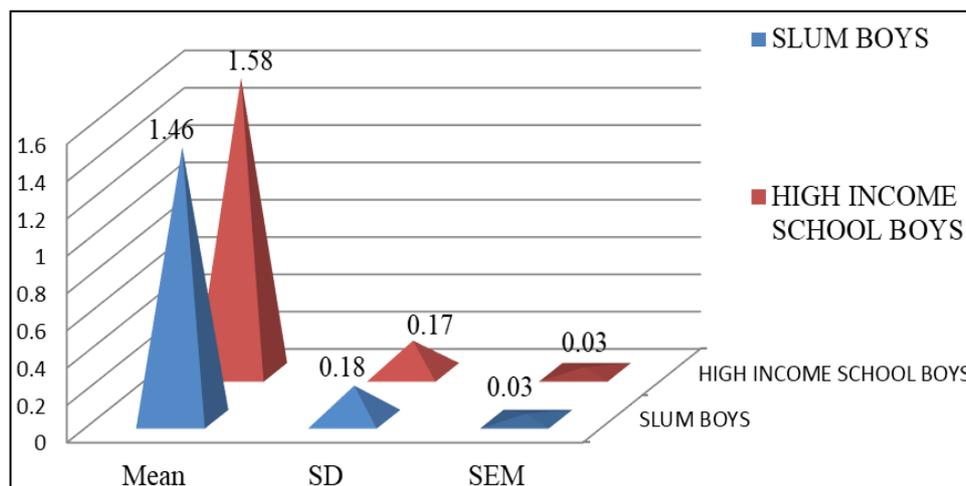


Fig 1: Mean and Standard Deviation of Explosive Strength Level of Slum and High Income School Boys

Flexibility

Table 2: Flexibility Mean and Standard Deviation of Flexibility Level of Slum and High Income School Boys

Group	N	Mean	Standard Deviation	Standard Error	t- value
Slum Boys	30	7.57	10.29	1.88	0.18
High Income School Boys	30	8.00	7.54	1.38	

t.05 (58) = 2.00

The table and figure 2 display that the mean and standard deviation values with regard to slum boys on variable Flexibility were recorded as 7.57 and 10.29 respectively where as in case of high income school boys the same were

recorded as 8.00 and 7.54 respectively. The calculated t-value of slum boys high income school boys is 0.18. So, it depicts that there was no significant difference between slum and high income school boys in the variables of Flexibility.

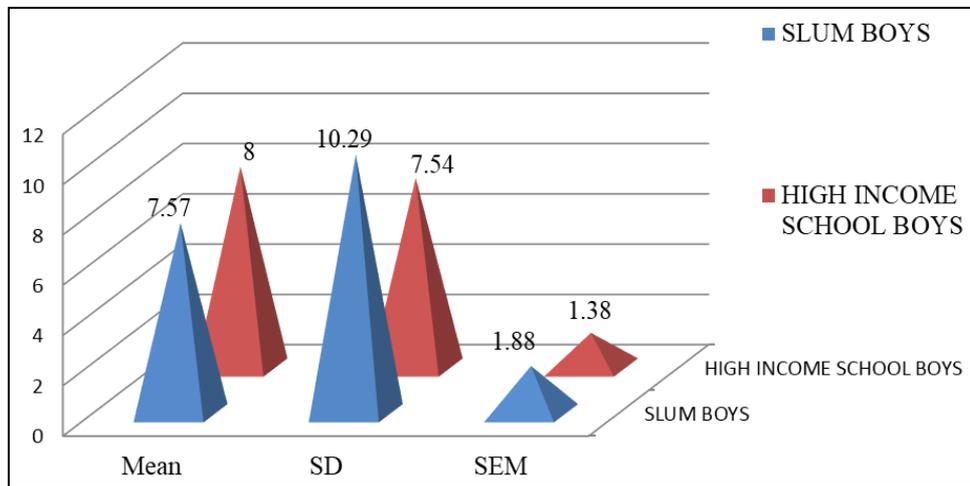


Fig 2: Mean and Standard Deviation of Flexibility Level of Slum and High Income School Boys

Discussion and Finding

The present study was designed to analysis the physical fitness of slum and high income school boys. To achieve this purpose sixty (60) slum and high income school boys were taken as subjects. The age of these boys were 10 to 15 years. The slum boys were taken as subjects from DMW Nagar, Patiala. The high income school boys were taken as subjects from New Delhi Public School, Patiala. The subjects were divided into two groups. Group-1 (N-30) slum boys, Group-2 (N-30) high income school boys. To know about health related fitness had selected following Two variables:-

Explosive Strength

When comparing the mean values of explosive strength it has been observed that the students of high income schools have more explosive strength as comparison to slum boys, may be due to the more healthy diet take regurly. The result showed that statically significance difference. The result is similar with (Subra and Suparna, 2016) [4]. "A comparative study of physical fitness parameters between general college students and training college students."

Flexibility

It has been noticed from the flexibility variable that high income school boys have more flexibility as comparison to slum boys. It may be due to that regular vigorous activity produces physical fitness. The result showed that no statically significance difference. The result of the study confirmed with the finding of (Moslemi-Haghighi *et al.* 2011) [2]. "Comparison of Physical Fitness among Smoker and Non-Smoker Men." And opposite result with my study. "Urban-rural contrasts in the physical fitness of school children in Oaxaca, Mexico."

Conclusion

Taking into account the discoveries of this study, the accompanying conclusion were drawn:

It was detected that after the Comparing the results of Health related variable of physical fitness between slum and high income school boys, high income school boys were have more efficient than slum boys in explosive strength, flexibility as comparison to their counterparts. The basic reason behind this could be the parents are give more attention on a high level of physical activity functioning.

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